

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in ( _ )</p>				<p><b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b></p>
3	4	5	6	7
<p>Turkey &amp; Swiss Cheese (440) on Wheat Bread (130) Chickpea, Quinoa &amp; Carrot Salad(110) Tomato-Cucumber Salad (73) Pudding (130) Mayo (60)</p> <p><b>Calories 960 Sodium 1048</b></p>	<p>Chicken Salad (160) Wheat Bread (130) Artichoke, Feta &amp; Roasted Pepper &amp; Couscous Salad (142) Pea Salad (188) Fruit (0)</p> <p><b>Calories 975 Sodium 725</b></p>	<p>Mediterranean Falafel &amp; Quinoa Salad (340) w/ Spinach, Tomatoes, &amp; Cucumbers Macaroni Salad (185) Mini Pitas (85) Fig Newton (180) Greek Dressing (130)</p> <p><b>Calories 1055 Sodium 1025</b></p>	<p>Roast Beef &amp; Swiss Cheese Sandwich w/ Lettuce (287) Wheat Bread (130) Broccoli Salad (147) Sweet Potato &amp; Craisin Salad (35) Fruit (0) Mayo (60)</p> <p><b>Calories 1030 Sodium 764</b></p>	<p>Egg Salad Sandwich (252) Wheat Hamburger Bun (80) Primavera Pasta Salad (195) Carrot Raisin Salad (124) Fruit (0)</p> <p><b>Calories 885 Sodium 756</b></p>
10	11	12	13	14
<p>Tortellini Pasta Salad (430) w/ Beans, Spinach, Sundried Tomato Brussel Sprout Salad (16) Dinner Roll (100) Pudding (130)</p> <p><b>Calories 751 Sodium 781</b></p>	<p>Buffalo Chicken &amp; Cheese Sandwich (430) Wheat Hamburger Bun (80) Potato Salad (252) Cucumber Salad (2) Fruit (0)</p> <p><b>Calories 688 Sodium 964</b></p>	<p>Turkey &amp; Cheese Sandwich (530) Wheat Hamburger Bun (80) Corn &amp; Red Pepper Salad (10) Beet Salad (90) Fruit (0) Mayo (60)</p> <p><b>Calories 745 Sodium 875</b></p>	<p><b>High Sodium Meal</b></p> <p>Chicken Schwarma Bowl (430) w/ Tzatziki and Rice (215) Tomato &amp; Cucumber Salad (73) Zucchini Salad (131) Mini Pita Breads (85) Pound Cake (240)</p> <p><b>Calories 909 Sodium 1279</b></p>	<p>Whole Grain Tuna Pasta Salad w/ Green Peas (463) Cornbread Loaf (180) Chickpea, Craisin &amp; Apple Salad(199) Fruit (0)</p> <p><b>Calories 960 Sodium 947</b></p>
17	18	19	20	21
<p><b>Presidents' Day Holiday – No Meals</b></p>	<p>Egg Salad Sandwich (252) Wheat Bun (80) Macaroni Salad (185) Cole Slaw (107) Pudding (130)</p> <p><b>Calories 1115 Sodium 859</b></p>	<p>Turkey &amp; Provolone Cheese (530) Wheat Hamburger Bun (80) Artichoke, Feta &amp; Roasted Pepper &amp; Couscous Salad (142) Carrot Raisin Salad (124) Fruit (0) Mayo (60)</p> <p><b>Calories 795 Sodium 1041</b></p>	<p>Greek Pasta Salad (235) w/ Chicken, Olives &amp; Feta Pea Salad (188) Wheat Roll (150) Fruit (0)</p> <p><b>Calories 790 Sodium 678</b></p>	<p>Chicken Caesar Wrap (235) Whole Grain Tortilla (200) Corn &amp; Red Pepper Salad (10) Oatmeal Cookie (90) Caesar Dressing Packet (290)</p> <p><b>Calories 780 Sodium 930</b></p>
24	25	26	27	28
<p>Caprese Pasta Salad w/ Mozzarella, Tomatoes &amp; Basil (411) Beet Salad (92) Cornbread Load (180) Fruit (0)</p> <p><b>Calories 690 Sodium 788</b></p>	<p>Roast Beef &amp; Swiss Cheese (280) Wheat Hamburger Bun (80) Cucumber Salad (2) Carrot Raisin Salad (124) Shortbread Cookie (150) Mustard (55)</p> <p><b>Calories 942 Sodium 658</b></p>	<p>Waldorf Chicken Salad (160) Wheat Hamburger Bun (80) Chickpea, Craisin &amp; Apple Salad (199) Cole Slaw (107) Fruit (0)</p> <p><b>Calories 942 Sodium 651</b></p>	<p>Tuna Salad Sandwich (403) w/ Tomato &amp; Lettuce (7) Wheat Bun (80) Macaroni Salad (185) Broccoli Salad (147) Chocolate Pudding (130)</p> <p><b>Calories 1167 Sodium 1057</b></p>	<p>Crispy Chicken Salad (407) over Romaine, Tomatoes, Cucumbers Italian Pasta Salad (195) Wheat Roll (150) Fruit (0) Honey Mustard Dressing (220)</p> <p><b>Calories 716 Sodium 1077</b></p>