

OCES NUTRITION PROGRAM

MARCH 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
<p>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</p>				<p>1 Baked Salmon with Lemon Butter Sauce 339 Rosemary Roast Potatoes 109 Green Beans 3 Cracked Wheat Bread 115 Tangerine 4</p>
				Cal:724 Sodium: 708 mg Carb: 86 g From Meal: 48 g
<p>4 Turkey Chile 373 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 80 Apple Oatmeal Bar 85</p>	<p>5 Cheese Lasagne with Bolognese Sauce 409 Italian Vegetables 19 Vienna Bread 150 Hot Caramelized Pears 20</p>	<p>6 Hawaiian Chicken 95 Pineapple Rice 10 Mixed Vegetables 42 Multigrain Bread 150 Fresh Banana 1</p>	<p>7 Pot Roast with Gravy 177 Whipped Potatoes 20 Mixed Vegetables 42 Wheat Bread 65 Vanilla Pudding 220 MOD: SF Jello 95</p>	<p>8 COLD MEAL Dilled Egg Salad 284 Carrot Raisin Salad 146 Tossed Salad 17 Whole Wheat Bread 65 Italian Dressing 20 Chocolate Chip Cookie 56 MOD: SF CC Cookie 55</p>
Cal: 823 Sodium: 592 mg Carb: 114 g From meal: 77 g	Cal: 675 Sodium: 737 mg Carb: 87 g From meal: 51 g	Cal: 639 Sodium: 429 mg Carb: 100 g Fro meal: 61 g	Cal: 734 Sodium: 662 mg Carb: 102 g From meal: 71 g	Cal: 865 Sodium: 725 mg Carb: 80 g From meal: 53 g
<p>11 Salisbury Steak with Gravy 443 Mashed Potatoes 20 Carrots 67 Oatmeal Bread 240 Mixed Fruit Cup 5</p>	<p>12 COLD MEAL Chicken Salad 170 Coleslaw 64 Three Bean Salad 33 Whole Wheat Bread 65 Oatmeal Crème Cookie 150 MOD: Graham Crackers 95</p>	<p>13 Beef Burgundy 109 Buttered Noodles 38 Green Peas 82 Cracked Wheat Bread 115 Fresh Banana 1</p>	<p>14 High Sodium Day Corned Beef** 749 Parslied Potatoes 16 Cabbage & Carrots 49 Oatmeal Bread 240 Lorna Doones 100</p>	<p>15 Macaroni & Cheese 366 Winter Vegetables 14 Cracked Wheat Bread 115 Hot Cinnamon Pears 6</p>
Cal: 680 Sodium: 914 mg Carb: 85 g From meal: 59 g	Cal: 844 Sodium: 624 mg Carb: 87 g From meal: 48 g	Cal: 761 Sodium: 629 mg Carb: 103 g From meal: 63 g	Cal: 685 Sodium: 1291 mg Carb: 87 g From meal: 57 g	Cal: 734 Sodium: 638 mg Carb: 132 g From meal: 74 g
<p>18 Chicken Parmesan 395 Rotini 4 Italian Sauce 138 Peas & Carrots 75 Wheat Bread 65 Fresh Orange 0</p>	<p>19 Taco Beef 393 Mexicali Brown Rice 20 Fiesta Vegetables 16 Flour Tortilla 95 Fresh Banana 1</p>	<p>20 Chicken Cacciatore 438 Buttered Noodles 38 Broccoli & Cauliflower 14 Multi Grain Bread 150 Hot Cinnamon Pears 6</p>	<p>21 BBQ Pulled Pork 307 Tater Tots 230 Sliced Carrots 67 WW Hamburger Bun 180 Fresh Apple 2</p>	<p>22 Vegetarian Chili 554 White Rice 2 Zucchini 2 Wheat Bread 65 Chocolate Chip Cookie 56 MOD: SF Chocolate Chip Cookie 55</p>
Cal: 733 Sodium: 814 mg Carb: 104 g From meal: 74 g	Cal: 739 Sodium: 845 mg Carb: 86 g From meal: 47 g	Cal: 623 Sodium: 783 mg Carb: 80 g From meal: 48 g	Cal: 701 Sodium: 923 mg Carb: 87 g From meal: 52 g	Cal: 617 Sodium: 816 mg Carb: 103 g From meal: 75 g
<p>25 Teriyaki Chicken** 544 Fried Rice 108 Asian Vegetables 43 Oatmeal Bread 240 Jello 95</p>	<p>26 Sloppy Joe 217 Whipped Sweet Potatoes 36 Spinach 110 WW Hamburger Bun 180 Fresh Apple 2</p>	<p>27 Chicken Scalopini 112 Parslied Rotini 4 Italian Vegetables 19 Vienna Bread 150 Fudge Round Cookie 85 MOD: Lorna Doones 100</p>	<p>28 Meatloaf Patty w/Gravy** 525 Baked Potato Half 4 Green Peas 82 WW Bread 65 Sour Cream 9 Mixed Fruit 5</p>	<p>29 Swiss Cheese Omelet 315 Home Fries 6 Peppers & Onions 54 Maple Chip Pancake 162 Strawberry Yogurt 75 Orange Juice -No Milk 15</p>
Cal: 627 Sodium: 1170 mg Carb: 81 g From meal: 67 g	Cal: 756 Sodium: 682 mg Carb: 97 g From meal: 61 g	Cal: 659 Sodium: 507 mg Carb: 88 g From meal: 52 g	Cal: 795 Sodium: 828 mg Carb: 90 g From meal: 63 g	Cal: 708 Sodium: 658 mg Carb: 96 g From meal: 82 g

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