

Merrimack Valley Nutrition Project

Regular Menu for July 2010

28 Potato Crunch Fish Whip Potatoes w/Chives Harvard Beets Fruit Yogurt -- All Light Rye Bread Calories: 886 Fat: 30% Chol: 114 Na: 1129 CHO: 119	29 Cranberry Juice Cheese Lasagna with Marinara Sauce Wax Beans Parmesan Cheese Pkt Toss Salad / Dressing Applesauce -- All Garlic Bread Calories: 751 Fat: 31% Chol: 154 Na: 1521 CHO: 99	30 Apple Juice Tuna Salad Cold Plate Shredded Lettuce Macaroni Salad Carrot Sticks Fresh Orange -- All Finger Roll Calories: 900 Fat: 39% Chol: 56 Na: 945 CHO: 95	1-Jul Roast Turkey & Gravy Loaded Whip Potato Broccoli & Cauliflower Rice Pudding Diet Pudding Multigrain Bread Calories: 784 Fat: 33% Chol: 58 Na: 1099 CHO: 93	2 Apricot Glazed Chicken Cheddar Whip Potato Carrot Coins Fruited Gelatin Diet Gelatin Whole Wheat Bread Calories: 648 Fat: 17% Chol: 82 Na: 525 CHO: 94
5 NO MEAL INDEPENDENCE DAY CELEBRATION	6 Juicy Hamburger Haystack Potato Kernel corn Ketchup Packet Pineapple Chunks -- All Hamburger Roll Calories: 938 Fat: 33% Chol: 88 mg Na: 516 mg CHO: 75 gm	7 Apple Juice Swedish Meatballs Whipped Potatoes Green Beans Mandarin Oranges -- All Whole Wheat Bread Calories: 720 Fat: 30 % Chol: 52 mg Na: 729 mg CHO: 100 gm	8 Fruit Punch Chicken Patty with American Cheese Mayonnaise Pkt California Vegetables Choc Pudding/D' Pudd. Sandwich Roll Calories: 812 Fat: 35 % Chol: 115 mg Na: 807 mg CHO: 81 gm	9 Pineapple Juice Fiesta Fish/Lemon Juice Rice Pilaf Zucchini & Stewed Tomatoes Fresh Banana -- All Oatmeal Bread Calories: 536 Fat: 19 % Chol: 104 mg Na: 726 mg CHO: 71 gm
12 Sliced Turkey Plate 2 Cranberry Packets Macaroni Salad Shredded Lettuce Cherry Tomatoes Gelatin / Diet Gelatin Pita Bread Calories: 804 Fat:33 % Chol: 61 mg Na: 1185 mg CHO: 96 gm	13 Chicken and Ziti with Alfredo Sauce Broccoli Carrot Sticks Fresh Apple -- All Bread Stick Calories: 769 Fat: 27 % Chol: 86 mg Na: 696 mg CHO: 96 gm	14 Veal Roulard Gravy Whipped Potatoes Carrot Coins Pears -- All Whole Wh Dinner Roll Calories: 782 Fat: 36 % Chol: 87 mg Na: 977 mg CHO: 91 gm	15 Birthday Dinner Rosemary Chicken Qtr Chive Whip Potato California Vegetables Cranberry Sauce B'Day Cake, Diets & MOW Lorna Doones Oatmeal Bread Calories: 1043 Fat: 33 % Chol: 144 mg Na: 914 mg CHO: 117 gm	16 Shepherd's Pie (Ground Beef, Whip Potatoes, Corn) Applesauce -- All Multigrain Bread Calories: 671 Fat: 27 % Chol: 68 mg Na: 144 mg CHO: 92 gm
19 Cranberry Juice Chicken Cacciatore White Rice California Vegetables Peaches -- All Garlic Bread Calories: 934 Fat: 24 % Chol: 99 mg Na: 559 mg CHO: 75 gm	20 Crunchy Lite Fish Garlic Whip Potatoes Oriental Style Veggies Graham Crackers --All Whole Wh Dinner Roll Calories: 612 Fat: 16 % Chol: 60 mg Na: 679 mg CHO: 86 gm	21 Macaroni and Cheese Green Beans & Stewed Tomatoes Carrot Sticks Fresh Fruit -- All Light Rye Bread Calories: 866 Fat: 35 % Chol: 59 mg Na: 823 mg CHO: 110 gm	22 Outback Style Cranberry Juice Honey Curry Chicken White Rice Carrots & Turnips Frt Cocktail w/Coconut Whole Wh Dinner Roll Calories: 631 Fat: 21 % Chol: 100 mg Na: 513 mg CHO: 81 gm	23 Fruit Punch Egg Salad /3 Bean Sld Shredded Lettuce Cherry Tomatoes Brownie-Sites / MOW & Diets Lorna Doones Finger Roll Calories: 774 Fat: 32 % Chol: 108 mg Na: 796 mg CHO: 87 gm
26 Low Sodium Hot Dog Baked Beans Coleslaw Mustard & Relish Fresh Orange -- All Hot Dog Roll Calories: 744 Fat: 21 % Chol: 151 mg Na: 1169 mg CHO: 97 gm	27 Chicken Tarragon Qtr Whip Sweet Potatoes Italian Green Beans Tapioca Pudding Diet Pudding Light Rye Bread Calories: 877 Fat: 33 % Chol: 143 mg Na: 660 mg CHO: 86 gm	28 Pineapple Juice Fillet of Fish Sandwich Broccoli / Tartar Sauce Fruited Gelatin Diet Gelatin Sandwich Roll Calories: 918 Fat: 34 % Chol: 57 mg Na: 1298 mg CHO: 121 gm	29 Roast Pork / Gravy Whipped Potatoes Sweet Peas Fig Bar -- All Whole Wh Dinner Roll Calories: 813 Fat: 33 % Chol: 88 mg Na: 553 mg CHO: 97 gm	30 Chicken Salad Plate Lettuce /Cherry Tom. Pickled Beets Grahams Crackers & Mandarin Oranges -All Soft Tortilla Bread Calories: 633 Fat: 36 % Chol: 103 mg Na: 595 mg CHO: 62 gm

Chol = Cholesterol, Na = Sodium, CHO = Carbohydrates, Fat = Total % calories from Fat

All meals include low-fat milk & margarine available upon request.

Suggested donation is \$2.00 per meal.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE