

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Sweet & Sour Pork(127) Pacific Blend Veg(25) White Rice(4) Mini Cornbread(80) Fresh Fruit(2)	<b>4</b> Salmon Piccata(241) Broccoli(9) Penne Pasta(1) WW Bread(115) Chilled Pears(4)	<b>5 Springtime Holiday Meal</b> Broccoli Cheddar Stuffed Chicken(410) Herbed Green Beans(3) ½ Sweet Potato(33) Dinner Roll(150) Fudge Round Cookie (85)	<b>6</b> Meatloaf w/Mushroom Gravy(301) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Cookie(75)/Diet Cookie	<b>7</b> Broccoli Alfredo Pasta(494) Steamed Spinach(76) Orange Juice(26) Whole Wheat Roll(210) Chilled Peaches(6)
Cal:769 Carb:98 Na:352	Cal:574 Carb:77 Na:485	Cal:669 Carb:82 Na:774	Cal:674 Carb:77 Na:853	Cal:646 Carb:100 Na:927
<b>10</b> Roasted Red Pepper Ravioli(211) Italian Blend Veg(19) Italian Bread(230) Oreo Cookie(150)	<b>11</b> Popcorn Chicken(456) Broccoli (9) Rice Pilaf(12) BBQ Sauce(160) WW Bread(115) Reg/SF Jello w/Topping(47)	<b>12</b> Turkey Sloppy Joe*(570) Coleslaw(122) Multigrain Sun Chips(110) Hamburger Bun(230) Mixed Fruit(5)	<b>13</b> Pot Roast w/Gravy (22) Brussels Sprouts(12) Garlic Mashed Potatoes(117) Whole Wheat Bread(115) Fresh Fruit(1)	<b>14</b> Butter Crumb Fish(296) Dill Carrots(62) Lemon Rice(19) Tartar Sauce(123) Wheat Roll(115) Mandarin Oranges (7)
Cal:537 Carb:76 Na:725	Cal:538 Carb:72 Na:913	Cal:767 Carb:92 Na:1151	Cal:606 Carb:77 Na:413	Cal:620 Carb:72 Na:743
<b>17</b>  <b>HOLIDAY- NO MEALS</b>	<b>18</b> Chicken Pot Pie(269) Steamed Green Beans(5) Biscuit Topping(170) Pear Crisp(98)	<b>19</b> Turkey Taco Plate(347) Zesty Corn Salad(171) Yellow Rice(29) Sour Cream(9) Tortilla Chips(115) Chilled Peaches(6)	<b>20 HIGH SODIUM DAY</b> Steak and Cheese Sandwich*(658) Onions & Peppers(81) Potato Salad(214) Whole Wheat Bun(230) Reg(79)/Diet Cookies	<b>21 April Birthday Celebration</b> Chicken Marsala*(579) Tossed Salad w/Italian(123) Penne w/Sauce(58) Whole Wheat Roll(210) Birthday Cupcake(240)/Diet Cake
	Cal:641 Carb:66 Na:657	Cal:888 Carb:104 Na:941	Cal:746 Carb:69 Na:1299	Cal:657 Carb:91 Na:1161
<b>24</b> Creamy Pesto Tortellini*(674) Broccoli(9) Whole Wheat Bread(115) Reg(150)/Diet Cookie	<b>25</b> Korean Meatballs(577) Pacific Blend Veg(27) White Rice(4) Oatnut Bread(150) Chilled Applesauce(9)	<b>26 COLD PLATE</b> Turkey BLT*(680) Lettuce/Tomato(2) Coleslaw(122) Wheat Bread(210) Fresh Fruit(1)	<b>27 HIGH SODIUM DAY</b> Hot Dog w/Bun*(750) Italian Pasta Salad(297) Baked Beans(140) Ketchup(82)/Mustard(55) Fruit Ambrosia(4)	<b>28</b> "Lazy" Stuffed Peppers(135) Peas & Onions(42) Italian Bread(230) Reg/Diet Jello(53)Whip Topping(12)
Cal:711 Carb:92 Na:1062	Cal:662 Carb:106 Na:905	Cal:516 Carb:69 Na:1086	Cal:881 Carb:105 Na:1426	Cal:630 Carb:72 Na:588
<b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 136 for more information.</b>	<b>Key for Symbols:</b> Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	<b>Suggested voluntary donation \$2/meal</b>  <b>Menu subject to change without notice.</b>	<b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp;margarine(15mg Na).</b>	