

OCES NUTRITION PROGRAM

OCTOBER 2024

REGULAR



Community Dining Menu

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

Suggested Donation-\$2.50/meal Menu subject to change without notice. SF=Sugar Free WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Chicken Parmesan 395 Pasta & Italian Sauce 125 Italian Vegetables 19 Dinner Roll 260 Parmesan Cheese 55 Applesauce 13 Cal: 721 Sodium: 1006 mg Carb: 97 g From meal: 73 g	2 COLD MEAL Dilled Egg Salad 289 on Lettuce Bed Balsamic Pasta 5 Salad Coleslaw 64 WW Bread (2) 130 Fresh Orange 0 Cal: 1045 Sodium: 625 mg Carb: 118 g For meal: 98 g	3 American Chop Suey 126 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon 6 Peaches Cal: 691 Sodium: 541 mg Carb: 85 g From meal: 54 g	4 Cajun Tilapia with 133 Citrus Salsa Brown Rice 16 Carrots 77 Rye Bread 330 Fruit Cup 5 Cal: 651 Sodium: 698 mg Carb: 94 g From meal: 76 g	
	7 BBQ Chicken 261 Mashed Spiced Yams 66 Fiesta Blend 16 Vegetables WW Bread 65 SF Chocolate 112 Pudding Cal: 718 Sodium: 658 mg Carb: 113 g From meal: 100 g	8 Macaroni & Cheese 672 Spinach 110 Whole Wheat Roll 180 Fresh Apple 2 Cal: 717 Sodium: 1101 mg Carb: 126 g From meal: 91 g	9 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	10 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	11 Beef Stew 346 Jardiniere 32 Vegetables Corn Muffin 80 Hot Apple Crisp 116 Cal: 810 Sodium: 608 mg Carb: 93 g From meal: 54 g
	14 NO MEALS SERVED 	15 Cheeseburger 390 Oven Browned 6 Potatoes Broccoli and Carrots 31 Ketchup 82 WW Hamburger Bun 180 Cinnamon Bites 71 Cal: 753 Sodium: 911 mg Carb: 96 g From meal: 63 g	16 Chicken with 331 Gravy Roasted Sweet Potatoes 45 Collard Greens 57 Oatmeal Bread 240 Tangerine 6 Cal: 729 Sodium: 785 mg Carb: 100 g From meal: 61 g	17 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	18 COLD MEAL Chicken Salad on Lettuce 174 Pasta Vegetable Salad 46 Spinach Salad with Mandarin Orange Italian Dressing 20 WW Bread (2) 130 Fresh Plum 0 Cal: 873 Sodium: 652 mg Carb: 104 g From meal: 70 g
21 Sloppy Joe 231 Tater Tots 230 Scandinavian Vegetables 59 WW Hamburger Bun 180 Lorna Doones 100 Cal: 880 Sodium: 1126 mg Carb: 90 g From meal: 61 g	22 Chicken Fajitas 120 Brown Rice & Beans 63 Chuckwagon 2 Vegetables Tortilla 190 Clementines (2) 1 Cal: 609 Sodium: 474 mg Carb: 93 g From meal: 63 g	23 Swiss Cheese Omelet 318 Home Fries 6 Peppers & Onions 54 Snack Loaf 115 Yogurt 75 Orange Juice - No Milk 15 Cal: 728 Sodium: 614 mg Carb: 96 gm From meal: 55 g	24 Chicken Ziti & 580 Broccoli Casserole* California Vegetables 27 Cracked Wheat 115 Bread Hot Cinnamon 6 Peaches Cal: 653 Sodium: 866 mg Carb: 94 gm From meal: 64 g	25 Pot Roast with Gravy 177 Oven Roasted 6 Potatoes 4 Butternut Squash & Apples 4 WW Dinner Roll 240 Vanilla Bites 50 Cal: 813 Sodium: 615 mg Carb: 100 g From meal: 69 g	
28 Pasta with Meat 294 Sauce Italian Vegetables 42 Dinner Roll 260 Parmesan Cheese 55 Hot Caramelized Apple 25 Cal: 808 Sodium: 790 mg Carb: 122 g From meal: 90 g	29 Chicken Stew 318 Green Beans 3 Corn Muffin 80 Hot Cinnamon 6 Pears Cal: 640 Sodium: 545 mg Carb: 85 g From meal: 51 g	30 COLD MEAL Tuna Salad on 299 Lettuce Bed Potato Salad 50 Tomato Broccoli 58 Cucumber Salad WW Hamburger Bun 180 Raisins 5 Cal: 735 Sodium: 729 mg Carb: 97 g From meal: 51 g	31 Beef Stroganoff 112 Buttered Noodles 33 Broccoli 12 Vienna Bread 150 Fresh Banana 1 Cal: 668 Sodium: 461 mg Carb: 87 g From meal: 48 g	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	

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