



May 2023 Mystic Valley/SCES Asian-Vietnamese HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
1	Green Curry White Fish White Rice Cabbage Fruit Margarine	NA+ 614 50 34 0 30	2	Com Chien Tom (Shrimp Fried Rice) White Rice Bok Choy Fruit Margarine	NA+ 592 50 57 0 30	3	Vietnamese Pork Curry White Rice Water Spinach Fruit Margarine	NA+ 169 50 59 0 30	4	Chicken Teriyaki White Rice Broccoli Fruit Margarine	NA+ 856 50 6 0 30	5	Chinese BBQ Pork White Rice Water Spinach Strawberry Cake Loaf Margarine	NA+ 247 50 59 100 30
Cal:702 CHO:85g Na:853mg		853	Cal:764 CHO:85g Na:854mg		854	Cal:835 CHO:88g Na:433mg		433	Cal:749 CHO:94g Na:1067mg		1067	Cal:979 CHO:89g Na:611mg		611
8	Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Cabbage Fruit Margarine	NA+ 453 50 34 0 30	9	Turmeric & Ginger Fish White Rice Bok Choy Chocolate Chip Loaf Margarine	NA+ 318 50 57 90 0	10	Sweet & Sour Chicken White Rice Broccoli Fruit Margarine	NA+ 556 50 6 0 30	11	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Cabbage Fruit Margarine	NA+ 902 50 34 0 30	12	Teriyaki Chicken Potstickers w/ Sweet & Sour Sauce White Rice Bok Choy Oatmeal Cookie Margarine	NA+ 434 50 57 105 30
Cal:927 CHO:93g Na:692mg		692	Cal:796 CHO:87g Na:640mg		640	Cal:743 CHO:103g Na:767mg		767	Cal:905 CHO:99g Na:1141mg		1141	Cal:795 CHO:104g Na:801mg		801
15	Pork Lo Mein Noodles Broccoli Fruit Margarine	NA+ 420 33 6 0 30	16	Honey Orange Chicken White Rice Broccoli Fruit Margarine	NA+ 560 50 34 0 30	17	Pork Fried Rice White Rice Water Spinach Fruit Margarine	NA+ 315 50 59 0 30	18	Teriyaki Salmon White Rice Broccoli Fruit Margarine	NA+ 590 50 6 0 30	19	Pork & Kimchi Dumplings w/ Soy Drizzle White Rice Bok Choy Chocolate Chip Cookie Margarine	NA+ 600 50 57 70 30
Cal:925 CHO:90g Na:614mg		614	Cal:805CHO:110g Na:799mg		799	Cal:963 CHO:91g Na:579mg		579	Cal:757 CHO:100g Na:801mg		801	Cal:828 CHO:105g Na:932mg		932
22	Mongolian Beef White Rice Cabbage Fruit Margarine	NA+ 660 50 34 30 0	23	Pork w/ Scallion & Ginger Sauce White Rice Water Spinach Fruit Margarine	NA+ 367 50 59 0 30	24	Bun Ga Nuong (Lemongrass Chicken) White Rice Broccoli Fruit Margarine	NA+ 602 50 6 0 30	25	Holiday Meal Cheeseburger Potato Wedges Carrots Wheat Hamburger Bun Fig Newton Margarine Ketchup	NA+ 370 25 30 300 180 30 85	26	Sweet & Sour Pork w/ Pineapples & Tomatoes White Rice Water Spinach Pineapple Margarine	NA+ 699 50 59 10 30
Cal:825 CHO:98g Na:899mg		899	Cal:741 CHO:83g Na:631mg		631	Cal:807 CHO:97g Na:813mg		813	Cal:902 CHO:110g Na:1145mg		1145	Cal:774 CHO:93g Na:973mg		973
29	Holiday - No Meals		30	Green Curry White Fish White Rice Cabbage Fruit Margarine	NA+ 614 50 34 0 30	31	Vietnamese Pork Curry White Rice Water Spinach Fruit Margarine	NA+ 169 50 59 0 30						
			Cal:702 CHO:85g Na:853mg		853	Cal:835 CHO:88g Na:433mg		433						