OCES Nutrition Program

NOVEMBER

REGULAR

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

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

Menu subject to change without notice.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		**3**		**4**		**5**		**6 COLD MEAL**	
Chicken Tikka Masala**	760	Sloppy Joe	129	Chicken Stew	318	Beef Stroganoff	117	Tuna Salad on	294
White Rice	5	Tater Tots	230	Corn Muffin	80	Pasta	1	Lettuce Bed	5
Green Beans	2	Scandinavian Vegetable	41	Green Peas	82	Broccoli	12	Tomato, Broccoli &	
WW Roll	180	LS Hamburger Roll	180	Hot Blueberry Crisp	58	Vienna Roll	150	Cucumber Salad	58
Mandarin Oranges	7	Fruit Cocktail	5			Fresh Banana	1	Potato Salad	50
		Ketchup	82					Hamburger Roll	180
								Lorna Doones	2
Cal: 787 Sodium: 975mg		Cal: 803 Sodium: 803mg		Cal: 837 Sodium: 676mg		Cal: 804 Sodium: 419mg		Cal: 753 Sodium: 825mg	
Carb: 98g From Meal: 41g		Carb: 87g From Meal: 35g		Carb: 118g From Meal: 36g		Carb: 103g From Meal: 50g		Carb: 81g From Meal: 27g	
9		**10**		**11 FROZEN MEAL**		**12**		**13 COLD MEAL**	
Chicken Fajitas with Salsa	444	Honey Garlic Tilapia	380			HMD Meatloaf	111	Roast Beef & Swiss Sandwich	309
Brown Rice & Beans	22	Brown Rice & Orzo	4			Brown Gravy	145	Greek Orzo Salad	85
Chuckwagon Vegetables	3	Asian Vegetables	43			Baked Potato	4	Carrots	67
Tortilla	95	WW Roll	180			Green Peas	82	Italian Dressing	20
Clementines (2)	1	Lemon Blueberry Bites	60			LS Wheat Bread	65	Fresh Apple	2
						Sour Cream	9		
						Lorna Doone Cookies	100		
Cal: 657 Sodium: 504mg		Cal: 725 Sodium: 704mg				Cal: 828 Sodium: 654mg		Cal: 816 Sodium: 620mg	
Carb: 89g From Meal: 51g		Carb: 96g From Meal: 46g				Carb: 95g From Meal: 40g		Carb: 88g From Meal: 52g	
16		**17 COLD MEAL**		**18**		**19**		**20**	
Swiss Cheese Omelet	523	Deli Ham & Cheese**	592	Turkey Chili	285	Chicken Marsala	327	Roast Pork with	50
Home Fries	6	Macaroni Salad	80	White Rice	2	Parslied Rotini	11	Apple Cider Gravy	155
Peppers & Onions	54	Kidney Bean Salad	159	Spinach	111	Roman Vegetables	17	Mashed Potatoes	20
Snack Loaf	115	Mayo Packet	55	Corn Muffin	80	Vienna Bread	150	Mixed Vegetables	42
Yogurt	75	Pullman wheat (2)	130	Fruit Cocktail	5	Clementines (2)	1	Whole Wheat Roll	180
Orange Juice - NO MILK	15	Fresh orange	0					Vanilla Bites Cookies	50
Cal: 728 Sodium: 614mg		Cal:1038 Sodium: 1153mg		Cal: 705 Sodium: 619mg		Cal: 545 Sodium: 645mg		Cal: 785 Sodium: 520mg	
Carb: 96g From Meal: 36g		Carbs: 127g From Meal: 49g		Carb: 93g From Meal: 42g		Carb: 79g From Meal: 35g		Carb: 97g From Meal: 39g	
23		**24**		**25**		**26 FROZEN MEAL**		**27 FROZEN MEAL**	
Hot Dog**	480	American Chop Suey	250	Roast Turkey	62				
Baked Beans	282	Jardiniere Vegetables	31	Whipped Sweet Potatoes	36				
Corn	6	WW Bread	65	Butternut Squash & Apples	4				
Mustard	55	Hot Cinnamon Peaches	6	Pullman Wheat	65				
WW Hot Dog Bun	165			Apple Pie	264				
Nectarine	0								
Cal: 771 Sodium: 1126mg		Cal: 751 Sodium: 491mg		Cal: 899 Sodium: 567mg					
Carb: 120g From Meal: 51g		Carb: 85g From Meal: 30g		Carb: 121g From Meal: 39g					
30									
LS Herbed Chicken	48								
Brown Rice with Orzo	4								
Zucchini & Red Bell Peppe	3								
Pullman Bread	65								
Fresh Peach	0								
Cal: 579 Sodium: 257mg									
Carb: 75g From Meal: 30g									

High Sodium Meal ** High Sodium Food

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!

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.