

## Springwell Nutrition Program: LUNCH MENU –Nutrition Information JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
<b>2. Italian Garden Vegetable Soup: 126</b> <b>HOT</b> Potato Pollack Filet: 205 Red Bliss Potatoes: 10 Carrots: 75 Multigrain Bread: 100 Mandarin Oranges: 5 <b>Calories: 785</b> <b>Sodium: 940</b>	<b>COLD</b> Ham, Swiss & Mustard on Wheat Bread: 830 Italian Pasta: 140 Tomato Red Pepper: 30 Mandarin Oranges: 5 <b>Calories: 915</b> <b>Sodium: 1290</b>	<b>3. INDEPENDENCE DAY SPECIAL</b> Cheeseburger w/Lettuce & Ketchup On Hamburger Roll: 600 Home Fries: 42 Summer Squash Salad: 42 Berry Trifle: 150 <b>Calories: 980</b> <b>Sodium: 1185</b>	<b>4. INDEPENDENCE DAY HOLIDAY</b> <p style="text-align: center;"><b>MEAL SITE CLOSED</b> <b>NO MEAL SERVICE TODAY</b></p>	<b>5. Chicken Orzo Soup: 56</b> <b>HOT</b> Oven Fried Chicken: 700 Corn: 0 Collard Greens & Onions: 55 Wheat Roll: 130 Brownie: 245 <b>Calories: 960</b> <b>Sodium: 1035</b>	<b>COLD</b> Cottage Cheese & Fruit Plate: 175 Macaroni Salad: 140 Cranberry Loaf: 120 Brownie: 245 <b>Calories: 1025</b> <b>Sodium: 935</b>	<b>6.</b> <b>HOT</b> Stuffed Shells w/Meatball: 490 Green Beans: 5 Scali Bread: 120 Garden Salad w/Lite Italian Dressing: 170 Apple: 0 <b>Calories: 650</b> <b>Sodium: 1045</b>	<b>COLD</b> Vegetarian Chef Salad w/Lite Italian Dressing: 555 Wheat Dinner Roll: 130 English Pea Salad: 155 Apple: 0 <b>Calories: 660</b> <b>Sodium: 985</b>		
<b>9. Seafood Chowder: 160</b> <b>HOT</b> Salmon Boat 230 Herbed Brown Rice: 15 Oriental Veg. Blend: 10 Oatmeal Bread: 121 Chocolate Pudding w/Topping: 175 <b>Calories: 920</b> <b>Sodium: 920</b>	<b>COLD</b> Turkey w/Swiss & Lite Mayo on Multigrain Bread: 505 Summer Potato Salad: 65 Cucumber, Feta & Onion Salad: 80 Chocolate Pudding w/Topping: 175 <b>Calories: 1035</b> <b>Sodium: 1185</b>	<b>10.</b> <b>HOT</b> American Chop Suey: 190 Parmesan Cheese: 110 Fresh Broccoli: 10 Scali Bread: 120 Pears: 5 <b>Calories: 930</b> <b>Sodium: 825</b>	<b>COLD</b> Chicken Pesto Caesar Salad: 680 Garden Shell Pasta: 140 Wheat Roll: 130 Pears: 5 <b>Calories: 890</b> <b>Sodium: 1100</b>	<b>11. Chicken Vegetable Soup: 132</b> <b>HOT</b> BBQ Chicken: 655 Italian Roasted Potatoes: 5 Cole Slaw: 45 Wheat Bread: 125 Plum: 0 <b>Calories: 755</b> <b>Sodium: 920</b>	<b>COLD</b> Tuna Salad on Rye Bread: 540 Balsamic Pasta: 15 Summer Squash, Red Onions & Zucchini: 40 Plum: 0 <b>Calories: 755</b> <b>Sodium: 805</b>	<b>12. Lentil Spinach Soup: 140</b> <b>HOT</b> Turkey w/Gravy: 460 Cranberry Sauce: 5 Mashed Potatoes: 105 Spring/Summer Veg: 65 Rye Bread: 150 Pineapples: 0 <b>Calories: 800</b> <b>Sodium: 1120</b>	<b>COLD:</b> Roast Beef w/Swiss & Lite Mayo on Multigrain Bread: 445 Potato Salad: 100 Cauliflower Carrot: 95 Pineapples: 0 <b>Calories: 805</b> <b>Sodium: 900</b>	<b>13.</b> <b>HOT</b> Spinach Red Pepper Quiche (V): 290 Green Beans: 5 Butternut Squash: 0 Wheat Roll: 130 Oatmeal Raisin Cookie: 75 <b>Calories: 655</b> <b>Sodium: 610</b>	<b>COLD</b> Seafood Salad on Oatmeal Bread: 470 Macaroni Salad: 140 Cole Slaw: 45 Oatmeal Raisin Cookie: 75 <b>Calories: 1085</b> <b>Sodium: 835</b>
<b>16. Split Pea Soup: 45</b> <b>HOT</b> Creole Fish: 205 Rice & Beans: 80 Collard Greens & Onions: 55 Multigrain Bread: 100 Peaches: 5 <b>Calories: 765</b> <b>Sodium: 680</b>	<b>COLD</b> BBQ Chicken Breast w/Red Onions & Mozzarella on Roll: 985 Tri Color Pasta: 60 Cauliflower Carrot: 95 Peaches: 5 <b>Calories: 880</b> <b>Sodium: 1360</b>	<b>17.</b> <b>HOT</b> Crumb Topped Macaroni & Cheese***: 560 Baked Tomato Half: 260 Wheat Bread: 125 Plum: 0 <b>Calories: 845</b> <b>Sodium: 1075</b>	<b>COLD</b> Turkey w/Swiss & Lite Mayo on Pumpernickel Bread: 690 Italian Pasta: 140 Zucchini Salad: 65 Plum: 0 <b>Calories: 780</b> <b>Sodium: 1000</b>	<b>18. COLD LUNCH BOX DAY</b> <b>COLD:</b> Egg Salad on Oat Bread: 375 Tomato Red Pepper Salad: 190 Corn Salad: 5 Piña Colada Cake: 95 <b>Calories: 915</b> <b>Sodium: 775</b>	<b>19. Italian Garden Vegetable Soup: 140</b> <b>HOT</b> Meatloaf: 170 Mashed Potatoes: 70 Broccoli & Cauliflower: 15 Garlic Dinner Roll: 130 Tapioca Pudding w/Topping: 230 <b>Calories: 1130</b> <b>Sodium: 945</b>	<b>COLD</b> Chef Salad w/Turkey & Lite Italian Dressing: 445 Summer Potato Salad: 65 Multigrain Bread: 100 Tapioca Pudding w/Topping: 230 <b>Calories: 910</b> <b>Sodium: 1155</b>	<b>20.</b> <b>HOT</b> Chicken Meatball Sub: 1015 Parmesan Cheese: 110 Roasted Potatoes: 5 Tuscan Veg. Blend: 45 Pineapples: 0 <b>Calories: 1035</b> <b>Sodium: 1285</b>	<b>COLD</b> Roast Beef w/Swiss & Mustard on Wheat Bread: 555 Broccoli & Feta Orzo: 220 Carrot Raisin Salad: 135 Pineapples: 0 <b>Calories: 760</b> <b>Sodium: 1020</b>	
<b>23. Vegetable Soup: 105</b> <b>HOT</b> Chicken Cacciatore over Ziti: 570 Broccoli: 10 Wheat Dinner Roll: 130 Nectarine: 0 <b>Calories: 670</b> <b>Sodium: 1015</b>	<b>COLD</b> Mediterranean Plate w/Hummus: 200 Pita Bread: 160 Cucumber, Feta & Onion Salad: 80 Israeli Couscous: 45 Nectarine: 0 <b>Calories: 675</b> <b>Sodium: 760</b>	<b>24.</b> <b>HOT</b> Baked Fish w/Sauce: 450 Red Bliss Potatoes: 10 Cauliflower: 15 Garden Salad w/Lite Italian Dressing: 170 Rye Bread: 150 Cinnamon Apple Slices: 10 <b>Calories: 510</b> <b>Sodium: 945</b>	<b>COLD</b> Roast Beef w/American Cheese & Lite Mayo on Wheat Bread: 675 Greek Pasta Salad: 190 Summer Squash: 40 Cinnamon Apple Slices: 10 <b>Calories: 785</b> <b>Sodium: 1020</b>	<b>25.</b> <b>HOT</b> Hot Dog on Roll: 715 Ketchup, Mustard & Relish: 218 Baked Beans: 145 Cole Slaw: 45 Mixed Fruit: 5 <b>Calories: 755</b> <b>Sodium: 1275</b>	<b>COLD</b> Tuna Salad on Oatmeal Bread: 480 Orzo Vegetable: 15 Riviera Salad: 90 Mixed Fruit: 5 <b>Calories: 605</b> <b>Sodium: 700</b>	<b>26. Beef Vegetable Soup: 145</b> <b>HOT</b> Stuffed Pepper: 190 Zucchini/Summer Squash: 5 Oatmeal Bread: 120 Birthday Cake: 95 <b>Calories: 625</b> <b>Sodium: 750</b>	<b>COLD</b> Chef Salad w/Turkey & Lite Italian Dressing: 445 Multigrain Bread: 100 English Pea Salad: 155 Birthday Cake: 95 <b>Calories: 705</b> <b>Sodium: 1005</b>	<b>27.</b> <b>HOT</b> Lentil Stew (V): 530 Herbed Brown Rice: 5 Caesar Salad w/Dressing: 295 Multigrain Bread: 100 Fruited Yogurt: 75 <b>Calories: 850</b> <b>Sodium: 1120</b>	<b>COLD</b> Chicken Salad on Wheat Bread: 300 Tomato Red Pepper Salad: 5 Potato Salad: 100 Fruited Yogurt: 75 <b>Calories: 760</b> <b>Sodium: 615</b>
<b>30.</b> <b>HOT</b> Lemon Dijon Chicken: 385 Sweet Potatoes: 25 Green Beans: 5 Oatmeal Bread: 120 Ice Cream: 55 <b>Calories: 645</b> <b>Sodium: 730</b>	<b>COLD</b> Egg Salad on Rye Bread: 435 German Potato Salad: 70 Summer Squash, Red Onions & Zucchini: 5 Ice Cream: 55 <b>Calories: 735</b> <b>Sodium: 675</b>	<b>31. Spinach Mixed Bean Soup: 160</b> <b>HOT</b> Vegetable Lasagna Rollup w/Meatball: 590 Tuscany Veg. Blend: 45 Scali Bread: 120 Pears: 5 <b>Calories: 640</b> <b>Sodium: 1114</b>	<b>COLD</b> Tuna Salad on Wheat Bread: 485 Root Veg. Salad: 5 Broccoli & Feta Orzo: 220 <b>Calories: 680</b> <b>Sodium: 1120</b>	<p><b>Nutrition information: Mg of sodium is listed next to menu items.</b></p> <ul style="list-style-type: none"> <li>• Milk contributes an additional 100 mg sodium.</li> <li>• 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</li> <li>• Calorie information is for entire meal</li> </ul> <p><b>(V) = Vegetarian   All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</b></p> <p>***Denotes Higher Sodium    \$2.00 Suggested donation per meal    All soups served with crackers</p>					