

OCES NUTRITION PROGRAM

AUGUST






REGULAR



Community Dining Menu

Please call the nutrition department for meal cancellations by cancellation by 10 am *two days* before delivery-508-584-1561.

Suggested Donation-\$2.50/meal Menu subject to change without notice. SF=Sugar Free WG=Whole Grain

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 1 Chicken Scallopini 377 Parslied Rotini 4 Roman Vegetables 16 Scala Bread 97 Brownie Cookie 230 MOD: Blueberry Bites 60 Cal: 827 Sodium: 861 mg Carb: 105 gm | 2 Beef Chile 260 White Rice 4 Green Beans 3 Corn Muffin 80 Fresh Peach 0  Cal: 772 Sodium: 482 mg Carb: 91 gm | 3 COLD MEAL California Chicken Salad 121 Pasta Salad 47 Spinach Salad w/Mandarin 3 Oranges 47 Oatmeal Bread 240 Fresh Apple 2 Cal: 821 Sodium: 592 mg Carb: 98 gm | 4 Cheddar Cheese Omelet 424 Home Fries 6 Peppers & Onions 54 Snack Loaf 160 Fruited Yogurt 75 Orange Juice - NO MILI 15 Cal: 761 Sodium: 765 mg Carb: 98 gm | 5 HM Meatloaf w/Gravy 202 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 124 Sugar Cookie 160 MOD: Vanilla Wafers 98 Cal: 909 Sodium: 718 mg Carb: 99 gm |
| 8## Hot Dog ** 610 Vegetarian Baked Beans 282 Zucchini Squash 2 Mustard 55 WW Hot Dog Bun 85 Chocolate Oatmeal Bar 75 Cal: 712 Sodium: 1462 mg Carb: 94 gm | 9 BBQ Pulled Pork 385 Tater Tots 230 Scandinavian Vegetable: 41 WW Hamburger Bun 127 Mixed Fruit Cup 5 Cal: 569 Sodium: 925 mg Carb: 68 gm | 10 Beef Meatballs w/ Pasta & Italian Sauce 196 Tuscany Vegetables 41 Whole Wheat Roll 254 Parmesan Cheese 55 Hot Caramelized Apples 23 Cal: 614 Sodium: 549 mg Carb: 84 gm | 11 COLD MEAL Turkey Chef's Salad 387 Pasta Vegetable Salad 46 WW Breadsticks 239 Dressing 20 Fresh Orange 0  Cal: 712 Sodium: 830 mg Carb: 85 gm | 12 Breaded Whitefish 260 Brown Rice Pilaf 16 Carrots 67 Tartar Sauce 85 Marble Rye Bread 127 Diced peaches 6 Cal: 675 Sodium: 698 mg Carb: 96 gm |
| 15 Chicken Cacciatore 408 Parslied Rotini 4 Green Beans 3 Dinner Roll 136 Mandarin Oranges 7 Cal: 601 Sodium: 696 mg Carb: 87 gm | 16 COLD MEAL Mediterranean Tortellini Salad* 556 Tomato Broccoli 3 Cucumber Salad 58 Whole Wheat Roll 254 Lemon Square 105 MOD: SF Lemon Cookie 60 Cal: 769 Sodium: 1111 mg Carb: 108 gm | 17 American Chop Suey 147 Jardiniere Vegetables 31 Whole Wheat Roll 124 Hot Cinnamon Pears 6  Cal: 730 Sodium: 446 mg Carb: 92 gm | 18## Pork Choppette/Gravy* 657 Cheese Mashed Potatoes 248 Carrot Coins 67 Whole Wheat Bread 124 Fresh Apple 2 Cal: 761 Sodium: 1234 mg Carb: 85 gm | 19 COLD MEAL Tuna Salad on Lettuce 310 Pasta Vegetable Salad 46 Tossed Salad 16 Dressing 20 Multigrain Bread 230 Chocolate Pudding 190 MOD: SF Chocolate Puddin 170 Cal: 768 Sodium: 927 mg Carb: 92 gm |
| 22 COLD MEAL Turkey & Swiss 443 German Potato Salad 76 Tossed Garden Salad 17 Dressing 20 WW Bulkie Roll 246 Fresh Peach 0  Cal: 615 Sodium: 939 mg Carb: 76 gm | 23 Oven Fried Chicken with Gravy 382 Roasted Sweet Potatoes 45 Spinach 110 Multigrain Bread 223 SF Jello 95 Cal: 619 Sodium: 992 mg Carb: 73 gm | 24 COLD MEAL Chicken Caesar Salad** 519 Pasta Vegetable Salad 46 Three Bean Salad 33 Whole Wheat Breadstick: 239 Watermelon Chunks 1 Cal: 857 Sodium: 976 mg Carb: 89 gm | 25 Stuffed Shells with Meat Sauce 491 Broccoli Flowerets 12 Parmesan Cheese 55 Italian Bread 97 Vanilla Wafers 98 Cal: 729 Sodium: 889 mg Carb: 85 gm | 26 Roast Turkey with Gravy 124 Mashed Sweet Potatoes 36 Brussel Sprouts 17 Dinner Roll 132 Applesauce 20 Cal: 596 Sodium: 466 mg Carb: 81 gm |
| 29 Cheeseburger 440 Potato Wedges 260 Jardiniere Vegetables 31 Ketchup 82 WW Hamburger Bun 127 Diced Peaches 6 Cal: 652 Sodium: 1034 mg Carb: 79 gm | 30 COLD MEAL Southwestern Chicken Salad 462 Potato Salad 50 Coleslaw 64 Whole Wheat Roll 254 Canteloupe Chunks 12 Cal: 744 Sodium: 980 mg Carb: 82 gm | 31 Baked Pollock with Lemon Dill Sauce 116 Brown Rice Pilaf 16 Green Beans/Red Pepper 3 Italian Bread 97 Chocolate Chip Cookie 56 MOD: SF CC Cookie 55 Cal: 555 Sodium: 426 mg Carb: 73 gm |  | |
| Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium | | | | |

*Indicates food item w/>500mg sodium v=high sodium meal