

**OCES Nutrition Program**

**MAY**

**REGULAR**



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

Suggested Donation - \$2.50 per meal    SF= Sugar Free    WG= Whole Grain

Menu subject to change without notice.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<i>Reheating Instructions: Before reheating: slit of peel back plastic cover. Do NOT use toaster oven. Reheat in microwave: Heat on high 2-3 minutes. Reheat in oven: Preheat oven to 350 degrees and place container on cookie tray for 8-10 minutes Please be careful removing the container as it may be hot. Enjoy!</i>		<i>Nutrition information is for the entire meal including milk, &amp; margarine. Nutrition information is approximate. Milk (1%) = 107mg sodium, Margarine = 30mg sodium. From meal carb total includes meat, starch, vegetable.</i>						Beef Stew 204 Buttermilk Biscuit 430 Jardiniere Vegetables 31 Apple Crisp 56 Pasta (1/2 cup) 1 Cal: 999 Sodium: 859mg Carb: 126g From Meal: 44g	
<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>	
Hot Dog 480	Vegetarian Baked Beans 282	Chicken Fajitas with Salsa 444	Zucchini Squash 2	Aloha Chicken 239	Pineapple Brown Rice 4	American Chop Suey 250	Jardiniere Vegetables 31	Cajun Tilapia 109	Citrus Salsa 5
Mustard 55	WW Hot Dog Bun 165	Brown Rice & Beans 22	Apple Oatmeal Bar 85	Asian Vegetables 43	WW Bread 65	Hot Cinnamon Peaches 6	Brown Rice with Orzo 77	Sliced Carrots 77	Brown Rice with Orzo 77
		Tortilla 95		White Roll 260			Vienna Bread 65		SF Jello 95
		Clementines (2) 1		Mandarin Oranges 7					
Cal: 779 Sodium: 1229mg Carb: 108g From Meal: 28g		Cal: 657 Sodium: 504mg Carb: 89g From Meal: 51g		Cal: 611 Sodium: 690mg Carb: 92g From Meal: 40g		Cal: 751 Sodium: 491mg Carb: 85g From Meal: 30g		Cal: 627 Sodium: 493mg Carb: 85g From Meal: 49g	
<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>COLD MEAL 15</b>	
BBQ Chicken 124	Mashed Spiced Yams 66	American Cheeseburger 390	Riviera Vegetables 7	Macaroni & Cheese 359	Green Peas 82	Jerk Chicken 92	Corn Muffin 80	Egg Salad 224	Lettuce Bed 5
Pullman Bread 65	SF Chocolate Cookie 55	Hamburger roll 180		WW Roll 180	Fresh Apple 2	Collard Greens 57	Red Beans & Rice 31	Pasta Salad with Vegetables 46	Spinach & Mandarin Salad 50
		Brown Rice w/Orzo 16				Fried Plantains 6		Pullman bread (2) 130	Fresh Orange 0
		Mustard 55						Italian Salad dressing 20	
		Fresh orange 0							
Cal: 713 Sodium: 454mg Carb: 107g From Meal: 56g		Cal: 672 Sodium: 723mg Carb: 89g From Meal: 36g		Cal: 733 Sodium: 760mg Carb: 110g From Meal: 58g		Cal: 635 Sodium: 403mg Carb: 113g From Meal: 41g		Cal: 966 Sodium: 613mg Carb: 115g From Meal: 37g	
<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>		<b>COLD MEAL 22</b>	
Chicken Tikka Masala** 760	White Rice 5	Sloppy Joe 129	Green Beans 2	Chicken Stew 318	Corn Muffin 80	Beef Stroganoff 117	Pasta 1	Tuna Salad on 294	Lettuce Bed 5
WW Roll 180	Mandarin Oranges 7	Scandinavian Vegetable 41		Green Peas 82	Hot Cinnamon Apples 9	Vienna Roll 150	Fresh Banana 1	Tomato, Broccoli & Cucumber Salad 58	Potato Salad 50
		LS Hamburger Roll 180						Hamburger Roll 180	Fresh Apple 2
		Fruit Cocktail 5							
		Ketchup 82							
Cal: 774 Sodium: 973mg Carb: 96g From Meal: 41g		Cal: 803 Sodium: 803mg Carb: 87g From Meal: 35g		Cal: 659 Sodium: 627mg Carb: 84g From Meal: 36g		Cal: 804 Sodium: 419mg Carb: 103g From Meal: 50g		Cal: 695 Sodium: 726mg Carb: 86g From Meal: 36g	
<b>HOLIDAY - FROZEN MEAL 23</b>		<b>26</b>		<b>27</b>		<b>COLD MEAL 28</b>		<b>29</b>	
	Pasta with Meat Sauce 383	Italian Vegetables 26	HMD Meatloaf 111	Chicken Salad on 134	Honey Garlic Tilapia 380				
	Parmesan Cheese 55	Wheat Bread 90	Brown Gravy 145	Lettuce Bed 5	Brown Rice & Orzo 4				
	Hot Caramel Peaches 24		Baked Potato 4	Hamburger Roll 180	Asian Vegetables 43				
			Green Peas 82	Potato Salad-low sodium 26	WW Roll 180				
			LS Wheat Bread 65	Vinaigrette Coleslaw 23	Canned Pineapple 1				
			Sour Cream 9	Lorna Doones 100					
		Lemon/Blueberry Bites 60							
Cal: 642 Sodium: 625mg Carb: 90g From Meal: 44g		Cal: 804 Sodium: 614mg Carb: 98g From Meal: 40g		Cal: 856 Sodium: 606mg Carb: 81g From Meal: 27g		Cal: 678 Sodium: 646mg Carb: 95g From Meal: 46g			
# High Sodium Meal    ** High Sodium Food									