

# Merrimack Valley Nutrition Project

# Regular Menu for January 2010

<b>28</b> Salisbury Steak Onion Gravy Garlic Whip Potatoes Mixed Vegetables Ice Cream Cup -- All Multigrain Bread Calories: 699 Fat: 28% Chol: 77+mg Na: 900 mg CHO: 93 gm	<b>29</b> Pier 17 Fish White Rice Peas and Mushrooms Fresh Orange -- All Oatmeal Bread Calories: 667 Fat: 30% Chol: 124 mg Na: 719 mg CHO: 71 gm	<b>30</b> Lemon Chicken Breast Roasted Red Potatoes Winter Blend Veggies Strawberry Cup Diets Applesauce Cup Whole Wheat Bread Calories: 609 Fat: 21% Chol: 82+ mg Na: 433 mg CHO: 83 gm	<b>31 New Year's Brunch</b> Orange Juice Cheerios Egg Omelet & Sausage Fruit Smoothie Diets Fruit Yogurt Low Fat Muffin Calories: 820 Fat: 33% Chol: 178+ mg Na: 811+ mg CHO: 116 gm	<b>1-Jan</b> CLOSED HAPPY NEW YEAR WISHING YOU HAPPINESS THIS 2010
<b>4 Cranberry Juice</b> Chicken Croquettes Supreme Sauce Florentine Rice French Style Grn Beans Chilled Peaches -- All Whole Wheat Bread Calories: 785 Fat: 42% Chol: 46 mg Na: 1380 mg CHO: 93 gm	<b>5</b> Baked Ham with Fruit Sauce Whip Sweet Potatoes Cauliflower Ice Cream Cup -- All Dark Rye Bread Calories: 724 Fat: 25% Chol: 110mg Na: 1720 mg CHO: 102 gm	<b>6</b> Shepherd's Pie (Ground Beef with Whipped Potatoes & Kernel Corn) Fresh Apple -- All LF Cherry Loaf Calories: 678 Fat: 21% Chol: 49+mg Na: 348 mg CHO: 114 gm	<b>7</b> Pineapple Ginger Chicken Cheddar Whip Potatoes Peas and Carrots Fruit Cocktail -- All Buttermilk Biscuit Calories: 746 Fat: 24% Chol: 82mg Na: 886 mg CHO: 102 gm	<b>8</b> Potato Crunch Fish O'Brian Potatoes Carrot Coins Chocolate Pudding Diet Pudding Oatmeal Bread Calories: 789 Fat: 38% Chol: 110mg Na: 914 mg CHO: 90gm
<b>11</b> Oven Fried Chicken Dirty Rice California Blend Vegetables Cherry Cutie Pie Diets Lorna Doones Whole Wheat Dinner Roll Calories: 714 Fat: 38% Chol: 77+ mg Na: 778 mg CHO: 75 gm	<b>12</b> LS Hot Dog Mustard & Relish New England Baked Beans Coleslaw Applesauce -- All Hot Dog Roll Calories: 728 Fat: 22% Chol: 151 mg Na: 1171mg CHO: 93 gm	<b>13</b> Beef Meatballs with Sweet & Sour Sauce White Rice Mixed Vegetables Fresh Orange -- All Bread Stick Calories: 788 Fat: 32% Chol: 52 mg Na: 877 mg CHO: 102 gm	<b>14</b> Roast Turkey with Gravy Cranberry Sauce Roasted Red Potatoes Peas and Pearl Onions Mixed Fruits -- All Dark Rye Bread Calories: 691 Fat: 28% Chol: 57 mg Na: 1119 mg CHO: 87gm	<b>15</b> Chicken Fajitas Peppers and Onions Spanish Rice Chuckwagon Corn Sour Cream Strawberry Cup Diets Graham Crackers Tortilla Calories: 789 Fat: 27% Chol: 102+mg Na: 730 mg CHO: 106 gm
<b>18 CLOSED</b> <b>MARTIN LUTHER KING DAY</b> 	<b>19</b> Chicken Grill Bites Sweet & Sour sauce Herb Roast Potatoes Carrot Coins Diced Pears -- All Multigrain Bread Calories: 797 Fat: 36% Chol: 49+ mg Na: 895 mg CHO: 98 gm	<b>20</b> Baked Fish Florentine Lemon Juice Pkt Whipped Potatoes Broccoli & Cauliflower Frt'd Gelatin/ D' Gelatin Oatmeal Bread Calories: 618 Fat: 19% Chol: 115+ mg Na: 607 mg CHO: 81 gm	<b>21 B'day Canadian Style</b> Coquilles St Jaques Rice Pilaf Butternut Squash Custard Pie/Cutie Pie MOW/D' Angel Cake Sour Dough Roll Calories: 797 Fat: 34% Chol: 87 mg Na: 948mg CHO: 104 gm	<b>22</b> Stuffed Shells with Tomato Sauce Green Bean Almondine Parmesan Cheese Fresh Orange -- All Italian Bread Calories: 571 Fat: 30% Chol: 138 mg Na: 1055 mg CHO: 72 gm
<b>25</b> Meatloaf with Gravy Red Bliss Whip Potato California Blend Vegetables Fresh Apple -- All Multigrain Bread Calories: 792 Fat: 28% Chol: 105+ mg Na: 651 mg CHO: 110gm	<b>26</b> Pier 17 Fish Herb Whipped Potatoes Harvard Beets Strawberry Cup Diet Yogurt Oatmeal Bread Calories: 659 Fat: 20% Chol: 115 mg Na: 826 mg CHO: 89 gm	<b>27</b> Beef & Veal Sausage Peppers & Onions Mixed Vegetables Sherbet -- All Small Sub Roll Calories: 720 Fat: 38% Chol: 69 mg Na: 1189mg CHO: 84 gm	<b>28</b> Pineapple Juice Baked Chicken Quarter Rice, Peas & Mushrooms Green and Gold Beans Chilled Peaches -- All Snowflake Dinner Roll Calories: 821 Fat: 37% Chol: 143 mg Na: 613 mg CHO: 76 gm	<b>29</b> Macaroni and Cheese Zucchini & Stewed Tomato Oatmeal Cookie -- All Whole Wheat Dinner Roll Calories: 960 Fat: 37% Chol: 64 mg Na: 1119mg CHO: 118gm
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All meals include low-fat milk & margarine available upon request.

Suggested donation is \$2.00 per meal.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE