



**OCES NUTRITION PROGRAM
SEPTEMBER**



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

Community Dining Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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.	1 Pot Roast with Gravy 79 Oven Roasted Potatoes 6 Butternut Squash & Apples 4 WW Dinner Roll 132 Jello 95 Cal: 702 Sodium: 616 mg Carb: 81 gm From meal: 69	2 Chicken Fajita 120 Rice and Beans 70 Onions and Peppers 54 6" tortilla 220 Hot Cinnamon Peaches 100 Cal: 603 Sodium: 608 mg Carb: 81 gm From meal: 51
			5 No Meals Served 	6 Pollock with Lemon 114 Dill Sauce Potato Wedges 200 Green Beans 2 Cracked Wheat Bread 115 Vanilla Pudding MOD:SF Van Pudding Cal: 588 Sodium: 811 mg Carb: 85 gm From meal: 44
12 Eggstravaganza with 300 Turkey Sausage and Cheese Home Fries 6 Peppers & Onions 54 Snack Loaf 160 Yogurt 75 Orange Juice - No Milk Cal: 654 Sodium: 617 mg Carb: 93 gm From meal: 61	13 Pesto Chicken 377 Parslied Rotini 4 Roma Vegetables 16 Italian Bread 97 Caramelized Pears 18 Cal: 663 Sodium: 709 mg Carb: 79 gm From meal: 62	14 COLD MEAL Sliced Turkey 443 and Cheese 4 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 From meal: 54	15 Meatloaf with Gravy 202 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 65 Lorna Doones 160 Cal: 895 Sodium: 658 mg Carb: 91 gm From meal: 61	16 **HIGH SODIUM DAY Hot Dog* ##### Vegetarian Baked Beans 282 Zucchini Squash 2 Mustard 55 WW Hot Dog Bun 300 Cantaloupe Chunks 12 Cal: 728 Sodium: 1330 mg Carb: 78 gm From meal: 60
19 Meatballs with 196 Pasta & Italian Sauce Tuscany Blend 41 Vegetables WW Dinner Roll 254 Parmesan Cheese 55 Hot Cinnamon Apples 11 Cal: 693 Sodium: 694 mg Carb: 101 gm From meal: 66	20 COLD MEAL Turkey Chef's Salad 387 Pasta Vegetable Salad 46 Wheat Breadstick 239 Dressing 20 Fresh Orange 0 Cal: 712 Sodium: 830 mg Carb: 85 gm From meal: 55	21 BBQ Chicken 368 Whipped Sweet 36 Potatoes 110 Spinach 110 Whole Wheat Bread 65 Vanilla Wafers 117 Cal: 664 Sodium: 906 mg Carb: 95 gm From meal: 57	22 Breaded Pollock Filet 252 Brown Rice & Orzo 4 Carrots 67 Tartar Sauce 85 Italian Bread 97 Diced Pears 6 Cal: 676 Sodium: 647 mg Carb: 93 gm From meal: 62	23 American Chop Suey 147 Jardiniere Vegetables 31 WW Bread 124 Diced Peaches 6 Cal: 730 Sodium: 446 mg Carb: 92 gm From meal: 60
26 COLD MEAL Mediterranean 556 Tortellini Salad** Tomato Broccoli 58 Cucumber Salad WW Breadstick 239 Fruit cup 5 Cal: 637 Sodium: 995 mg Carb: 94 gm From meal: 68	27 Beef Chili 260 Brown Rice 4 Green Beans 3 Corn Muffin 80 Chocolate Pudding 230 MOD: SF Choc Pudding Cal: 733 Sodium: 499 mg Carb: 79 g From meal: 57	28 Potato Crunch Fish 337 Sweet Potato Wedges 200 Zucchini 2 Tartar Sauce 85 WW Dinner Roll 136 Mandarin Oranges 7 Cal: 867 Sodium: 1080 mg Carb: 97 gm From meal: 66	29 COLD MEAL Tuna Salad on Lettuce Bed 294 Pasta Vegetable Salad 46 Tossed Garden Salad 16 Dressing 20 Multigrain Bread 223 Fresh Peach 0 Cal: 676 Sodium: 737 mg Carb: 77 gm From meal: 56	30 Cheeseburger 390 Potato Wedges 260 Jardiniere Blend Vegetabl 31 Ketchup 82 WW Hamburger Bun 127 Watermelon Chunks 1 Cal: 607 Sodium: 1028 mg Carb: 66 gm From meal: 48

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