

OCES NUTRITION PROGRAM

MAY 2023

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 American Chop Suey 292 Jardiniere Vegetables 31 WW Dinner Roll 240 Hot Cinnamon Pears 6	2 BBQ Chicken 248 Whipped Sweet Potatoes 36 Spinach 110 Whole Wheat Bread 65 Chocolate Pudding 190 MOD: SF Choc 170 Pudding	3 COLD MEAL Egg Salad 224 Potato Salad 50 Tomato Broccoli 58 Cucumber Salad 80 WW Hamburger Bun 1 Fresh Banana	4 Roast Pork w/Gravy 97 Roasted Potatoes 6 Mixed Vegetables 42 WW Dinner Roll 240 Fresh Pear 2	5 Chicken Fajita 120 Rice and Beans 70 Onions and Peppers 54 6" tortilla 220 Hot Caramelized Peaches 20
Cal: 825 Sodium: 708 mg Carb: 106 g From meal: 75	Cal: 669 Sodium: 786 mg Carb: 105 g From meal: 68	Cal: 853 Sodium: 551 mg Carb: 97 g From meal: 58	Cal: 849 Sodium: 524 mg Carb: 107 From Meal: 69 g	Cal: 630 Sodium: 623 mg Carb: 85 gm From meal: 55
8 Chicken Pot Pie 490 Green Beans 3 Corn Muffin 80 Caramelized Pears 20	9 Cheeseburger 390 Potato Wedges 260 Jardiniere Vegetables 31 Ketchup 82 WW Hamburger Bun 80 Fresh Banana 1	10 Potato Crunch Fish 333 O'Brien Potatoes 6 Zucchini Squash 2 WW Breadstick 65 Tartar Sauce 85 Lorna Doones 100	11 Beef Chili 260 White Rice 2 Chuckwagon Vegetable 3 WW Roll 240 Fresh Peach 0	12 HAPPY MOTHER'S DAY Pot Roast with Gravy 79 Buttered Noodles 38 Butternut Squash 4 Oatmeal Bread 240 Cupcake 140 MOD: Apple Crisp
Cal: 673 Sodium: 696 mg Carb: 92 g From Meal: 75 g	Cal: 786 Sodium: 982 mg Carb: 104 g From meal: 65	Cal: 755 Sodium: 729 mg Carb: 89 g From Meal: 45 g	Cal: 783 Sodium: 642 mg Carb: 99 g From Meal: 78	Cal: 925 Sodium: 639 mg Carb: 106 g From Meal: 65 g
15 Chicken Picatta 248 Rotini 4 Tuscany Vegetables 41 Cracked Wheat Bread 115 Raisins 4	16 Pork Choppette w/ Apple Cider Gravy* 660 Roasted Sweet Potatoes 45 Italian Green Beans 3 Corn Muffin 80 Applesauce 20	17 Hawaiian Chicken 227 Pineapple Rice 4 Green Beans 3 Oatmeal Bread 140 Fresh Nectarine 0	18 Breaded Pollock 190 Rice w/ Orzo and Peas 95 California Blend 30 Vegetables 65 WW Breadstick 85 Tartar Sauce 5 Mixed Fruit	19 HM Meatloaf w/Gravy 202 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 65 Sugar Cookie 160 MOD: Vanilla Wafers 98
Cal: 702 Sodium: 549 mg Carb: 113 g From Meal: 64 g	Cal: 820 Sodium: 946 mg Carb: 95 g From Meal: 70 g	Cal: 616 Sodium: 511 mg Carb: 94 g From Meal: 68	Cal: 743 Sodium: 607 mg Carb: 99 g From Meal: 68 g	Cal: 964 Sodium: 659 mg Carb: 108 g From meal: 70
22 BBQ Riblet 458 Tater Tots 310 Scandinavian Vegetables 41 WW Hamburger Bun 80 Graham Crackers 95	23 Meatball Stroganoff* 571 Buttered Noodles 38 Mixed Vegetables 42 WW Bread 65 Caramelized Peaches 20	24 Herbed Chicken Breast 330 Whipped Sweet Potatoes 36 Collard Greens 57 Multigrain Bread 240 Oatmeal Cookie 105 MOD: Chocolate Oatmeal Bar 75	25 Pork Lo Mein 369 Asian Vegetable 43 WW Bread 65 Mixed Fruit Cup 5	26 Roast Turkey w/Gravy 124 Garlic Mashed Potatoes 165 Green Peas 82 Snowflake Roll 250 Cranberry Sauce 1 Fresh Plum 0
Cal: 779 Sodium: 1122 mg Carb: 100 g From meal: 58 g	Cal: 868 Sodium: 874 mg Carb: 105 g From Meal: 73	Cal: 699 Sodium: 905 mg Carb: 103 g From Meal: 55	Cal: 813 Sodium: 688 mg Carb: 94 g From Meal: 61 g	Cal: 670 Sodium: 759 mg Carb: 90 g From meal: 97
29 NO MEALS SERVED 	30 Chicken Broccoli Penne Alfredo* 580 Italian Vegetables 36 Wheat Breadstick 65 Fresh Banana 1 Cal: 643 Sodium: 819 mg Carb: 94 g From meal: 55	31** HIGH SODIUM DAY Hot Dog* 610 Vegetarian Baked Beans 282 Scandinavian Vegetables 41 Hot Dog Bun 85 Mustard PC 55 Fresh Peach 0 Cal: 668 Sodium: 1211 mg Carb: 88 g From Meal: 64 g	Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium. From meal carb total includes meat, starch, vegetable and bread.	

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