

For Reservations or Cancellations call the site you attend by 11:30 a.m. the day before.

| MONDAY                                                                                                                                                                                                                                          | TUESDAY   | WEDNESDAY                                                                                                                                   | THURSDAY  | FRIDAY                                                                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.</b><br><b>Total Sodium &amp; Calories include regular dessert, milk (100mg Na) &amp; margarine (15mg Na).</b> | <b>1</b>  | <b>2</b><br>Beef Taco Bowl(156)<br>Tossed Salad(12) w/Ranch(110)<br>Yellow Rice(192)<br>Tortilla Chips(46)<br>Fresh Fruit(1)                | <b>3</b>  | <b>4</b><br>Turkey w/Gravy*(549)<br>Green Beans(5)<br>Mashed Potatoes(26)<br>Whole Wheat Bread(150)<br>Applesauce(14)                                                                                                                                                 |
|                                                                                                                                                                                                                                                 |           | Cal:606 Carb:55 Na:659                                                                                                                      |           | Cal:601 Carb:74 Na: 1089                                                                                                                                                                                                                                              |
| <b>7</b><br><br><b>HOLIDAY- NO MEALS</b>                                                                                                                                                                                                        | <b>8</b>  | <b>9 HIGH SODIUM DAY</b><br>Hot Dog w/Bun*(750)<br>Steamed Corn(4)<br>Baked Beans(219)<br>Applesauce(14)<br>Ketchup(82)/Mustard(55)         | <b>10</b> | <b>11 BIRTHDAY MEAL/HIGH SODIUM DAY</b><br>Spaghetti & Meatballs*(531)<br>Steamed Broccoli(9)<br>Wheat Roll(210)<br>Sheet Cake(345)                                                                                                                                   |
|                                                                                                                                                                                                                                                 |           | Cal:731 Carb:91 Na:1221                                                                                                                     |           | Cal:807 Carb:96/84 Na:1220                                                                                                                                                                                                                                            |
| <b>14</b><br>Beef Teriyaki(478)<br>Green Beans(5)<br>Lo Mein Noodles(74)<br>Whole Wheat Bread(150)<br>Mandarin Oranges(7)                                                                                                                       | <b>15</b> | <b>16 COLD PLATE</b><br>Ham(283) & Swiss(53)<br>Celery Salad(75)<br>Potato Salad(215)<br>Whole Wheat Bread(150)<br>Applesauce(14) Mayo(100) | <b>17</b> | <b>18 NATIONAL CHEESEBURGER DAY</b><br>Cheeseburger*(550)<br>Onions & Mushrooms(96)<br>Roasted Potatoes(22)<br>Hamburger Bun(230)<br>Fresh Fruit(1)                                                                                                                   |
| Cal:682 Carb:59 Na:853                                                                                                                                                                                                                          |           | Cal:665 Carb:58 Na:1031                                                                                                                     |           | Cal:641 Carb:86 Na:1024                                                                                                                                                                                                                                               |
| <b>21</b><br>Ham w/Pineapple(426)<br>Green Beans(5)<br>Au Gratin Potatoes(255)<br>WW Roll(210)<br>Fresh Fruit(1)                                                                                                                                | <b>22</b> | <b>23</b><br>Ravioli w/Meat Sauce(394)<br>Steamed Broccoli(9)<br>12 Grain Bread(200)<br>Reg/Diet Cookies(85)                                | <b>24</b> | <b>25</b><br>Meatloaf w/Mushroom Gravy(365)<br>Parslied Carrots(62)<br>Mashed Potatoes(232)<br>Dinner Roll(210)<br>Blueberry Crisp(56)                                                                                                                                |
| Cal: 1033 Carb:181 Na:1037                                                                                                                                                                                                                      |           | Cal:503 Carb:68 Na:708                                                                                                                      |           | Cal:737 Carb:91 Na:1064                                                                                                                                                                                                                                               |
| <b>28 BIG E MEAL</b><br>Pulled Pork(365) Orange Juice(0)<br>Green Beans(5)<br>Mac & Cheese (296)<br>Cornbread(180)<br>Reg/Diet Cookies(85)                                                                                                      | <b>29</b> | <b>30</b><br>Coconut Fish(60)<br>Ginger Lime Slaw(26)<br>Pineapple Fried Rice(190)<br>Whole Wheat Bread(150)<br>Mandarin Oranges(7)         |           | <b>Suggested voluntary donation \$3/meal</b><br><b>Menu subject to change without notice.</b><br><b>Key for Symbols:</b><br>Cal= Calories<br>(mg Na in each item) Carb=Carbohydrates<br>Carbs listed for both reg/diet desserts<br>Na= Sodium *Sodium content(>500mg) |
| Cal:877 Carb:94 Na:922                                                                                                                                                                                                                          |           | Cal:541 Carb:77 Na:574                                                                                                                      |           |                                                                                                                                                                                                                                                                       |