

Monday		Tuesday		Wednesday		Thursday		Friday	
									
2		3		4		5		6	
Chik'n Marsala Orzo Carrots Whole Grain Cornbread Loaf Peach Cup Calories 802 Sodium 809 mg		Braised Veggie Sausage & Vegetables Mashed Potatoes Vegetable Medley Wheat Bread Chocolate Pudding Calories 932 Sodium 882 mg		Refried Bean & Cheese Tacos Cilantro Lime Rice Black Beans, Corn & Peppers Tortilla Wrap Orange Calories 680 Sodium 964 mg		Vegetarian Pot Pie w/ Whole Grain Buttermilk Biscuit Broccoli Fig Newton Calories 915 Sodium 1088 mg		Tuscan Fritters Roasted Potatoes California Blend Vegetables Cornbread Loaf Applesauce Calories 690 Sodium 929 mg	
9		10		11		12		13	
Maple Glazed Chik'n Butternut Squash Green Beans & Red Peppers Hawaiian Roll Orange Calories 780 Sodium 630 mg		Creamy Cajun Beans Mashed Potatoes Carrots Dinner Roll Vanilla Pudding Calories 774 Sodium 969 mg		Vegetarian Chop Suey Whole Grain Pasta Broccoli Wheat Bread Fruit Cup Calories 761 Sodium 777 mg		Tofu & Artichoke Scampi Whole Grain Pasta Green Peas Wheat Roll Banana Calories 805 Sodium 525 mg		Veggie Sausage w/ Gravy Baked Sweet Potatoes Vegetable Medley Wheat Roll Chocolate Chip Blondie Calories 770 Sodium 1066 mg	
16		17		18		19		20	
Holiday - No Meals		Vegetarian Shepherd's Pie w/ Mashed Potatoes, Corn & Peas Green Beans Cornbread Loaf Peach Fruit Cup Calories 877 Sodium 870 mg		Egg & Cheese Broccoli Bake w/ Whole Grain Buttermilk Biscuit Mixed Vegetables Pound Cake Calories 782 Sodium 1111 mg		Chik'n Anna Maria White Rice Carrots Wheat Roll Banana Calories 705 Sodium 903 mg		Veggie Fritters w/Herbed Aioli Garlic Mashed Potatoes Broccoli Wheat Bread Chocolate Chip Cookie Calories 766 Sodium 865 mg	
23		24		25		26		27	
Vegetarian Stroganoff Egg Noodles Brussel Sprouts Wheat Roll Cinnamon Apples Calories 752 Sodium 921 mg		Stewed Tomato Garbanzo Beans Rice Pilaf Kale & Red Peppers Wheat Roll Vanilla Pudding Calories 761 Sodium 894 mg		3 Bean Chili w/ Cheese w/ Whole Grain Buttermilk Biscuit Mixed Root Vegetables Pear Calories 755 Sodium 894 mg		Teriyaki Tofu White Rice Edamame, Corn & Pepeprs Cornbread Loaf Banana Calories 795 Sodium 800 mg		Cheesy Vegetable & Rice Casserole Seasoned Rice Green Peas Dinner Roll Oatmeal Cookie Calories 742 Sodium 825 mg	

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303

Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine.