

Springwell Nutrition Program: LUNCH MENU –Nutrition Information AUGUST 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY											
				1.		2. Cream of Broccoli Soup: 105		3. Chicken Vegetable Ditalini Soup:											
Nutrition information: Mg of sodium is listed next to menu items. <ul style="list-style-type: none"> • Milk contributes an additional 100 mg sodium, butter 30 mg sodium, crackers 55 mg sodium. • Calorie information and sodium at bottom is for entire meal, including condiments, milk, butter, crackers, etc. (V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.				HOT Veggie Burger w/ Swiss & Ketchup on Hamburger Roll*: 790 Cole Slaw:5 Roasted Potatoes:45 Peaches:5 Calories:755 Sodium:960		COLD Garden Salad w/Grilled Chicken & Dressing:495 English Pea Salad:155 Wheat Roll:130 Peaches:5 Calories: 577 Sodium: 930		HOT Turkey w/Gravy: 460 Cranberry Sauce:5 Mashed Potatoes:70 Summer/Spring Blend: 70 Dinner Roll: 130 Choc. Chip Cookie:60 Calories:860 Sodium:1100		COLD Cottage Cheese & Fruit Plate: 180 Balsamic Pasta Salad:15 Cranberry Loaf: 120 Choc. Chip Cookie: 60 Calories: 770 Sodium: 675		HOT Potato Pollack Filet w/Sauce*: 505 Butternut Squash:5 Broccoli:10 Multigrain Bread: 100 Honeydew Wedge: 15 Calories: 745 Sodium: 940		COLD Roast Beef w/Swiss Cheese & Mustard on Oat Bread*:540 Carrot Pineapple Salad:95 Corn Salad:190 Honeydew Wedge: 15 Calories: 745 Sodium:955					
6. Vegetable Soup: 105		7.		8. SUMMER SPECIAL LUNCH		9. Lentil Spinach Soup: 140		10.											
HOT Beef Stroganoff over Noodles: 205 Carrots & Cauliflower:50 Wheat Bread: 125 Fruited Jell-O w/Topping: 10 Calories: 795 Sodium: 700		COLD Tuna Salad on Multigrain Bread: 440 Potato Salad: 100 Summer Squash, Red Onions & Zucchini: 40 Fruited Jell-O w/Topping: 10 Calories: 810 Sodium: 865		HOT Fish w/Newburg Sauce: 295 Herbed Brown Rice: 5 Italian Style Blend:45 Rye Bread:150 Chocolate Pudding w/Topping: 175 Calories: 665 Sodium: 745		COLD Roast Beef w/Provolone Cheese & Mustard on Bulkie Roll*: 620 Root Veg. Salad:65 Broccoli Tomato Salad:85 Chocolate Pudding w/Topping:175 Calories: 690 Sodium: 1060		Chicken Caprese: 130 Orzo Pilaf:100 Fresh Zucchini & Summer Squash:5 Caesar Salad: 295 Garlic Dinner Roll: 130 Strawberry Short Cake w/Topping: 340 Calories: 1040 Sodium: 1140		HOT Broccoli Mushroom Quiche (V): 255 Green Beans: 5 Red Bliss Potatoes: 10 Wheat Roll:130 Mixed Fruit:5 Calories:750 Sodium:740		COLD California Chicken Salad on Wheat Bread: 325 English Pea Salad:155 Garden Salad w/Lite Italian Dressing:170 Mixed Fruit:5 Calories:715 Sodium:955		HOT American Chop Suey:440 Spinach: 145 Multigrain Bread: 100 Garden Salad w/Lite Italian Dressing: 170 Cantaloupe Wedge:10 Calories: 920 Sodium: 1005		COLD Seafood Salad on Rye Bread*:530 Cucumber Dill Salad:50 Southwest Black Beans Salad:295 Cantaloupe Wedge:10 Calories: 840 Sodium:995			
13.		14. Split Pea Soup: 45		15. Italian Garden Vegetable Soup: 140		16. Cream of Mushroom Soup: 195		17.											
HOT Chicken Meatball Sub w/Parmesan Cheese*: 1015 Roasted Potatoes:5 Green Beans & Red Peppers:5 Pear:0 Calories: 1060 Sodium: 1245		COLD Egg Salad on Rye Bread:435 Cauliflower Carrot:95 Balsamic Pasta:15 Pear:0 Calories: 700 Sodium: 660		HOT Turkey Marsala:495 Mashed Potatoes:70 Fresh Broccoli:10 Wheat Roll: 130 Ambrosia: 5 Calories: 860 Sodium:950		COLD Ham Chef Salad w/Dressing*:570 Macaroni Salad:140 Wheat Roll:130 Ambrosia:15 Calories:1020 Sodium:1080		HOT Salmon Boat w/Lemon Dill Sauce: 250 Sweet Potatoes:25 Jardiniere Style Blend:30 Multigrain Bread:100 Cran/Orange Loaf:120 Calories:775 Sodium:665		COLD Chicken Salad on Wheat Bread:330 Broccoli & Feta Orzo:220 Tomato Red Pepper Salad:5 Cran/Orange Loaf:120 Calories:855 Sodium:985		HOT BBQ Grilled Chicken Breast*: 695 Chuckwagon Corn: 0 Roasted Zucchini & Carrots: 40 Wheat Bread: 125 Pineapples:0 Calories: 880 Sodium: 1195		COLD Tuna Salad on Multigrain Bread: 440 Potato Salad: 40 Summer Squash Salad: 100 Pineapples:0 Calories: 805 Sodium: 945		HOT Crumb Topped Macaroni & Cheese*:550 Baked Tomato Half:260 Rye Bread: 150 Tropical Mixed Fruit: 10 Calories: 880 Sodium: 1120		COLD Turkey, Swiss Cheese & Lite Mayo on Multigrain Bread*: 615 Cole Slaw:45 Greek Pasta Salad:190 Tropical Mixed Fruit:10 Calories: 740 Sodium:960	
20. Chicken Vegetable Soup: 110		21.		22.		23. Minestrone Soup:		24.											
HOT Chicken Lo Mein: 450 Oriental Veg. Blend: 10 Oatmeal Bread: 120 Plum:0 Calories: 665 Sodium:885		COLD Seafood Salad on Rye Bread*: 530 Summer Squash Salad:40 Southwest Black Bean Salad:295 Plum:0 Calories:1000 Sodium:1170		HOT Beef Stew:325 Corn:0 Salad w/ Dressing: 170 Wheat Roll:130 Tropical Mixed Fruit: 10 Calories: 600 Sodium: 745		COLD Curry Chicken Salad on Wheat Bread:325 Potato Salad:100 Riviera Salad:90 Tropical Mixed Fruit:10 Calories: 725 Sodium: 640		HOT Stuffed Shells w/Tomato Sauce*(540) & Meatball (70) Spinach Mandarin Salad w/Dressing: 210 Zucchini & Cauliflower: 5 Multigrain Bread:100 Sugar Cookie: 60 Calories: 625 Sodium:1110		COLD Roast Beef w/Provolone Cheese & Lite Mayo on Oatmeal Bread*:590 Tri Color Pasta:60 Cole Slaw:45 Sugar Cookie:60 Calories: 765 Sodium:870		HOT Potato Pollock Filet w/Sauce: 460 Mashed Potatoes:70 Broccoli:45 Dinner Roll:130 Ice Cream:55 Calories: 1020 Sodium: 1135		COLD Ham, Swiss Cheese & Mustard on Multigrain Bread*:780 Macaroni Salad:140 Summer Squash, Red Onions & Zucchini:5 Ice Cream:55 Calories: 970 Sodium: 1375		HOT White Bean & Kale Stew (V): 280 Herbed Brown Rice:80 Rye Bread:150 Garden Salad w/Italian Dressing:170 Pears:5 Calories: 610 Sodium: 820		COLD Chicken Pesto Caesar Salad w/Lite Italian Dressing*:680 English Pea Salad:155 Wheat Dinner Roll:130 Pears:5 Calories:735 Sodium:1110	
27. Seafood Chowder:160		28. Potato Leek Soup:67		29.		30. Escarole & Bean Soup:145		31.											
HOT Fish Almondine w/Sauce: 380 Orzo Rice w/Peas:85 Summer Spring Blend:65 Oatmeal Bread:120 Tapioca Pudding w/Topping:230 Calories: 1130 Sodium: 1255		COLD Roast Beef w/Swiss C & Mustard on Multigrain Bread: 500 German Potato Salad: 70 Broccoli Tomato Salad:65 Tapioca Pudding w/Topping:230 Calories: 995 Sodium:1190		HOT Chicken Broccoli Divan*:565 Green Beans & Red Peppers:5 Butternut Squash:0 Wheat Roll: 130 Birthday Cake:95 Calories: 680 Sodium:1066		COLD Tuna Salad on Wheat Bread: 495 Tri Color Pasta:60 Cauliflower Carrot:95 Birthday Cake: 100 Calories:770 Sodium:990		HOT Hot Dog on Roll*:715 Ketchup(80), Mustard(55)& Relish(80) Baked Beans:145 Cole Slaw:45 Nectarine:0 Calories: 680 Sodium:1055		COLD Egg Salad on Multigrain Bread:335 Broccoli Slaw:145 Summer Potato Salad:100 Nectarine:0 Calories:695 Sodium:690		HOT Beef Stuffed Pepper:190 Peas and Dill Carrots:80 Multigrain Bread:100 Pears:5 Calories:675 Sodium:805		COLD Vegetable Chef Salad w/Dressing*: 555 Scall Bread:125 Balsamic Vinaigrette Pasta Salad:15 Pears:5 Calories:725 Sodium:1040		HOT Spinach & Red Pepper Quiche (V):255 Red Bliss Potatoes:20 Fresh Broccoli:10 Wheat Bread:125 Mandarin Oranges:5 Calories:640 Sodium:540		COLD Turkey w/Provolone & Lite Mayo on Wheat Bread*:765 Beet Salad:145 Vegetable Pasta Salad:140 Mandarin Oranges:5 Calories:770 Sodium:1165	