



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Crab Cake (600)*, Tartar Packet (261) Warm Lemon Chickpea Salad (130) Buttered Corn (1) Cornbread (80) Clementine (1), 1% Milk (100)</p> <p>Sodium 1174, Cal 917, Carb 109</p>	<p>2 WARM GARLIC BREAD</p> <p>Italian Diced Chicken w/ Parm (341) Penne (1), Brussels Sprouts (17) Garlic Bread (230) Canned Pears (4) 1% Milk (100)</p> <p>Sodium 701, Cal 719, Carb 81</p>	<p>3 SALAD – Pick Your Toppings</p> <p>Cobb Salad w/ Egg, Cheese, Diced Chicken, Bacon (224) Ranch Drsg.(110), Potato Salad (237) Whole Wheat Bread (170) 1% Milk (100), Pineapple (1)</p> <p>Sodium 941, Cal 730, Carb 90</p>	<p>4</p> <p>BBQ Ribette (470) Au Gratin Potatoes (240) Cali. Blend (17), Oatnut Bread (150) Pudding w/ Whip (2190)/ SF Pudding 1% Milk (100)</p> <p>Sodium 1167, Cal 738, Carb 69</p>	<p>5</p> <p>Broccoli Cheese Quiche (445) Peas & Pearl Onions (34) Wheat Bread (115), Tater Tots (334) Brownie (150) / SF Cookie (75) 1% Milk (100)</p> <p>Sodium 1178, Cal 1007, Carb 93</p>
<p>8</p> <p>Chicken Pieces (630)* w/ Marsala (173) Buttered Ziti (1), Peas & Carrots (90) Whole Wheat Bread (170) Canned Peaches (5) 1% Milk (100)</p> <p>Sodium 1114, Cal 586, Carb 90</p>	<p>9</p> <p>American Chop Suey (59) Italian Blend Vegetables (40) Garlic Bread (239) Tropical Fruit (10) 1% Milk (100)</p> <p>Sodium 458, Cal 717, Carb 97</p>	<p>10</p> <p>Blueberry Baked French Toast (368) 2 Sausage Links (266) Orange Juice (15), Pineapple (1) Yogurt (75) 1% Milk (100)</p> <p>Sodium 825, Cal 693, Carb 96</p>	<p>11 BIRTHDAY CAKE</p> <p>Homemade Meatloaf (266), Gravy(152) Mashed Potatoes (103), Corn (1) Wheat Bread (115) Birthday Cake (291) / Angel Fd. Cake 1% Milk (100)</p> <p>Sodium 1028, Cal 876, Carb 109</p>	<p>12 SOUP of the DAY</p> <p>Veg. Barley Soup (95), Crackers (56) Salmon (67) with Sauce (75) Broccoli (9) Wheat Roll (210) Fresh Fruit (0), 1% Milk (100)</p> <p>Sodium 612, Cal 496, Carb 63</p>
<p>15 HIGH SODIUM</p> <p>Hot Dog (540)* and Hot Dog Roll (210) Ketchup (82), Mustard (55), Relish (81) Vegetarian Baked Beans (183) Mixed Veg. (43), Fresh Orange (0) 1% Milk (100)</p> <p>Sodium 1293, Cal 734, Carb 91</p>	<p>16 TOSSED SALAD, GARL. BR</p> <p>Tossed Salad(4), Ranch Dressing(110) Lasagna (330) with Meat Sauce (79) Wax Beans (3), 1% Milk (100) Garlic Bread (239) Pudding (~200) / SF Pudding (~210)</p> <p>Sodium 1066, Cal 1005, Carb 98</p>	<p>17 COLD PLATE</p> <p>Seafood Newburg (796)* Noodles (6), Tuscan Style Veg (48) Oatnut Bread (150) Fresh Fruit (1) 1% Milk (100)</p> <p>Sodium 1102, Cal 710, Carb 123</p>	<p>18</p> <p>BBQ Pork Loin (211) Mac & Cheese (315) Buttered Corn (1) Cornbread (~261) Tropical Fruit (10), 1% Milk (100)</p> <p>Sodium 899, Cal 826, Carb 107</p>	<p>19 SANDWICH & SALAD</p> <p>Tossed Salad (30) w/ Italian Dr. (119) Sandwich Bar: Turkey (486), Swiss(53) Mayo (64)**, Mustard (55)**, Bulky Roll (310), 1% Milk (100) Swiss Roll (100) / SF Cookie (75)</p> <p>Sodium 1198, Cal 641, Carb 63</p>
<p>22</p> <p>Meatball Sub w/ Mozz & Sauce (329) Peas & Pearl Onions (42) Tater Tots (334), Sub Roll (330) Canned Tropical Fruit (10) 1% Milk (100)</p> <p>Sodium 1137, Cal 835, Carb 110</p>	<p>23 TACO TUESDAY</p> <p>Taco Mix (270), Fiesta Corn (1), Yellow Rice (169), Lettuce (3), Shredded Cheese (93), Sour Cream (9) Tortilla Chips (46), Salsa (182) 1% Milk (100), Pineapple (1)</p> <p>Sodium 966, Cal 809, Carb 99</p>	<p>24</p> <p>Diced Chicken w/ Teriyaki Sauce (494) Mashed Potatoes (103) Oriental Blend Veg (21) Whole Wheat Bread (170), Yogurt (75) 1% Milk (100)</p> <p>Sodium 963, Cal 701, Carb 104</p>	<p>25</p> <p>Sliced Turkey (729)* w/ Gravy (28) Sweet Potatoes (42), Brussels Sprouts (17) Wheat Bread (115), Fresh Fruit (2) 1% Milk (100)</p> <p>Sodium 1032, Cal 546, Carb 93</p>	<p>26 COLD PLATE</p> <p>Seafood Salad (338) Confetti Coleslaw (169), Ziti Broccoli Salad (154) Jello Poke Cake (352) / Angel Fd. Cake 1% Milk (100). Wheat Bread (100)</p> <p>Sodium 1052, Cal 1044, Carb 89</p>
<p>29 NO MEAL SERVICE</p>  <p>MEMORIAL DAY</p>	<p>30</p> <p>Breaded Fish (~190) Potato Wedges (161) Buttered Carrots w/ Dill (44) Hamburger Bun (230) , 1% Milk (100) Tartar Sauce(261), Tropical Fruit (10)</p> <p>Sodium 995, Cal 677, Carb 83</p>	<p>31</p> <p>Chick. Noodle Soup (36), Crackers(56) Eggplant Parmesan (349) with LS Sauce (25), Cavatappi (1) Oatnut Bread (150), Fresh Clementine (1), 1% Milk (100)</p> <p>Sodium 718, Cal 823, Carb 117</p>	<p>Sodium content (mg) listed in parentheses next to food/drink item. *Denotes item with 500+ mg sodium. Margarine adds an extra 36 mg sodium, 25 calories. **Denotes items not included in the nutrient analysis.</p> <p>Total Carbs listed are from the Modified Menu with dessert not high in carb.</p> <p>MEALS SUBJECT TO CHANGE WITHOUT NOTICE.</p>	