

OCES Nutrition Program

JUNE

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	
	1	COLD MEAL	2	3	COLD MEAL	4		5	
Swiss Cheese Omelet	318	LS Lemon Baked Chicken	62	Chicken Marsala	327	LS Chicken Salad	131	Roast Pork with	50
Home Fries	6	Pullman Bread (2 slices)	130	Parslied Rotini	11	Italian Pasta Salad	201	Apple Cider Gravy	155
Peppers & Onions	54	Macaroni Salad	80	Roman Vegetables	17	Tossed Garden Salad	17	Mashed Potatoes	20
Snack Loaf	160	3 Bean Salad	33	Vienna Bread	150	Italian Dressing	20	Mixed Vegetables	42
Yogurt	75	Fresh Orange	0	Clementines (2)	1	Fruit Cocktail	5	Whole Wheat Roll	180
Orange Juice - NO MILK	15	Mayo packet	55			Pullman Bread (2 slices)	130	Vanilla Cookies	50
Cal: 728 Sodium: 614 mg		Cal: 1096 Sodium: 497mg		Cal: 545 Sodium: 645mg		Cal: 978 Sodium: 641mg		Cal: 785 Sodium: 520mg	
Carb: 96 g From Meal: 36 g		Carb: 116g From Meal: 38g		Carb: 79g From Meal: 35g		Carb: 137g From Meal: 63g		Carb: 97g From Meal: 39g	
HIGH SODIUM MEAL	8	COLD MEAL	9	10	11	12			
Hot Dog	480	Swiss & Roast Beef Sandwich	309	Aloha Chicken	239	American Chop Suey	250	Cajun Tilapia	109
Vegetarian Baked Beans	282	Greek Orzo Salad	85	Pineapple Brown Rice	4	Jardiniere Vegetables	31	Citrus Salsa	5
Zucchini Squash	2	Carrots	67	Asian Vegetables	43	WW Bread	65	Brown Rice	3
Mustard	55	Fresh Apple	2	White Roll	260	Hot Cinnamon Peaches	6	Sliced Carrots	77
WW Hot Dog Bun	165	Italian Dressing	20	Canned Pineapple	1			Vienna Bread	65
Cinnamon Bites Cookies	71							Clementines (2)	1
Cal: 761 Sodium: 1214mg		Cal: 816 Sodium: 620mg		Cal: 621 Sodium: 620mg		Cal: 751 Sodium: 491mg		Cal: 624 Sodium: 484mg	
Carb: 105g From Meal: 29g		Carb: 88g From Meal: 28g		Carb: 91g From Meal: 40g		Carb: 85g From Meal: 30g		Carb: 91g From Meal: 37g	
15	COLD MEAL	16	17	18	HOLIDAY - FROZEN MEAL	19			
BBQ Chicken	124	LS Greek Chicken Salad	256	Potato Crunch Pollock	333	Honey Ginger Chicken	208		
Mashed Spiced Yams	66	Mini Kaiser Roll	200	Buttered White Rice	20	Lo Mein Noodles	50		
Riviera Vegetables	7	Parslied Rotini	11	Broccoli & Carrots	45	Asian Vegetables	43		
Pullman Bread	65	Cuke, tomato, broccoli Salad	74	Tartar Sauce	85	WW Roll	180		
SF Chocolate Cookie	55	Fresh Orange	0	WW Roll	180	Canned Pineapple	1		
				Fresh Pear	2				
Cal: 713 Sodium: 454mg		Cal: 625 Sodium: 679mg		Cal: 633 Sodium: 799mg		Cal: 621 Sodium: 620mg			
Carb: 107g From Meal: 56g		Carb: 79g From Meal: 30g		Carb: 85g From Meal: 27g		Carb: 91g From Meal: 42g			
22	23	24	COLD MEAL	25	COLD MEAL	26			
Chicken Broccoli Ziti Casserole*	196	Jerk Chicken	92	Lasagna Rollups	220	Ham & Swiss**	627	Egg Salad	224
California Vegetables	30	Corn Muffin	80	Bolognese Sauce	96	Pullman bread (2 slices)	130	Lettuce Bed	5
Cracked Wheat Bread	115	Collard Greens	57	Tuscany Vegeables	41	Potato Salad w/Mayo	50	Pasta Salad with Vegetables	46
Hot Caramel Apples	37	Red Beans & Rice	31	Vienna Bread	150	Carrot-Raisin-Pineapple s	106	Spinach & Mandarin Salad	50
		Fried Plantains	6	Hot Caramel Pears	21	Fresh Plum	0	Pullman Wheat (2)	130
						Mustard	55	Applesauce cup	13
						Mayo	55	Italian Salad dressing	20
Cal: 654 Sodium: 503mg		Cal: 635 Sodium: 403mg		Cal: 570 Sodium: 651mg		Cal: 951 Sodium: 1161mg		Cal: 940 Sodium: 626mg	
Carb: 73g From Meal: 20g		Carb: 113g From Meal: 41g		Carb: 85g From Meal: 36g		Carb: 107g From Meal: 39g		Carb: 109g From Meal: 37g	
29	30								
Chicken Tikka Masala**	760	Sloppy Joe	129						
Brown Rice	5	Tater Tots	230						
Green Beans	2	Scandinavian Vegetable	41						
Pullman wheat	65	LS Hamburger Roll	180						
Mandarin Oranges	7	Fruit Cocktail	5						
		Ketchup	82						
Cal: 787 Sodium: 953mg		Cal: 803 Sodium: 803mg							
Carb: 92g From Meal: 42g		Carb: 87g From Meal: 35g							



Reheating Instructions:
 Before reheating: slit off 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!

Nutrition information is for the entire meal including bread, milk, & margarine. Nutrition information is approximate. Milk (1%) = 107mg sodium, Margarine = 30mg sodium. From meal carb total includes meat, starch, vegetable.

High Sodium Meal ** High Sodium Food