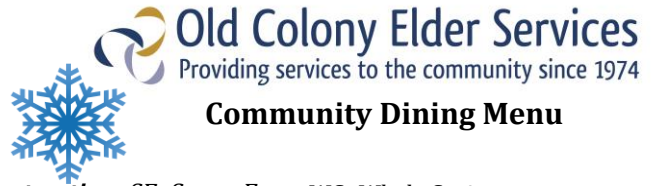


OCES NUTRITION PROGRAM

January 2019



Community Dining Menu

Please call the nutrition department for meal cancellations 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
<p>Nutrition Information is for the entire meal including bread, milk, & margarine. Each item is followed by the milligrams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium</p>	<p>1 Sites Closed New Year's Day</p>	<p>2 Hot Dog (360) Vegetarian Baked Beans (140) Scand.Veg.Blend (41) WW Hot Dog Roll (210) Ketchup (82)/Mustard (55) Strawberry Fruit Slush (0) MOD:Fresh Apple (2) Calories:647 Sodium:1025g Carb: 89g</p>	<p>3 Chicken Cacciatore (480) Rotini Pasta (1) Tuscany Vegetable Blend (47) Wheat Bread (115) Vanilla Cupcake (170) MOD:Lorna Doones (100) Calories:707 Sodium:950g Carb: 89g</p>	<p>4 Roast Pork with Pineapple (58) Raisins Sauce (56) Brown Rice (133) w/Orzo (150) Peas & Mushrooms (150) Cracked Wheat Bread (0) Fresh Orange (0) Calories:763 Sodium:535g Carb: 88g</p>
<p>7 Homestyle Bone-in Chicken Drumstick (450) Roasted Sweet Potatoes (41) Green Beans (3) Buttermilk Biscuit (340) Fruit Mix (10) Calories:717 Sodium:982g Carb: 79g</p>	<p>8 Shredded Beef with Valdostano Sauce (480) Mashed Potatoes (135) Italian Vegetable Blend (19) Multigrain Bread (150) Fig Bar (35) MOD:Vanilla Bites (50) Calories:733 Sodium:956g Carb: 88g</p>	<p>9 Chicken a l'Orange (327) Lo Mein Noodles (50) Jardiniere Vegetable Blend (32) WW Dinner Roll (180) Banana (1) Calories:705 Sodium:728g Carb: 108g</p>	<p>10 Salmon Strips w/Lemon Dill Sce (171) Parslied Bowtie Pasta (1) Fiesta Veg.Blend (15) Garlic Roll (240) Chocolate Pudding (190) MOD:LemonGrahams (95) Calories:696 Sodium:753g Carb: 100g</p>	<p>11 Vegetable Soup* Shepherd's Pie (175) Broccoli (12) Oatmeal Bread (150) Hot Cinnamon Pears (64) Calories:776 Sodium:832g Carb: 82g</p>
<p>14 Swedish Chicken Meatballs Served Over (245) Parslied Egg Noodles (4) Brussel Sprouts (17) Cracked Wheat Bread (150) Hot Caramelized Peaches (75) Calories:727 Sodium:628g Carb: 85g</p>	<p>15 Chicken Scallopini (351) Herbed Brown Rice (14) Spring Summer Vegetable Blend (65) WW Dinner Roll (180) DoubleChocChipCk (164) MOD:Lemon Blueberry Bites (60) Calories:759 Sodium:881g Carb: 95g</p>	<p>16 ♦ Pulled BBQ Pork* (859) Italian Roasted Potatoes (6) Green Beans (3) Mini Kaiser Roll (200) Cinnamon Bites (71) Calories:781 Sodium:1277g Carb: 102g</p>	<p>17 Homemade Meatloaf w/Gravy (143) Whipped Sweet Potatoes (41) Spinach (110) WW Dinner Roll (180) Applesauce Cup (13) Calories:718 Sodium:604g Carb: 85g</p>	<p>18 Baked Pollock with Newburg Sauce (366) Butternut Squash Ravioli w/ Brown Sugar & Sage Sce (295) Roman Vegetable Blend (16) Wheat Bread (115) Strawberry Fruit Slush (0) MOD:Fresh Apple (2) Calories:726 Sodium:1086g Carb: 104g</p>
<p>21 Sites Closed Martin Luther King Jr. Day</p>	<p>22 Chicken Stew (475) Broccoli (12) Croissant (280) Hot Cinnamon Pears (64) Calories:795 Sodium:977g Carb: 108g</p>	<p>23 Beef, Rice, and Pepper Casserole (229) Zucchini (2) Multigrain Bread (150) Raspberry Filled Cookie (195) MOD:StrwGrahams (95) Calories:773 Sodium:713g Carb: 91g</p>	<p>24 Pork Lo Mein with Carrots&Snap Peas* (591) Peppers & Onions (2) Cracked Wheat Bread (150) Fruit Mix (10) Calories:721 Sodium:891g Carb: 72g</p>	<p>25 Greek Chicken* (616) Parslied Spiral Pasta (1) Jardiniere Vegetable Blend (32) WW Dinner Roll (180) Fresh Pear (2) Calories:706 Sodium:967g Carb: 105g</p>
<p>28 WG Lasagna Rolls w/Meat Sauce (363) Spring Summer (65) Vegetable Blend (65) Parmesan Cheese (35) Oatmeal Bread (150) Hot Caramelized Apples (76) Calories:698 Sodium:826g Carb: 89g</p>	<p>29 Potato Crunch Fish (270) Brown Rice Pilaf w/Peas & Carrots (95) Spinach (110) Tartar Sauce (130) Multigrain Bread (150) Brownie (100) MOD:Vanilla Bites (50) Calories:861 Sodium:992g Carb: 96g</p>	<p>30 Minestrone Soup* (330) Chicken Paprikash (320) Roasted Red Bliss Potatoes (6) Fiesta Vegetable Blend (15) Wheat Bread (115) Fruited Crunch Bar (80) MOD:Lorna Doones (100) Calories:897 Sodium:998g Carb: 116g</p>	<p>31 Roast Turkey with Gravy* (523) Stuffing Garnish (66) Butternut Squash (2) Broccoli (12) Cranberry Sauce (4) WW Dinner Roll (180) Banana (1) Calories:711 Sodium:942g Carb: 102g</p>	<p>January</p>

**community dining only unless available for home delivered meals ♦high sodium meal day *food item with >500mg/sodium



The New and Improved Nutrition Facts Label – Key Changes

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings

The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories

“Calories” is now larger and bolder.

3. Fats

“Calories from Fat” has been removed because research shows the type of fat consumed is more important than the amount.

4. Added Sugars

“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and

Current Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

Total Fat 8g % Daily Value*

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 12%

Dietary Fiber 4g 16%

Sugars 12g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs. Calories: 2,000 2,500

Total Fat Less than 65g
Sat. Fat Less than 20g
Cholesterol Less than 300mg
Sodium Less than 2,400mg
Total Carbohydrate 300g
Dietary Fiber 25g

New Label

Nutrition Facts

1 **8 servings per container**

2 **Serving size 2/3 cup (55g)**

3 **Amount per serving**

Calories 230

Total Fat 8g % Daily Value*

Saturated Fat 1g 10%

Trans Fat 0g 5%

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

4 **Includes 10g Added Sugars 20%**

Protein 3g

5 **Vitamin D 2mcg 10%**

Calcium 200mg 15%

Iron 8mg 45%

Potassium 235mg 6%

6 * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Transitioning to the New Label

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label is already starting to appear on products nationwide.

For more information about the new Nutrition Facts label, visit:

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Labeling/Nutrition/ucm3855663.htm