IF -Week 1	Breakfast	Lunch	Dinner	Total Sodium for Day
Monday	Orange Juice Cheerios Hard Boiled Egg Banana Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Pork Loin Roast Mashed Potatoes Seasoned Cabbage Wheat Bread w/ Margarine Pat Brown Gravy Whipped Gelatin Skim Milk Tator Tot Casserole Parsley Carrots	Beef Deli Sandwich Sweet Potato Fries Lettuce Tomato/LoFat Dressing LoCal Mayonnaise Chilled Peaches Skim Milk Grilled Chicken Breast Scandinavian Vegetable Mix	1983 mg
Tuesday	Orange Juice Farina Scrambled Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Lemon Pepper Cod Seasoned Egg Noodles Italian Vegetable Blend Wheat Bread w/ margarine pat Waldorf Salad Skim Milk Decaf Coffee Beef Stroganoff Seasoned Green Beans	Hamburger Steak Fries Lettuce Tomato Onion Ketchup Packet Chilled Fruit Cocktail Skim Milk Decaf Coffee BLT w/ Cheese Sandwich Creamy Coleslaw	1958 mg
Wednesday	Orange Juice Raisin Bran Cereal Turkey Bacon Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Garlic Oregano Chicken Brown Rice Seasoned Broccoli Cuts Wheat Bread w/ Margarine Pat Pears with Blueberries Skim Milk Decaf coffee Sweet and Sour Meatballs Mixed Vegetables	LoCal Mayonnaise  Turkey Wrap  Macaroni Salad  Corn Cobbette  Lemon Cookies  Skim Milk  Decaf Coffee	1911 mg
Thursday	Orange Juice Malt- O Meal Veggie Omelet Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Pork Chop and Apples Mashed Potatoes Seasoned Diced Carrots Wheat Bread w/Margarine Pat Chilled Peaches Skim Milk Decaf Coffee Seafood Fettuccine Alfredo	LS Tomato Soup Grilled Swiss Cheese Garden Salad LS French Dressing Crispy Rice Bar Skim Milk Decaf Coffee	1976 mg
Friday	Orange Juice Rice Crispy Cereal Scrambled Egg Pancake Syrup Skim Milk Decaf Coffee	Seasoned Green Peas  Creole Baked Fish Baked Potato w/ Margarine Pat Zucchini and Tomatoes Vanilla Ice Cream Skim Milk Decaf Coffee BBQ Chicken Drumsticks Chicken Drumsticks Parsley Cauliflower	Salsa  Tuna Pasta Salad  Tomato Slices  Margarine Pat  Seasonal Fresh Fruit  Skim Milk  Decaf Coffee	1950 mg
Saturday	Orange Juice Raisin Cream of Wheat Yogurt with Banana Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Cranberry Chicken Roasted Red Potatoes Squash Medley Breadstick Chilled Pineapple Skim Milk Decaf Coffee Spaghetti and Meat Sauce	Turkey Submarine Sandwich Oven Baked Fries Cabbage and Apple Slaw LoCal Mayonnaise Angel Cake w/ Strawberries Skim Milk Decaf Coffee	1843 mg
Sunday	Orange Juice Corn Chex Poached Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Wax Beans  Roast Turkey Apple Stuffing Baked Winter Squash Rhubarb Cake Skim Milk Decaf Coffee	Garden Blend Vegetables  Chicken Salad Sandwich on Wheat Crispy Potato Cubes Spinach Salad Fresh Grapes Skim Milk Decaf Coffee BBQ Riblette Wax Beans	1841 mg

HF-Week 2	Breakfast	Lunch	Dinner	Total Sodio
Monday	Orange Juice	Chicken Fajita	Tuna Salad Sandwich on wheat	
	Cream of Wheat	Cilantro Rice	Steak Fries	
	Hard Boiled Egg	LS Fajita Fixings	Tomato Slices	1982 mg
	Cinnamon French Toast	Cherry Ice	Chilled Peaches	1302 1118
	Syrup	Skim Milk	Skim Milk	
	Skim Milk	Decaf Coffee	Decaf Coffee	
	Decaf Coffee			
		Beef Goulash Hungarian	Stuffed Bell Pepper	
		Green Beans Oregano		
		Wheat Bread w/ Margarine Pat		
Tuesday	Orange Juice	Roast Beef w/ Herbs	Chef Salad Bowl	
,	Wheaties	Mashed Potatoes	Buttered Breadstick	
	Fried Egg	Glazed Carrots	LoCal Ranch Dressing	1055
	Dry Wheat Toast	Wheat Bread w/ Margarine Pat	Pineapple Slice	1955 mg
	Jelly	LS Brown Gravy	Skim Milk	
	Margarine Pat	Apple Crisp	Decaf Coffee	
	Skim Milk	Skim Milk		
	Decaf Coffee	Decaf Coffee	Corn Dog	
	2000.00.00		Potato Salad	
		Salmon Loaf	Three Bean Salad	
		Parsley Cauliflower	Ketchup Packet	
Made and a	Orange Juice	Honey Roast Pork Chop	Veggie Wrap	
Wednesday	Oatmeal	White and Wild Rice	Oven Baked Fries	
			Margarine Pat	
	Yogurt and Strawberries	Asparagus Almondine	Snickerdoodle Cookies	1835 mg
	Dry Wheat Toast	Wheat Bread w/ Margarine Pat		
	Jelly Skim Milk	Ambrosia Salad	Skim Milk	
	Decaf Coffee	Skim Milk	Decaf Coffee	
		Decaf Coffee		
			Ham Salad Sandwich on Wheat	
		Chicken Cordon Bleu	Pea and Cheese Salad	
		Harvard Beets		
Thursday	Orange Juice	Rosemary Chicken	Turkey Pasta Salad	
•	Bran Chex	Mashed Potatoes	Spinach Salad	
	Turkey Bacon	Mix Vegetables w/Margarine Pat	Margarine Pat	1932 mg
	Grapefruit Sections	Cinnamon Applesauce	Vanilla Ice Cream	
	Dry Wheat Toast	Skim Milk	Skim Milk	
	Jelly Skim Milk	Decaf Coffee	Decaf Coffee	
	Decaf Coffee			
		Swedish Meatballs	4 Cheese Pizza	
		Seasoned Broccoli Cuts	Carrot Sticks	
Friday	Orange Juice	Baked Fish Almondine	LS Chicken Noodle Soup	
inady	Cream of Rice	Brown Rice	Swiss Cheese Sandwich	
	Scrambled Egg	Zucchini and Onions	Marinated Cucumbers	4020
	Dry Wheat Toast	Margarine Pat	Margarine Pat	1938 mg
	Jelly	Chilled Sweet Cherries	Blonde Brownie	
	Skim Milk	Skim Milk	Skim Milk	
		Decaf Coffee	*******	
	Decaf Coffee	Decai collee	Decaf Coffee	
		Sweet and Save David		
		Sweet and Sour Pork	Beef Ravioli	1
		Doos with Freely Dill	May Boons	
		Peas with Fresh Dill	Wax Beans	
Saturday	Cheerios	Beef Shortribs	Chicken Pasta Salad	
Saturday	Hard Boiled Egg	Beef Shortribs Baked Sweet Potatoes	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing	
Saturday	Hard Boiled Egg Banana Half	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie	1628 mg
Saturday	Hard Boiled Egg Banana Half Pancake	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk	1628 mg
Saturday	Hard Boiled Egg Banana Half Pancake Syrup	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie	1628 mg
Saturday	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk	1628 mg
Saturday	Hard Boiled Egg Banana Half Pancake Syrup	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee	1628 mg
Saturday	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee	1628 mg
Saturday	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee	1628 mg
Saturday	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee Egg Salad on Croissant Waffle Fries	1628 mg
	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee Turkey Tetrazzini	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee Egg Salad on Croissant Waffle Fries	1628 mg
Saturday	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk Decaf Coffee	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee Turkey Tetrazzini Seasoned Corn Chicken Marsala	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee Egg Salad on Croissant Waffle Fries Coleslaw	1628 mg
	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk Decaf Coffee  Orange Juice Farina	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee Turkey Tetrazzini Seasoned Corn Chicken Marsala Angel Hair Pasta	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee Egg Salad on Croissant Waffle Fries Coleslaw  Hamburger Macaroni Salad	
	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk Decaf Coffee  Orange Juice Farina Veggie Omelet	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee Turkey Tetrazzini Seasoned Corn Chicken Marsala Angel Hair Pasta Autumn Pear Salad	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee Egg Salad on Croissant Waffle Fries Coleslaw  Hamburger Macaroni Salad Lettuce Tomato Onion	1628 mg
	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk Decaf Coffee  Orange Juice Farina Veggie Omelet Dry Wheat Toast	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee Turkey Tetrazzini Seasoned Corn Chicken Marsala Angel Hair Pasta Autumn Pear Salad Margarine Pat	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee Egg Salad on Croissant Waffle Fries Coleslaw  Hamburger Macaroni Salad Lettuce Tomato Onion Ketchup Packet	
	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk Decaf Coffee  Orange Juice Farina Veggie Omelet Dry Wheat Toast Jelly	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee Turkey Tetrazzini Seasoned Corn Chicken Marsala Angel Hair Pasta Autumn Pear Salad Margarine Pat Angel Food Cake w/ blueberries	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee Egg Salad on Croissant Waffle Fries Coleslaw  Hamburger Macaroni Salad Lettuce Tomato Onion Ketchup Packet Banana	
	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk Decaf Coffee  Orange Juice Farina Veggie Omelet Dry Wheat Toast Jelly Skim Milk	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee Turkey Tetrazzini Seasoned Corn Chicken Marsala Angel Hair Pasta Autumn Pear Salad Margarine Pat Angel Food Cake w/ blueberries Skim Milk	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee Egg Salad on Croissant Waffle Fries Coleslaw  Hamburger Macaroni Salad Lettuce Tomato Onion Ketchup Packet Banana Skim Milk	
	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk Decaf Coffee  Orange Juice Farina Veggie Omelet Dry Wheat Toast Jelly	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee Turkey Tetrazzini Seasoned Corn Chicken Marsala Angel Hair Pasta Autumn Pear Salad Margarine Pat Angel Food Cake w/ blueberries Skim Milk Decaf Coffee	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee Egg Salad on Croissant Waffle Fries Coleslaw  Hamburger Macaroni Salad Lettuce Tomato Onion Ketchup Packet Banana Skim Milk Decaf Coffee	
	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk Decaf Coffee  Orange Juice Farina Veggie Omelet Dry Wheat Toast Jelly Skim Milk	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee Turkey Tetrazzini Seasoned Corn Chicken Marsala Angel Hair Pasta Autumn Pear Salad Margarine Pat Angel Food Cake w/ blueberries Skim Milk Decaf Coffee	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee Egg Salad on Croissant Waffle Fries Coleslaw  Hamburger Macaroni Salad Lettuce Tomato Onion Ketchup Packet Banana Skim Milk Decaf Coffee	
	Hard Boiled Egg Banana Half Pancake Syrup Skim Milk Decaf Coffee  Orange Juice Farina Veggie Omelet Dry Wheat Toast Jelly Skim Milk	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee Turkey Tetrazzini Seasoned Corn Chicken Marsala Angel Hair Pasta Autumn Pear Salad Margarine Pat Angel Food Cake w/ blueberries Skim Milk Decaf Coffee	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee Egg Salad on Croissant Waffle Fries Coleslaw  Hamburger Macaroni Salad Lettuce Tomato Onion Ketchup Packet Banana Skim Milk Decaf Coffee	

Monday   Carage Julice   Raisin Bran Creat   FF Blubserry Yogart PC   Content all Bland Vegetables   Content all Bland Veg	HF-Week 3	Breakfast	Lunch	Dinner	Total Sodiu
Clonamon Toast Margarine Pat Sidm Milk Decaf Coffee Decaf	Monday	Raisin Bran Cereal	Brown Rice	Egg Salad Sandwich on Wheat	,
Margarine Pat Skim Milk   Decaf Coffee   Decaf Co			•		1835 mg
Sisin Milk Decaf Coffee Decaf C					
Tuesday  Orange Julice Cream of Wheat Faired Boiled Egg Whole Grain Wallis Stein Milk Decaf Coffee  Orange Julice Cream of Wheat Sake Halibut Stein Milk Decaf Coffee  Orange Julice Veggle Onelet Decaf Coffee  Meatbad Decaf Coffee  Meatbad Decaf Coffee  Orange Julice Vegele Onelet Decaf Coffee  Meatbad Decaf Coffee  Orange Julice Vegele Onelet Decaf Coffee  Meatbad Decaf Coffee  Decaf Coffee  Orange Julice Vegele Onelet Decaf Coffee  Decaf Coffee  Decaf Coffee  Orange Julice Vegele Onelet Decaf Coffee  Decaf Coffee  Decaf Coffee  Orange Julice Vegele Onelet Decaf Coffee		_	*******	_	
Tuesday  Orange Jusice Crasm of Wheat Hard Boiled Egg Whole Grain Walfe Syrup Decal Coffee  Decal Coffee  Orange Jusice Cobage and Carrost Salad Skim Milk Decal Coffee  Orange Jusice O					
Tuesday    Crame pulse   Crame of Wheat Hard Boiled Egg Whole Grain Wiffle Syrup		Decar conee	Beef Chow Mein	Beef and Cheese Macaroni	
Cream of Wheat Baby sakers Carbots Stald Carrots Stude Hard Solide Egg Whole Grain Waffle Syrup Skim Milk Decaf Coffee Dec	- '	Orongo luico			
Hard Boiled Eg Whole Grain Waffle Syrup Ambrosis Salad Coffee Decaf Co	ruesday	_		1	
Whole Grain Waffle   Syrup   Skim Milk   Decaf Coffee   Decaf Co					
Syrup Skim Milk Decaf Coffee De					1970 mg
Decaf Coffee   Baked Halibut   Popcorn Chicken   Popcorn Chicken Salad   Popcorn Chicken   Popcorn Chicken   Popcorn Chicken Salad   Popcorn Chicken   Popcorn Popcorn   Popcorn Popcorn Popcorn   Popcorn Popcorn Popcorn   Popcorn Popcorn Popcorn Popcorn   Popcorn Popcorn Popcorn Popcorn   Popcorn P				_	
Wednesday  Wednesday  Wednesday  Orange Juice Veggie Omelet Usegie Omelet Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Orange Juice Wheaties  Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Orange Juice Wheaties Scrambled Egg Cinnamon French Toast Jelly Skim Milk Decaf Coffee  Decaf		Skim Milk	Skim Milk	Skim Milk	
Baked Hallbürt   Seasoned Direct Beets   Creamy Colestaw   Chipothe B02 Surver		Decaf Coffee			
Verlige Ower Fried Chicken   Crispy Beef Taco   Spanish Rice   Vege Ower Fried Chicken   Mashed Potatoes   Seasoned Vellow Squash   Letture Tomato Onion   Cheddar Cheese salsa   Letture Salad   Cheese Sala					
Wednesday			Seasoned Diced Beets	Creamy Coleslaw	
Vegge Omelet Dry Wheat Toast Jelly Sidm Milk Decaf Coffee				Chipotle BBQ sauce	
Veggie Omelet   Dry Wheat Toast   Seasoned Vellow Squash   Letture Tomato Onion   Cheddar Cheese salsa   Lemon Ice   Skim Milk   Decaf Coffee   Skim Milk   Decaf Coffee	Wednesday	Orange Juice	Oven Fried Chicken	Crispy Beef Taco	
Jelly   Skim Milk   Cinnamon Applesauce   Skim Milk   Decaf Coffee   Decaf Coff		Veggie Omelet		Spanish Rice	
Jelly   Skim Milk   Cinnamon Applesauce   Skim Milk   Decaf Coffee   Decaf Coff		Dry Wheat Toast	Seasoned Yellow Squash		1867 mg
Decaf Coffee  De					
Decaf Coffee  Meatloaf  Meatloaf  Spinach w/ Garlic Butter  Meatloaf  Scrambled Egg Cinnamon French Toast Jelly Skim Milk Decaf Coffee  Decaf Co					
Thursday  Orange Juice Wheatles Scrambled Egg Cinnamon French Toast Jelly Skim Milk Decaf Coffee  Orange Juice Orange Juice Orange Juice White and Wheatles Scrambled Egg Cinnamon French Toast Jelly Skim Milk Decaf Coffee  Orange Juice Oran		Decaf Coffee	*******		
Thursday  Orange Juice Wheaties Scrambled Egg Cinnamon French Toast Jelly Skim Milk Decaf Coffee  Orange Juice Wheat Bread Snickerdoodle Cookies Scrambled Egg Sikm Milk Decaf Coffee  D					
Thursday    Canage Luice   Cheeseburger Pile					
Wheaties Scrambled Eg Cinnamon French Toast Jelly Skim Milk Decaf Coffee  Pees Stroganoff California Blend Vegetables Friday  Orange Juice Oatmeal Hard Boiled Egg Salm Milk Decaf Coffee  Oatmeal Hard Boiled Egg Skim Milk Decaf Coffee  Oatmeal Hard Boiled Egg Skim Milk Decaf Coffee  Orange Juice Oatmeal Hard Boiled Egg Skim Milk Decaf Coffee  Orange Juice Oatmeal Hard Boiled Egg Skim Milk Decaf Coffee  Orange Juice Oatmeal Hard Boiled Egg Skim Milk Decaf Coffee  Orange Juice Oatmeal Hard Boiled Egg Skim Milk Decaf Coffee  Orange Juice Obecaf Coffee  Orange Juice Orange Orange Juice Orange Orange Juice Rice Chex Orange Juice Orange Orange Juice Rice Chex Orange Juice Rice Chex Orange Juice Orange Orange Juice Rice Chex Orange Juice Orange Orange Juice Orange Orange Juice Orange Orange Juice Orange Juice Orange					
Scrambled Egg Cinnamon French Toast Jelly Skim Milk Decaf Coffee  Beef Stroganoff California Blend Vegetables California Blend Vegetables  Friday  Orange Juice Oatmeal Hard Boiled Egg Blueberry Muffin Margarine Pat Skim Milk Decaf Coffee  Decaf Coffee  Baked Lemon Tilapia White and Wild Rice Seasoned Zucchini Margarine Pat Skim Milk Decaf Coffee  Decaf Coffee  Decaf Coffee  Seasoned June Baked Lemon Tilapia White and Wild Rice Seasoned Zucchini Margarine Pat Skim Milk Decaf Coffee  Decaf	Thursday	1	•		
Cinnamon French Toast Jelly Skim Milk Decaf Coffee  Beef Stroganoff California Blend Vegetables Hard Boiled Egg Blueberry Muffin Margarine Pat Skim Milk Decaf Coffee  Tuna Pasta Salad Slick Milk Decaf Coffee  Decaf Coffee  Decaf Coffee  Deli Sandwich Potato Wedges Carrot Raisin Salad  Lettuce and Tomato Shald  1752 mg  1753 mg  1754 mg  1755 mg  1756 mg  1756 mg  1757 mg  1758 mg  1758 mg  1758 mg  1758 mg  1758 mg  1759 mg  1750 mg  1					
Jelly   Skim Milk   Decaf Coffee				=	1955 mg
Skim Milk Decaf Coffee  Beef Stroganoff California Blend Vegetables  Friday  Orange Julce Oatmeal Hard Boiled Egg Blueberry Muffin Margarine Pat Skim Milk Decaf Coffee  Chicken Kiev Seasoned Green Beans  Saturday  Orange Julce Orange Julce Orange Julce Orange Julce Saturday  Orange Julce Orange Julce Orange Julce Saturday  Orange Julce Orange Julce Saturday  Orange Julce Saturday  Orange Julce Orange Julce Saturday  Orange Julce Skim Milk Decaf Coffee  Salisbury Steak and Gravy Parsley Carrots Skim Milk Decaf Coffee  Salisbury Steak and Gravy Parsley Carrots Skim Milk Decaf Coffee  Salisbury Steak and Gravy Parsley Carrots Skim Milk Decaf Coffee  Salisbury Steak and Gravy Parsley Carrots Skim Milk Decaf Coffee  Decaf Coffee  Decaf Coffee  Salisbury Steak and Gravy Parsley Carrots Coleslaw  Orange Julce Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Decaf Coffee  Decaf Coffee  Cottage Cheese and Fruit Hashbrown Patty Margarine Pat Vanilla Ice Cream Skim Milk				_	
Decaf Coffee		-			
Beef Stroganoff   California Blend Vegetables   Erench Fried Potatoes   Erench Fried Egg   Erench Fried Egg   Erench Fried Egg   Erench Fried Potatoes   Erench Fried Egg   Erench Fried Eg				Decaf Coffee	
Friday  Orange Juice Oatmeal Hard Boiled Egg Blueberry Muffin Margarine Pat Skim Milk Decaf Coffee  Oatmeal English Muffin Blana English Muffin Jelly Skim Milk Decaf Coffee  Orange Juice Yogurt Cup Banana English Muffin Jelly Skim Milk Decaf Coffee  Orange Juice Yogurt Cup Banana English Muffin Jelly Skim Milk Decaf Coffee  Orange Juice Yogurt Cup Banana English Muffin Jelly Skim Milk Decaf Coffee  Orange Juice Yogurt Cup Banana English Muffin Jelly Skim Milk Decaf Coffee  Orange Juice Yogurt Cup Banana English Muffin Jelly Skim Milk Decaf Coffee  Orange Juice Yogurt Cup Banana English Muffin Jelly Skim Milk Decaf Coffee  Orange Juice Yogurt Cup Banana English Muffin Jelly Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Orange Juice Rice Chex Vanilla Ice Cream Wheat Roal Wheat Prad Wogetables Wheat Roal Wheat Prad Wogetables Wheat Roal Wheat Roal What Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Skim Milk Skim Milk Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Skim Milk Skim Milk Skim Milk Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Skim M			Reef Stroganoff		
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Friday  Orange Juice Oatmeal Hard Boiled Egg Blueberry Muffin Margarine Pat Skim Milk Decaf Coffee  Orange Juice Baked Lemon Tilapia White and Wild Rice Seasoned Zucchini Wheat Bread w/ margarine pat Poke Cake Skim Milk Decaf Coffee  Chicken Kiev Seasoned Green Beans  Saturday  Orange Juice Rosemary Chicken Mashad Potatoos Spinach Strawberry salad English Muffin Jelly Skim Milk Decaf Coffee  Salisbury Steak and Gravy Parsley Carrots  Salisbury Steak and Gravy Parsley Carrots  Colesaw  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Cheeseburger Pie Seasoned Green Beans  Baked Lemon Tilapia White and Wild Rice Slicked Tomato Mandarin Oranges Skim Milk Decaf Coffee Cortage Cheese and Fruit Hashbrown Patty Marinated Cucumbers But and Swim Milk Decaf Coffee  Cheeseburger Pie Seasoned Green Beans  Bat and Swim Salad  ITNa Pasta Salad Mandarin Oranges Skim Milk Decaf Coffee Seasoned Green Beans  Tuna Pasta Salad Mandarin Oranges Skim Milk Decaf Coffee Decaf Coffee  Interview Skim Milk Decaf Coffee Decaf Coffee  Cheeseburger Pie Seasoned Green Beans  Tuna Pasta Salad Sikim Milk Decaf Coffee Interview Skim Milk Decaf Coffee Interview					
Oatmeal Hard Boiled Egg   Seasoned Zucchini   Mandarin Oranges   Skim Milk   Decaf Coffee   De	Friday	Orange Juice	Baked Lemon Tilapia		
Blueberry Muffin Margarine Pat Poke Cake Skim Milk Decaf Coffee Decaf	illady		•	Sliced Tomato	
Blueberry Muffin Margarine Pat Poke Cake Skim Milk Decaf Coffee Skim Milk Decaf Coffee Decaf Cof		Hard Boiled Egg	Seasoned Zucchini	Mandarin Oranges	1752 mg
Skim Milk Decaf Coffee  Chicken Kiev Seasoned Green Beans  Saturday  Orange Juice Yogurt Cup Banana English Muffin Jelly Skim Milk Decaf Coffee  Decaf Coffee  Decaf Coffee  Skim Milk Decaf Coffee  Decaf Coffee  Decaf Coffee  Salisbury Steak and Gravy Parsley Carrots  Coleslaw  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Decaf Coffee  Dry Wheat Toast Jelly Skim Milk Decaf Coffee		Blueberry Muffin	Wheat Bread w/ margarine pat	Skim Milk	1732 1116
Decaf Coffee Decaf Coffee Decaf Coffee Detato Wedges Carrot Raisin Salad  Saturday Orange Juice Yogurt Cup Mashed Potatoes Spinach Strawberry salad Deli's Muffin Decaf Coffee Decaf Coffee Decaf Coffee Draining Dry Wheat Brad W Margarine pat Crispy rice bar Salisbury Steak and Gravy Parsley Carrots Coleslaw  Sunday Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Vanilla Ice Cream Baked Potato Mixed Vegetables Hashbrown Patty Margarine Pat Wheat Roll w Margarine Pat Chilled Pear Halves Skim Milk Decaf Coffee Decaf Coffee Draining Dry Wheat Toast Jelly Vanilla Ice Cream Breadstick Skim Milk Decaf Coffee Baked Potato Mixed Vegetables Hashbrown Patty Marinated Cucumbers Breadstick Skim Milk Decaf Coffee Decaf		Margarine Pat	Poke Cake	Decaf Coffee	
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Saturday  Orange Juice Yogurt Cup Banana English Muffin Jelly Skim Milk Decaf Coffee  Orange Juice Yogurt Cup Banana English Muffin Jelly Skim Milk Decaf Coffee  Orange Juice And Margarine pat Crispy rice bar Salisbury Steak and Gravy Parsley Carrots Parsley Carrots Salisbury Steak and Gravy Parsley Carrots Wheat Roll w/ Margarine Pat Vanilla Ice Cream Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Orange Juice Rice Chex Skim Milk Decaf Coffee  Orange Juice Rice Chex Skim Milk Decaf Coffee  Orange Juice Rice Chex Skim Milk Baked Potato Mixed Vegetables Wheat Roll w/ Margarine Pat Vanilla Ice Cream Skim Milk Decaf Coffee  Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee  Orange Juice Rice Chex Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Breadstick Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Breadstick Skim Milk Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Breadstick Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Breadstick Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Breadstick Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Breadstick Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Breadstick Skim Milk Skim Milk Decaf Coffee  Orange Juice Rice Chex Breadstick Skim Milk Becaf Coffee  Orange Juice Rice Chex Breadstick Skim Milk Becaf Coffee  Decaf Coffee				Carrot Raisin Salad	
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Seasoned Green Beans Lettuce and Tomato Salad		ресаг соптее			
			_		
			Seasoned Green Beans		

HF-Week 4	Breakfast	Lunch	Dinner	Total Sodio
Monday	Orange Juice	Beef Burgundy	Chicken Salad Sandwich	•
	Farina	Garlic Noodles	Tator Tots w/ ketchup pat	
	Scrambled Egg	Broccoli and Cauliflower	Carrot and Celery Sticks	
	1	Vanilla Ice Cream	LoCal Ranch Dressing	1982 mg
	Whole Grain Waffle w/ syrup	Skim Milk	Chilled Fruit Cocktail	
	Skim Milk		Skim Milk	
	Decaf Coffee	Decaf Coffee		
			Decaf Coffee	
		Seafood Fettuccine Alfredo		
		Seasoned Spinach	Sloppy Joe on Bun	
			Tossed Salad	
Tuesday	Orange Juice	Honey Chicken	Turkey Wrap	
Tuesday	Golden Grahams	Baked Sweet Potato	Baked Beans	
	Yogurt and Blueberries	Seasoned Green Beans	Corn Cobbette w/ Margarine Pat	2000 mg
	Dry Wheat Toast	Wheat Bread w/ Margarine Pat	Lemon Bar	
	Jelly	Ambrosia Salad	Skim Milk	
	Skim Milk	Skim Milk	Decaf Coffee	
	Decaf Coffee	Decaf Coffee		
	Decar conee			
			Corn Dog	
		BBQ Pork Chop	Creamy Coleslaw	1
		Mixed Vegetables	Ketchup Packet	1
Modroeder	Orange Juice	Spaghetti and Meat Sauce	Tomato Florentine Soup	1
Wednesday	1 5	' -	·	1
	Cinnamon Oatmeal	Lettuce and Tomato Salad	Chef Salad Bowl w/ Ranch dressing	1
	Scrambled Egg	Garlic Bread w/ Margarine Pat	Breadstick w/ Margarine Pat	1998 mg
	Dry Wheat Toast	Cherry Ice	Banana	2550
	Jelly	Skim Milk	Skim Milk	
	_   · · ·	Decaf Coffee	Decaf Coffee	
	Skim milk			
	Decaf Coffee	Chicken and Dressing	Egg Salad Sandwich on Wheat	
		_	-	
		Seasoned Zucchini	Macaroni Salad	
			Tomato Slices	
Thursday	Orange Juice	Beef Pot Roast	Veggie Wrap	
i ii di Saay	Shredded wheat	Homemade Mashed potatoes	Cottage Cheese	
		Seasoned Cabbage	Waffle Fries	
	Hard Boiled Egg	_		1980 mg
	Dry wheat toast	Wheat Bread w/ Margarine Pat	Margarine Pat	
	Jelly	Blueberry Cobbler	Chilled Pears	
	Skim Milk	Skim Milk	Skim Milk	
		Decaf Coffee	Decaf Coffee	
	Decaf coffee			
		Pork Club Chops	Ham Salad Sandwich on Wheat	
		Parsley Carrots	Cucumber Dill Salad	
	0			
Friday	Orange Juice	Baked Fish with Dill Sauce	LS Tomato Soup	
	Cream of Rice	Brown Rice	Grilled Swiss and Tomato	
	Poached Egg	California Blend Vegetables	Dill Potato Salad	1074
	Cinnamon French Toast	Margarine Pat	Chilled Apricots	1974 mg
		Red Gelatin	Skim Milk	1
	Syrup	Skim Milk	Decaf Coffee	1
	Skim Milk			
	Decaf Coffee	Decaf Coffee		
			Fish Nuggets	1
		Chicken Cordon Bleu	Apple Coleslaw	1
		Garlic Mushrooms		1
Caturda	Orange Juice	Lemon Chicken	Hamburger	1
Saturday			1	
	Cheerios	Mashed Potatoes	Sweet Potato Fries	
	Fried Egg	Wax Beans	Lettuce Tomato Onion	1999 mg
	Dry Wheat Toast	Wheat Roll w/ Margarine Pat	Ketchup Packet	
	Jelly	Cinnamon Applesauce	Snickerdoodle Cookies	1
	1 -	Skim Milk	Skim Milk	1
	Skim Milk	Decaf Coffee	Decaf Coffee	
	Decaf Coffee			1
				1
		Shepherd's Pie	Chicken Tenders	1
		Harvard Beets	Corn Cobbette	
Sunday	Orange Juice	Beef Stew	Chicken Salad sandwich on Wheat	
	Cream of wheat	Parsley Carrots	Macaroni Salad	
		Corn Muffin	Tomato Cucumber Salad	1
	Hard Boiled Egg			1808 mg
	Blueberry pancakes	Margarine Pat	Orange Sherbet	1
	Syrup	Ambrosia Salad	Skim Milk	
	Skim milk	Skim Milk	Decaf Coffee	1
		Decaf Coffee		1
	Decaf coffee		Submarine Sandwich	1
		Maple Glazed Ham	Lettuce Tomato Onion	
		Baked Potato	Ketchup Mustard Light Mayo	