



## May 2023 Mystic Valley-SCES Vegetarian HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
<b>1</b>	Vegetarian Chop Suey w/ Parm Whole Grain Pasta California Blend Vegetables Cornbread Fruit Margarine	<b>NA+</b> 575 1 36 180 0 30	<b>2</b>	Chickpea Marsala White Rice Tuscan Blend Vegetables Wheat Roll Vanilla Pudding Margarine	<b>NA+</b> 370 25 31 135 130 30	<b>3</b>	Whole Grain Cheese Pizza w/ Peppers & onions Tater Tots Mixed Vegetable Fruit Margarine	<b>NA+</b> 413 230 25 0 30	<b>4</b>	Vegetarian Carbonara Whole Grain Pasta Broccoli Cornbread Loaf Fruit Margarine	<b>NA+</b> 170 0 6 180 0 30	<b>5</b>	Veggie Sausage w/ Gravy Garlic Mashed Potatoes Green Beans w/ Red Peppers Wheat Roll Strawberry Cake Loaf Margarine	<b>NA+</b> 573 113 6 135 100 30
<b>Cal:810 CHO:105g Na:947mg</b>		947	<b>Cal:786 CHO:104g Na:846mg</b>		846	<b>Cal:795 CHO:97g Na:823mg</b>		823	<b>Cal:677 CHO:83g Na:511mg</b>		511	<b>Cal:682 CHO:85g Na:1082mg</b>		1082
<b>8</b>	Creamy Cajun Tofu Cheesy Grits Vegetable Medley Cornbread Loaf Fruit Margarine	<b>NA+</b> 166 103 18 180 0 30	<b>9</b>	Balsamic Glazed Beans Roasted Potatoes Broccoli Wheat Roll Chocolate Chip Loaf Margarine	<b>NA+</b> 382 120 6 135 90 30	<b>10</b>	Lentil Chili w/ Biscuit Mixed Vegetables Fruit Margarine	<b>NA+</b> 203 310 25 0 30	<b>11</b>	Tuscan Veggie Fritters Rice Pilaf Kale & Red Peppers Whole Grain Cornbread Fruit Margarine	<b>NA+</b> 340 55 14 180 0 30	<b>12</b>	Tofu "Fried" Rice White Rice Brussel Sprouts Wheat Roll Oatmeal Cookie Margarine	<b>NA+</b> 220 25 23 135 105 30
<b>Cal:875 CHO:109g Na:622mg</b>		622	<b>Cal:705 CHO:110g Na:888mg</b>		888	<b>Cal:740 CHO:108g Na:693mg</b>		693	<b>Cal:898 CHO:130g Na:744mg</b>		744	<b>Cal:686 CHO:75g Na:663mg</b>		663
<b>15</b>	Sage Cream Mushroom Sauce WG Cheese Ravioli (3 each) Green Peas Wheat Bread Cinnamon Pears Margarine	<b>NA+</b> 160 360 6 135 10 30	<b>16</b>	3 Bean Chili w/ Shredded Cheddar California Blend Vegetables Whole Grain Cornbread Vanilla Pudding Margarine	<b>NA+</b> 497 46 180 130 30	<b>17</b>	BBQ Crumbled Tofu Baked Beans Brussel Sprouts Hamburger Bun Fruit Margarine	<b>NA+</b> 515 140 23 300 0 30	<b>18</b>	Chik'n Bites Mac & Cheese Green Beans w/ Red Peppers Wheat Bread Fruit Margarine	<b>NA+</b> 463 323 6 135 0 30	<b>19</b>	Herb Crusted Tofu White Rice Corn w/ Peppers Wheat Roll Chocolate Chip Cookie Margarine	<b>NA+</b> 178 25 6 135 70 30
<b>Cal:720 CHO:84g Na:826mg</b>		826	<b>Cal:763 CHO:107g Na:1008mg</b>		1008	<b>Cal:764 CHO:130g Na:1133mg</b>		1133	<b>Cal:880 CHO:98g Na:1082mg</b>		1082	<b>Cal:778 CHO:99g Na:569mg</b>		569
<b>22</b>	Vegetarian Stroganoff Egg Noodles Broccoli Wheat Bread Fruit Margarine	<b>NA+</b> 493 5 6 135 0 30	<b>23</b>	Vegetarian Meatball w/ Marinara & Parm Whole Grain Pasta Tuscan Blend Vegetables Wheat Bread Chocolate Pudding Margarine	<b>NA+</b> 640 2 31 135 135 30	<b>24</b>	Maple Glazed Veggie Sausage Sweet Potatoes Brussel Sprouts Wheat Roll Fruit Margarine	<b>NA+</b> 515 37 23 135 0 30	<b>25</b>	<b>Holiday Meal - High Sodium Meal</b> Veggie Burger w/ Cheese Potato Wedges Carrots Wheat Hamburger Bun Fig Newton Margarine Ketchup	<b>NA+</b> 550 25 30 300 180 30 85	<b>26</b>	Teriyaki Tofu Wild Rice Corn & Peppers Wheat Roll Pineapple Margarine	<b>NA+</b> 594 26 6 135 10 30
<b>Cal:771 CHO:94g Na:794mg</b>		794	<b>Cal:658 CHO:78g Na:1098mg</b>		1098	<b>Cal:688 CHO:109g Na:865mg</b>		865	<b>Cal:902 CHO:110g Na:1325mg</b>		1325	<b>Cal:675 HCO:99g Na:926mg</b>		926
<b>29</b>	<b>Holiday - No Meals</b>		<b>30</b>	Whole Grain Stuffed Shells w/ Marinara & Parmesan Cheese Vegetable Medley Garlic Toast Fruit Margarine	<b>NA+</b> 380 248 18 350 0 30	<b>31</b>	Garlic Lemon Herb Mediterranean Chik'n Orzo Mixed Vegetables Wheat Roll Vanilla Pudding Margarine	<b>NA+</b> 458 2 25 135 130 30						
			<b>Cal:714 CHO:90g Na:1151mg</b>		1151	<b>Cal:704 CHO:101g Na:905mg</b>		905						