



March 2023 Mystic Valley/SCES Vegetarian Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
				1	Braised Beans & Vegetables White Rice Broccoli Wheat Bread Fruit Margarine	NA+ 385 25 6 135 0 30	2	Falafel Sweet Rice Mixed Vegetables Cornbread Loaf Cinnamon Peaches Margarine	NA+ 680 25 17 180 10 30	3	Cajun Beans Pasta Vegetable Medley Wheat Roll Shortbread Cookie Margarine	NA+ 459 1 18 135 150 30		
					Cal:733 CHO:97g Na:706mg	706		Cal:870 CHO:123g Na:1067mg	1067		Cal:703 CHO:93g Na:918mg	918		
6	Honey Mustard Chik'n Cutlet Rice Pilaf Beets & Greens Wheat Roll Fruit Margarine	NA+ 394 55 73 135 0 30	7	<b>High Sodium Meal</b> Veggie Burger Baked Beans Carrots Wheat Hamburger Bun Chocolate Pudding Margarine Ketchup	NA+ 575 140 45 230 135 30 85	8	Lentil Stew w/ Biscuit Broccoli Fruit Margarine	NA+ 207 310 6 0 30	9	Mac & Cheese (entrée portion) Green Beans Wheat Roll Oatmeal Cookie Margarine	NA+ 370 6 135 105 30	10	Teriyaki Tofu White Rice Corn w/Peppers Wheat Bread Fruit Margarine	NA+ 594 25 6 135 0 30
	Cal:697 CHO:99g Na:812mg	812		Cal:725 CHO:108g Na:1365mg	1365		Cal:735 CHO:104g Na:678mg	678		Cal:765 CHO:84g Na:771mg	771	Cal:694 CHO:102g Na:915mg	915	
13	Sage Cream Mushroom Sauce WG Cheese Ravioli (4 each) Green Peas Wheat Bread Fruit Margarine	NA+ 212 380 6 135 0 30	14	Vegetarian Shepherd's Pie Mashed Potatoes Mixed Vegetables Whole Grain Cornbread Vanilla Pudding Margarine	NA+ 466 113 17 180 130 30	15	Spiced Veggie Sausage w/ Pear Chutney Butternut Squash Brussel Sprouts Cornbread Loaf Fruit Margarine	NA+ 585 25 23 180 0 30	16	<b>Holiday Meal - High Sodium Meal</b> Veggie Sausage w/ Cabbage Boiled Potatoes Carrots Cornbread Loaf Oatmeal Cookie Margarine	NA+ 652 105 46 180 105 30	17	Creamy Roasted Red Pepper White Beans Tri Colored Tortellini Broccoli Cornbread Loaf Fruit Margarine	NA+ 503 225 6 180 0 30
	Cal:827 CHO:99g Na:888mg	888		Cal:840 CHO:107g Na:1061mg	1061		Cal:797 CHO:107g Na:968mg	968		Cal:789 CHO:82g Na:1243mg	1243	Cal:727 CHO:110g Na:1069mg	1069	
20	Tuscan Sweet Corn Fritters Rice Pilaf Kale & Red Peppers Wheat Roll Fruit Margarine	NA+ 538 55 14 135 0 30	21	Vegetarian Chop Suey Elbow Macaroni Tuscan Blend Vegetables Wheat Bread Chocolate Pudding Margarine	NA+ 387 2 31 135 130 30	22	Maple Glazed Chik'n Cutlet Sweet Potatoes Green Beans Wheat Roll Fruit Margarine	NA+ 270 37 6 135 0 30	23	Herb Crusted Tofu Wild Rice Carrots Wheat Roll Brownie Margarine	NA+ 178 26 46 135 115 30	24	Whole Grain Cheese Lasagna w/ Marinara & Parmesan Cheese Vegetable Medley Garlic Toast Fruit Margarine	NA+ 390 250 18 350 0 30
	Cal:989 CHO:95g Na:897mg	897		Cal:690 CHO:93g Na:840mg	840		Cal:681 CHO:96g Na:603mg	603		Cal:901 CHO:113g Na:655mg	655	Cal:716 CHO:88g Na:1163mg	1163	
27	White Bean & Artichoke Picatta Mashed Potatoes California Blend Vegetables Wheat Roll Fruit Margarine	NA+ 676 113 36 135 0 30	28	Braised Tofu w/ Gravy Garlic Mashed Potatoes Green Beans w/ Red Peppers Cornbread Loaf Vanilla Pudding Margarine	NA+ 136 113 6 180 130 30	29	Garlic Lemon Herb Mediterranean Chik'n Orzo Broccoli Wheat Roll Fruit Margarine	NA+ 458 2 6 135 0 30	30	Veggie Sausage w/ Peppers & Onions Roasted Potatoes Carrots Whole Grain Cornbread Chocolate Chip Cookie Margarine	NA+ 584 120 46 180 70 30	31	Sweet Corn Fritters Rice Pilaf Mixed Vegetables Wheat Roll Fruit Margarine	NA+ 413 55 17 135 0 30
	Cal:695 CHO:99g Na:1115mg	1115		Cal:729 CHO:90g Na:720mg	720		Cal:694 CHO:104g Na:756mg	756		Cal:727 CHO:87g Na:1155mg	1155	Cal:857 CHO:97g Na:775mg	775	