

OCES NUTRITION PROGRAM

JUNE

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 Mediterranean Tortellini Salad* 556 Tomato Broccoli Cucumber Salad 58 Whole Wheat Roll 254 Lemon Square 105 MOD: SF Lemon Cookie 60	2 Chicken Cacciatore 408 Parslied Rotini 4 Green Beans 3 Dinner Roll 136 Mandarin Oranges 7	3 Pork Choppette/Gravy 657 Cheese Mashed Potatoes 248 Carrot Coins 67 Whole Wheat Bread 65 Fresh Apple 2
		Cal: 769 Sodium: 1111 mg Carb: 108 gm	Cal: 601 Sodium: 696 mg Carb: 87 gm	Cal: 822 Sodium: 1175 mg Carb: 95 gm
6 Potato Crunch Pollock 270 Herbed Brown Rice 4 Broccoli & Carrots 45 Tartar Sauce 85 Snowflake Roll 136 Jello 95	7 Turkey & Swiss 443 German Potato Salad 76 Tossed Garden Salad 17 Dressing 20 WW Bulkie Roll 246 Fresh Peach 0	8 Tuna Salad on Lettuce 310 Pasta Vegetable Salad 46 Cracked Wheat Bread 115 Brownie Cookie 230 MOD: Vanilla Wafers 98	9 Cheeseburger 440 Potato Wedges 260 Jardiniere Vegetables 31 Ketchup 82 WW Hamburger Bun 127 Fresh Banana 1	10 Oven Fried Chicken with Gravy 382 Roasted Sweet Potatoes 45 Spinach 110 Oatmeal Bread 240 Double CC Cookie 105 MOD: SF CC Cookie 55
Cal: 641 Sodium: 768 mg Carb: 73 gm	Cal: 615 Sodium: 939 mg Carb: 75 gm	Cal: 967 Sodium: 839 mg Carb: 116 gm	Cal: 739 Sodium: 1079 mg Carb: 86 gm	Cal: 748 Sodium: 1019 mg Carb: 93 gm
13 Lasagne Rolls with Bolognese Sauce 414 Tuscan Vegetables 41 Scala Bread 310 Hot Caramelized Pears 20	14 BBQ Pulled Pork 385 Tater Tots 310 Scandinavian Vegetable: 41 WW Hamburger Bun 127 Mixed Fruit Cup 5	15 Chicken Caesar Salad** 519 Pasta Vegetable Salad 46 Three Bean Salad 33 Multigrain Bread 240 Oatmeal Raisin Cookie 110 MOD: Chocolate Oatmeal Bar 75	16 Breaded Cod Filet 260 Brown Rice Pilaf 16 Asian Vegetables 43 Tartar Sauce 85 Whole Wheat Roll 254 Fresh Nectarine 0	17 Fathers Day 6/19 Pot Roast with Gravy 79 Oven Roasted Potatoes 6 Butternut & Apples 4 Snowflake Roll 136 Chocolate Cupcake 170 MOD: Vanilla Wafers 98
Cal: 800 Sodium: 923 mg Carb: 104 gm	Cal: 539 Sodium: 1005 mg Carb: 67 gm	Cal: 985 Sodium: 1086 mg Carb: 104 gm	Cal: 735 Sodium: 795 mg Carb: 104 gm	Cal: 874 Sodium: 533 mg Carb: 101 gm
20 JUNETEENTH ALL SITES CLOSED 	21 Macaroni & Cheese 366 Roman Vegetables 16 Cracked Wheat Bread 115 Canteloupe Chunks 12	22 Chicken Parmesan* 638 Pasta with Italian Sauce 75 Italian Vegetables 19 Dinner Roll 136 Chocolate Chip Cookie 105 MOD: SF CC Cookie 55	23 Fish Sticks 352 Potato Wedges 260 Green Beans 3 Tartar Sauce 85 Whole Wheat Bread 65 Applesauce 20	24 Roast Pork with Apple Cider Gravy 100 Mashed Sweet Potatoes 36 Mixed Vegetables 43 Whole Wheat Roll 254 Vanilla Pudding 220 MOD: SF Vanilla Pudding
	Cal: 685 Sodium: 647 mg Carb: 117 gm	Cal: 863 Sodium: 1110 mg Carb: 105 gm	Cal: 719 Sodium: 923 mg Carb: 90 gm	Cal: 869 Sodium: 788 mg Carb: 118 gm
27 Honey Mustard Chicken 617 Brown Rice & Orzo 3 Broccoli Flowerets 12 Scala Bread 310 Pineapple Chunks 1	28 Swiss Cheese Omelet 318 Home Fries 6 Peppers & Onions 54 Snack Loaf 160 Yogurt 51 Orange Juice-No Milk 15	29 California Chicken Salad 121 Pasta Salad 46 Spinach Salad/Mandarin 54 Oranges 47 Oatmeal Bread 240 Brownie Cookie 230 MOD: Blueberry Bites	30 Beef Chile 260 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 280 Fresh Peach 0	Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium
Cal: 715 Sodium: 1082 mg Carb: 127 gm	Cal: 772 Sodium: 635 mg Carb: 95 gm	Cal: 1054 Sodium: 820 mg Carb: 122 gm	Cal: 803 Sodium: 682 mg Carb: 103 gm	

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