


Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Cheesy Chicken Casserole 554 Seasoned Rice Green Peas 20 Dinner Roll 100 Orange 1 Calories 925 Sodium 809
	4	5	6	7 Mother's Day Special
Beef w/ Onions & Peppers 130 White Rice 25 Mixed Vegetables 50 Dinner Roll 100 Cinnamon Apples 3 Calories 813 Sodium 443	Powerhouse Turkey Chili 268 w/ Shredded cheese 96 Green Beans & Red Peppers 21 Cornbread Bowl 160 Chocolate Pudding 135 Calories 803 Sodium 815	Seafood Cajun Pasta 500 Whole Grain Pasta 4 Green Peas 20 Wheat Bread 65 Orange 1 Calories 743 Sodium 725	Chicken in Sundried Tomato Sauce 365 Orzo 4 Broccoli 38 Wheat Roll 150 Lemon White Chocolate Cookie 100 Calories 656 Sodium 792	BBQ Pulled Pork 350 Butternut Squash 12 Vegetable Medley 54 Dinner Roll 100 Pear 2 Calories 791 Sodium 653
11	12	13	14	15
Hamburger 230 Potato Wedges 20 California Blend Vegetables 34 Wheat Hamburger Bun 75 Fruit Cup 5 Ketchup 80 Calories 678 Sodium 579	Cheese Ravioli 200 w/ Beef Bolognese & Parmesan 295 Brussel Sprouts 26 Wheat Roll 150 Fig Newton 180 Calories 871 Sodium 986	Stewed Tomato Chicken 213 White Rice 25 Carrots 56 Whole Grain Cornbread Loaf 180 Orange 1 Calories 808 Sodium 609	Torta di Polenta 493 (Pork Sausage & Beef) Polenta w/ Cheese Kale & Peppers 29 Hawaiian Roll 80 Apple 1 Calories 852 Sodium 738	Honey Glazed Salmon 85 Roasted Sweet Potatoes 21 California Blend Vegetables 34 Wheat Roll 150 Shortbread Cookie 150 Calories 768 Sodium 575
18	19	20	21 Holiday Meal	22
Egg & Cheese Broccoli Bake 656 w/ Wheat Roll 150 Mixed Vegetables 51 Apple 1 Calories 818 Sodium 993	Beef Stew 14 w/ Whole Grain Buttermilk Biscuit 370 Green Peas & Red Peppers 72 Pear 2 Calories 780 Sodium 719	Creamy Turkey & Spinach Casserole 375 w/ Orzo 4 Broccoli 38 Cornbread Loaf 180 Oatmeal Cookie 90 Calories 832 Sodium 822	BBQ Chicken Sandwich 360 Sweet Potato Fries 150 Zucchini & Red Peppers 18 Wheat Sandwich Bun 75 Pound Cake 240 Calories 850 Sodium 949	Whole Grain Cheese Lasagna 390 w/ Marinara Sauce & Mozzarella 315 Mixed Vegetables 51 Dinner Roll 100 Orange 1 Calories 701 Sodium 991
25	26	27	28	29
Holiday No Meals	Tuscan Chicken 403 Rice Pilaf 50 California Blend Vegetables 34 Wheat Roll 150 Apple 1 Calories 813 Sodium 773	Pot Roast w/ Brown Gravy 585 Mashed Potatoes 23 Brussel Sprouts 26 Cornbread Loaf 180 Vanilla Pudding 135 Calories 707 Sodium 1084	Hot Dog (Beef) 540 Baked Beans 140 Carrots 56 Wheat Hot Dog Bun 85 Orange 1 Ketchup 80 Calories 870 Sodium 1037	Chicken Alfredo 610 Whole Grain Pasta 4 Broccoli 38 Wheat Roll 150 Chocolate Chip Cookie 80 Calories 756 Sodium 1017

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.