


Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 <b>Easter Special</b>	3 <b>Opening Day Special</b>
		Chicken Alfredo Whole Grain Pasta Broccoli Wheat Roll Vanilla Pudding  <b>Calories 675 Sodium 1067</b>	610 Baked Ham w/ Maple Brown Sugar 4 Potatoes au Gratin 38 Green Peas 150 Dinner Roll 130 Chocolate Chip Cookie  <b>High Sodium Meal Calories 811 Sodium 1385</b>	694 Hot Dog (beef) 358 Baked Beans 20 Green Beans w/ Red Peppers 100 Whole Wheat Hot Dog Bun 78 Fruit Cup Ketchup  <b>Calories 883 Sodium 1002</b>
6	7	8	9	10
Roast Turkey w/Apple Chutney Rice Pilaf Brussel Sprouts Wheat Bread Banana  <b>Calories 761 Sodium 705</b>	429 Braised Beef & Vegetables 49 Mashed Potatoes 26 Vegetable Medley 65 Wheat Bread 1 Chocolate Pudding  <b>Calories 832 Sodium 487</b>	75 Shrimp Tacos w/ Cheese 23 Cilantro Lime Rice 54 Black Beans, Corn & Peppers 64 Tortilla Wrap 130 Orange  <b>Calories 647 Sodium 878</b>	479 Chicken Pot Pie 67 w/ Whole Grain Buttermilk Biscuit 61 Broccoli 136 Applesauce 0  <b>Calories 768 Sodium 760</b>	215 Tuscan White Fish 370 Roasted Potatoes 38 California Blend Vegetables 2 Wheat Roll Fig Newton  <b>Calories 737 Sodium 997</b>
13	14	15	16 <b>Spring Special</b>	17
Honey Mustard Chicken Butternut Squash Green Peas Hawaiian Roll Banana  <b>Calories 799 Sodium 510</b>	262 BBQ Jerk Salmon 12 White Rice 20 Green Beans & Red Peppers 80 Wheat Bread 1 Pound Cake  <b>Calories 857 Sodium 711</b>	388 Beef Teriyaki 25 Lo Mein Noodles 20 Corn w/ Peppers 65 Wheat Roll 240 Pear Fruit Cup  <b>Calories 869 Sodium 889</b>	458 Tomato Bruschetta Chicken 125 Roasted Potatoes 21 Green Beans w/ Red Peppers 150 Wheat Bread 0 Banana Bread  <b>Calories 796 Sodium 875</b>	330 Meatloaf w/ Gravy 85 Garlic Mashed Potatoes 20 Carrots 65 Wholegrain Cornbread 240 Orange  <b>Calories 666 Sodium 909</b>
20	21	22	23	24
<b>Holiday No Meals</b>	Creamy Pesto Ravioli W/ Chicken California Blend Vegetables Wheat Bread Apple  <b>Calories 819 Sodium 985</b>	460 Chicken Anna Maria 289 White Rice 34 Green Peas w/ Red Peppers 65 Wheat Roll 2 Vanilla Pudding  <b>Calories 735 Sodium 1052</b>	540 Sausage w/ Abruzzi Sauce 25 Bowtie Pasta 72 California Blend Vegetables 150 Whole Grain Cornbread 130 Applesauce  <b>Calories 834 Sodium 1004</b>	649 Beef Stroganoff 4 Egg Noodles 34 Brussel Sprouts 180 Wheat Roll 0 Banana  <b>Calories 812 Sodium 520</b>
27	28	29	30	
BBQ Chicken Baked Beans Broccoli Cornbread Loaf Fruit Cup  <b>Calories 810 Sodium 850</b>	357 Creamy Cajun Shrimp 140 Cheesy Grits 38 Green Beans & Red Peppers 180 Wheat Roll 0 Lemon Square  <b>Calories 707 Sodium 995</b>	528 Pork in Mustard Wine Sauce 72 Egg Noodle 20 Mixed Root Vegetables 150 Wheat Roll 90 Chocolate Pudding  <b>Calories 731 Sodium 740</b>	248 Tortellini 7 w/Beef Bolognese 65 California Blend Vegetables 150 Wheat Roll 135 Banana  <b>Calories 747 Sodium 690</b>	175 195 34 150 1  

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303

Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount listed.