

Springwell Nutrition Program: LUNCH MENU –Nutrition Information SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
3. LABOR DAY HOLIDAY	4.	5. White Bean & Escarole Soup: 145	6. LABOR DAY SPECIAL LUNCH	7.										
MEAL SITE CLOSED NO MEAL SERVICE TODAY	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Potato Pollack w/ Dill Sauce: 380 Butternut Squash:5 Spinach:145 Multigrain Bread:100 Mandarin Oranges:5 Calories: 735 Sodium: 820</td> <td style="width: 50%; border: none;">COLD Ham, Swiss Cheese & Mustard on Wheat Bread:835* Italian Pasta Salad: 140 Tomato Red Pepper Salad:5 Mandarin Oranges:5 Calories: 805 Sodium: 1090</td> </tr> </table>	HOT Potato Pollack w/ Dill Sauce: 380 Butternut Squash:5 Spinach:145 Multigrain Bread:100 Mandarin Oranges:5 Calories: 735 Sodium: 820	COLD Ham, Swiss Cheese & Mustard on Wheat Bread:835* Italian Pasta Salad: 140 Tomato Red Pepper Salad:5 Mandarin Oranges:5 Calories: 805 Sodium: 1090	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Stuffed Shells w/Tomato Sauce:540* Chicken Meatball:65 Broccoli: 10 Scali Bread:125 Lorna Doone Cookies:100 Calories: 745 Sodium:1180</td> <td style="width: 50%; border: none;">COLD California Chicken Salad on Rye Bread: 370 Potato Salad: 100 Tossed Garden Salad Dressing: 170 Lorna Doone Cookies:100 Calories: 855 Sodium: 1045</td> </tr> </table>	HOT Stuffed Shells w/Tomato Sauce:540* Chicken Meatball:65 Broccoli: 10 Scali Bread:125 Lorna Doone Cookies:100 Calories: 745 Sodium:1180	COLD California Chicken Salad on Rye Bread: 370 Potato Salad: 100 Tossed Garden Salad Dressing: 170 Lorna Doone Cookies:100 Calories: 855 Sodium: 1045	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Chicken Vegetable Soup: 110 Oven Fried Chicken: 620* Oven Fried Potato Wedges: 5 Cole Slaw: 45 Corn Bread: 210 Apple Pie: 265 Calories: 1170 Sodium: 1420</td> <td style="width: 50%; border: none;">HOT Hamburger on Roll: 575* Ketchup: 80 Home Fries: 35 Carrot Raisin Salad: 135 Orange:0 Calories: 870 Sodium:945</td> </tr> <tr> <td style="border: none;"></td> <td style="border: none;">COLD Cottage Cheese & Fruit Plate: 180 Garden Shell Pasta Salad:200 Cranberry Snack Loaf:120 Orange:0 Calories: 745 Sodium: 640</td> </tr> </table>	Chicken Vegetable Soup: 110 Oven Fried Chicken: 620* Oven Fried Potato Wedges: 5 Cole Slaw: 45 Corn Bread: 210 Apple Pie: 265 Calories: 1170 Sodium: 1420	HOT Hamburger on Roll: 575* Ketchup: 80 Home Fries: 35 Carrot Raisin Salad: 135 Orange:0 Calories: 870 Sodium:945		COLD Cottage Cheese & Fruit Plate: 180 Garden Shell Pasta Salad:200 Cranberry Snack Loaf:120 Orange:0 Calories: 745 Sodium: 640			
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10. Split Pea Soup:45	11. Seafood Chowder: 160	12.	13.	14. Lentil Spinach Soup: 140										
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17. Mushroom Barley Soup: 145	18. Beef Vegetable Soup: 145	19.	20. Italian Garden Vegetable Soup: 140	21. Cream of Butternut Squash Soup: 100										
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Nutrition information: Mg of sodium is listed next to menu items.

- Milk contributes an additional 100 mg sodium.
- Baked Goods contribute an average of 150 mg sodium, Pudding contributes an average of 175 mg sodium, Fruit contributes an average of 0 mg sodium
- Calorie information is for entire meal

(V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.

***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers