



March 2023 Mystic Valley/SCES Asian-Vietnamese Menu

Totals Include 125mg Na+ for 8oz of milk served daily

Monday		Tuesday		Wednesday		Thursday		Friday						
				<b>1</b>	Bun Ga Nuong (Lemongrass Chicken) White Rice Broccoli Fruit Margarine	<b>NA+</b> 602 50 6 0 30	<b>2</b>	Sweet & Sour Pork w/ Pineapples & Tomatoes White Rice Water Spinach Fruit Margarine	<b>NA+</b> 699 50 59 0 30	<b>3</b>	Green Curry White Fish White Rice Cabbage Shortbread Cookie Margarine	<b>NA+</b> 614 50 34 150 30		
					<b>Cal:807 CHO:97g Na:813mg</b>	813		<b>Cal:800 CHO:90g Na:963mg</b>	963		<b>Cal:765 CHO:83g Na:1003mg</b>	1003		
<b>6</b>	Muong Xao Thit Bo (Stir Fried Water Spinach w/ Bee White Rice Water Spinach Fruit Margarine	<b>NA+</b> 395 50 59 0 30	<b>7</b>	Com Chien Tom (Shrimp Fried Rice) White Rice Bok Choy Fruit Margarine	<b>NA+</b> 592 50 57 0 30	<b>8</b>	Vietnamese Pork Curry White Rice Water Spinach Fruit Margarine	<b>NA+</b> 169 50 59 0 30	<b>9</b>	Chicken Teriyaki White Rice Broccoli Oatmeal Cookie Margarine	<b>NA+</b> 856 50 6 105 30	<b>10</b>	Teriyaki Chicken Potstickers w/ Sweet & Sour Sauce White Rice Bok Choy Fruit Margarine	<b>NA+</b> 434 50 57 0 30
	<b>Cal:875 CHO:96g Na:659mg</b>	659		<b>Cal:764 CHO:85g Na:854mg</b>	854		<b>Cal:835 CHO:88g Na:433mg</b>	433		<b>Cal:759 CHO:95g Na:1172mg</b>	1172		<b>Cal:782 CHO:111g Na:696mg</b>	696
<b>13</b>	Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Cabbage Fruit Margarine	<b>NA+</b> 453 50 34 0 30	<b>14</b>	Turmeric & Ginger Fish White Rice Bok Choy Fruit Margarine	<b>NA+</b> 334 50 57 0 0	<b>15</b>	Pork Lo Mein Noodles Broccoli Chocolate Chip Cookie Margarine	<b>NA+</b> 420 33 6 70 30	<b>16</b>	<b>Holiday Meal - High Sodium Meal</b> Corned Beef w/ Cabbage Boiled Potatoes Carrots Cornbread Loaf Oatmeal Cookie Margarine	<b>NA+</b> 855 105 46 180 105 30	<b>17</b>	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Cabbage Fruit Margarine	<b>NA+</b> 902 50 34 0 30
	<b>Cal:927 CHO:93g Na:692mg</b>	692		<b>Cal:741 CHO:78g Na:566mg</b>	566		<b>Cal:925 CHO:90g Na:684mg</b>	684		<b>Cal:746 CHO:75g Na:1446mg</b>	1446		<b>Cal:878 CHO:90g Na:1141mg</b>	1141
<b>20</b>	Chinese BBQ Pork White Rice Water Spinach Fruit Margarine	<b>NA+</b> 247 50 59 0 30	<b>21</b>	Honey Orange Chicken White Rice Broccoli Fruit Margarine	<b>NA+</b> 560 50 6 0 30	<b>22</b>	Pork Fried Rice White Rice Water Spinach Fruit Margarine	<b>NA+</b> 315 50 59 0 30	<b>23</b>	Teriyaki Salmon White Rice Broccoli Brownie Margarine	<b>NA+</b> 590 50 6 115 30	<b>24</b>	Pork & Kimchi Dumplings w/ Soy Drizzle White Rice Bok Choy Fruit Margarine	<b>NA+</b> 600 50 57 0 30
	<b>Cal:879 CHO:80g Na:511mg</b>	511		<b>Cal:796 CHO:110g Na:771mg</b>	771		<b>Cal:963 CHO:91g Na:579mg</b>	579		<b>Cal:926 CHO:115g Na:916mg</b>	916		<b>Cal:816 CHO:112g Na:862mg</b>	862
<b>27</b>	Mongolian Beef White Rice Cabbage Fruit Margarine	<b>NA+</b> 660 50 34 30 0	<b>28</b>	Pork w/ Scallion & Ginger Sauce White Rice Water Spinach Fruit Margarine	<b>NA+</b> 367 50 59 0 30	<b>29</b>	Bun Ga Nuong (Lemongrass Chicken) White Rice Broccoli Fruit Margarine	<b>NA+</b> 602 50 6 0 30	<b>30</b>	Sweet & Sour Pork w/ Pineapples & Tomatoes White Rice Water Spinach Chocolate Chip Cookie Margarine	<b>NA+</b> 699 50 59 70 30	<b>31</b>	Muong Xao Thit Bo (Stir Fried Water Spinach w/ Bee White Rice Water Spinach Fruit Margarine	<b>NA+</b> 395 50 59 0 30
	<b>Cal:825 CHO:98g Na:899mg</b>	899		<b>Cal:741 CHO:83g Na:631mg</b>	631		<b>Cal:807 CHO:97g Na:813mg</b>	813		<b>Cal:823 CHO:91g Na:1033mg</b>	1033		<b>Cal:875 CHO:96g Na:659mg</b>	659