

OCES NUTRITION PROGRAM

NOVEMBER 2024

REGULAR



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 Cal: 691 Sodium: 541 mg Carb: 85 g From meal: 54 g	1 Roast Pork with 100 Apple Cider Gravy Mashed Potatoes 20 Mixed Vegetables 42 WW Roll 180 SF Vanilla Pudding 144 Cal: 726 Sodium: 624 mg Carb: 81 g From meal: 70 g
4 Cheeseburger 390 Oven Browned 6 Potatoes Broccoli & Carrots 45 Ketchup 82 WW Hamburger Bu 180 Fresh Tangerine 4 Cal: 735 Sodium: 844 mg Carb: 101 g From meal: 62 g	5 Pork Chopette 610 Tater Tots 230 Scandinavian 41 Vegetables WW Hamburger Bun 180 Pineapple Tidbits 1 Cal: 785 Sodium: 1199 mg Carb: 86 g From meal: 51 73 g	6 Chicken Marsala 364 Parslied Rotini 4 Roman Vegetables 16 Vienna Bread 150 Lorna Doones 100 Cal: 670 Sodium: 786 mg Carb: 89 g From meal: 59 g	7 Turkey Chile 285 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 80 Diced Peaches 6 Cal: 751 Sodium: 513 mg Carb: 105 g From meal: 70 g	8 HM Meatloaf with 300 Gravy 4 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 65 Hot Apple Crisp 55 Cal: 810 Sodium: 608 mg Carb: 124 g From meal: 68 g
11 NO MEALS SERVED 	12 HIGH SODIUM DAY Hot Dog 480 Vegetarian Baked Bear 282 Zucchini Squash 3 Mustard 55 WW Hot Dog Bun 165 Apple Oatmeal Bar 85 Cal: 759 Sodium: 1207 mg Carb: 107 g From meal: 71 g	13 Chicken Parmesan 395 Pasta with 125 Italian Sauce Italian Vegetables 19 Dinner Roll 260 Parmesan Cheese 55 Animal Crackers 140 Cal: 810 Sodium: 1132 mg Carb: 106 g From meal: 73 g	14 Cajun Tilapia with 133 Citrus Salsa Brown Rice 16 Carrots 77 Rye Bread 330 Mixed Fruit 5 Cal: 651 Sodium: 698 mg Carb: 94 g From meal: 76 g	15 COLD MEAL Turkey & Swiss 430 German Potato Salad 76 Tossed Garden Salad 17 Dressing 20 Crusty Sub Roll 330 Fresh Banana 1 Mustard 55 Cal: 744 Sodium: 1066 mg Carb: 111 g From meal: 72 g
18 Cheddar Cheese Omelet 470 Home Fries 6 Peppers & Onions 54 Snack Loaf 115 Yogurt 75 Orange Juice - No Milk 15 Cal: 771 Sodium: 766 mg Carb: 97 g From meal: 56 g	19 Macaroni & Cheese 672 Spinach 110 Whole Wheat Roll 180 Fresh Apple 2 Cal: 717 Sodium: 1101 mg Carb: 126 g From meal: 91 g	20 Chicken Scampi 371 Parslied Rotini 4 Green Beans 3 Dinner Roll 260 Pineapple Tidbits 1 Cal: 675 Sodium: 777 mg Carb: 97 g From meal: 66 g	21 Potato Crunch 333 Pollock Buttered Rice 14 Broccoli & Carrots 45 WW Bread 65 Tartar Sauce 85 Fresh Pear 2 Cal: 766 Sodium: 683 mg Carb: 112 g From meal: 74 g	22 Beef Stew 346 Jardiniere 32 Vegetables Corn Muffin 80 Lemon Blueberry 116 Bites Cal: 847 Sodium: 655 mg Carb: 87 g From meal: 54 g
25 BBQ Chicken 261 Mashed Spiced Yams 66 Fiesta Blend Vegetables 16 Whole Wheat Bread 65 SF Chocolate Pudding 112 Cal: 718 Sodium: 658 mg Carb: 113 g From meal: 86 g	26 Pork Oriental 215 Lo Mein Noodles 50 Asian Vegetables Whole Wheat Roll 180 Applesauce 13 Cal: 662 Sodium: 639 mg Carb: 78 g From meal: 64 g	27 Turkey with Gravy 281 Mashed Potatoes 20 Stuffing 66 Green Beans 3 Dinner Roll 260 Pumpkin Pie 425 Cal: 869 Sodium: 1092 mg Carb: 120 g From meal: 66 g	28 NO MEALS SERVED 	29 American Chop Suey 126 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6 Cal: 691 Sodium: 541 mg Carb: 85 g From meal: 30 g

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