
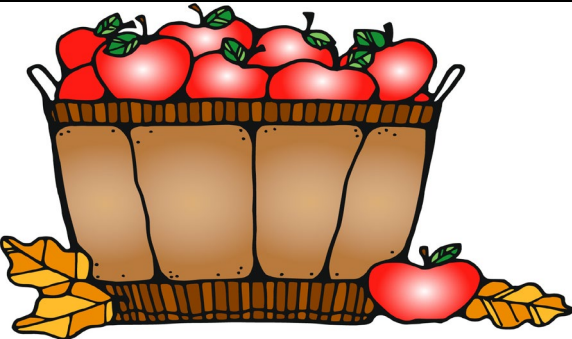



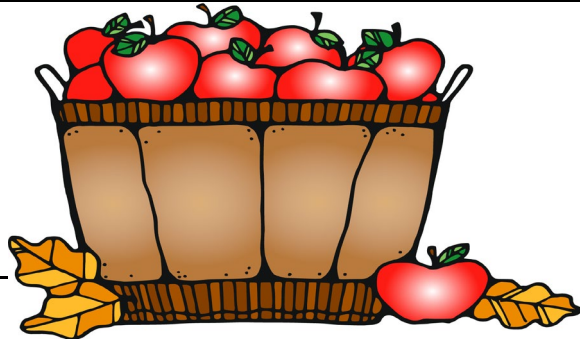




Monday		Tuesday		Wednesday		Thursday		Friday					
2	Na	3	Na	4	S	5	S	6	Na				
 LABOR DAY		BBQ Chicken 231		Lentil Bolognese 260		Mini Ravioli 400		Beef Hot Dog* 540					
		Hot German 85		Rotini Pasta 1		Tomato Sauce 55		Mustard 55					
		Potato Salad		Italian Blend 26		Roman Blend 26		Mac and Cheese 187					
		Corn 1		Vegetables		Vegetables		Cabbage and Carrots 47					
		Corn Muffin 280		WW Roll> 160		Multigrain Roll> 190		Hot Dog Roll 210					
		Mandarin Oranges 1		Tropical Fruit 10		Green Apple 2		Mixed Fruit 10					
		Total Sodium: 599		Total Sodium: 457		Total Sodium: 673		Total Sodium: 1049					
		Calories: 612	Carbs 101	Calories: 635	Carbs 119	Calories: 505	Carbs 75	Calories: 687	Carbs 78				
9	R	10	Na	11	S	12	Na	13	S/R				
Chicken A La Orange 123		Steak & Cheese Sub 435		Shepards Pie 261		Roast Turkey 303		Catch of the Day 220					
Asian Rice 73		Potato Wedges 27		Peas and Carrots 80		w/ Rosemary Gravy 117		Dijon Maple Sauce 155					
Oriental Blend 26		Mixed Vegetables 41		Dinner Roll 160		Parsley Mash Potato 50		Rice Pilaf 130					
Vegetables		Sub Roll 162		Peaches 5		Squash Blend 11		Green & Wax Beans 3					
WW Roll> 160		Tropical fruit 10				Oatmeal Bread> 121		Oatmeal Roll > 260					
Pineapple 1						Butterscotch Pudding# 339		Mixed Fruit 10					
						Diet Pudding							
		Total Sodium: 675		Total Sodium: 506		Total Sodium: 941		Total Sodium: 776					
		Calories: 658	Carbs 72	Calories: 595	Carbs 91	Calories: 590	Carbs 99	Calories: 425	Carbs 80				
16	S	17	R	18	S	19	Na	20	S				
Baked Meatloaf 305		Southwest Chicken 173		Broccoli and Cheese 395		Pork LoMein 254		Potato Pollock 337					
w/ BBQ Sauce 133		Rice & Beans 35		Omelette		Oriental Blend 26		Confetti Rice 38					
Yukon Gold Potato 28		Peppers and Onions 3		Hashbrowns 132		Vegetables		Glazed Carrots 83					
Peas & Mushrooms 133		Honey Wheat Bread 135		Stewed Tomatoes 143		Snowflake Roll 260		Oatmeal Bread> 121					
WW Bread> 160		Pears 4		Fruit Loaf > 160		Pound Cake 240		Mandarin Oranges 6					
Mixed Fruit 10				Apple Juice 5				Tartar sauce 261					
		Total Sodium: 298		Total Sodium: 834		Total Sodium: 780		Total Sodium: 845					
		Calories: 516	Carbs 66	Calories: 578	Carbs 75	Calories: 705	Carbs 100	Calories: 643	Carbs 73				
23	Na	24	S	25	S	26	R	27	S				
Chicken Parmesan 426		Hawaiian Meatball 250		American Chop 211		Teriyaki Chicken 216		Baked Cod 220					
Spaghetti 1		White Rice 31		Suey		Pineapple Rice 31		w/ Lemon Dill Sauce 106					
Brussel Sprouts 12		Broccoli 12		Green Beans 3		Oriental Blend 26		Garlic Mash Potato 49					
WW Roll > 160		Dinner Roll 210		Oatmeal Roll > 121		Vegetables		Fall Blend 41					
Pears 		Peaches 5		Cinnamon Apples 10		Wheat Bread > 115		Vegetables					
						Fig Newton 65		Honey Wheat Bread 135					
								Fresh Orange 0					
		Total Sodium: 509		Total Sodium: 345		Total Sodium: 453		Total Sodium: 551					
		Calories: 448	Carbs 60	Calories: 424	Carbs 59	Calories: 411	Carbs 55	Calories: 469	Carbs 82				
30	Na					All Meals include:		All Meals include:					
Gold Fever Chicken 231						<u>Milk:</u>		110 Calories		<u>Milk:</u>		110 Calories	
Roasted Potatoes 28						125mg Sodium		13g Carbs		125mg Sodium		13g Carbs	
Mixed Vegetable 41						<u>Margarine:</u>		36 Calories		36 Calories		47mg Sodium	
Dinner Roll 210		47mg Sodium											
Apple Sauce 20													
		Total Sodium: 530											
		Calories: 466	Carbs: 67										