



**LATINO LUNCH**  
Home Delivered Meals

For cancellations & questions about your meals, please call the Nutrition Department at (413) 538-9020 by NOON the business day before.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>White Fish Garbanzo (434) White Rice (4) Buttered Corn (1) Cornbread (80) Clementine (1), 1% Milk (100)</p> <p>Sodium 620, Cal 695, Carb 104</p>	<p><b>2</b></p> <p>Diced Chicken (121) w/ Fricassee (78) Mashed Malanga (60) Brussels Sprouts (17) Italian Bread (230) Canned Pears (4), 1% Milk (100)</p> <p>Sodium 611, Cal 586, Carb 86</p>	<p><b>3 COLD PLATE</b></p> <p>Cobb Salad w/ Egg, Cheese, Diced Chicken, Bacon (224) Ranch Drsg.(110), Potato Salad (237) Whole Wheat Bread (170) 1% Milk (100), Pineapple (1)</p> <p>Sodium 842, Cal 672, Carb 80</p>	<p><b>4</b></p> <p>Pulled Pork (84) Yellow Rice w/ Pigeon Peas (47) Cali. Blend (17), Oatnut Bread (150) Flan (115) / SF Pudding (210) 1% Milk (100)</p> <p>Sodium 513, Cal 797, Carb 84</p>	<p><b>5 HIGH SODIUM</b></p> <p>Latino Chicken &amp; Olive Quiche (506) Broccoli (9) Wheat Bread (115), Tater Tots (334) Brownie (150) / SF Cookie (75) 1% Milk (100)</p> <p>Sodium 1213, Cal 1025, Carb 83</p>
<p><b>8</b></p> <p>Cheesy Chicken &amp; Plantain (406) Peas &amp; Carrots (90) Whole Wheat Bread (170) Canned Peaches (5) 1% Milk (100)</p> <p>Sodium 771, Cal 601, Carb 67</p>	<p><b>9</b></p> <p>Conditos con Carne (152) Italian Blend Vegetables (50) Oatnut Bread (150) Tropical Fruit (10) 1% Milk (100)</p> <p>Sodium 462, Cal 725, Carb 96</p>	<p><b>10</b></p> <p>Chicken &amp; Chickpea Stew (211) Yellow Rice (23) Mixed Veg (43) Wheat Roll (210) Pineapple (1), 1% Milk (100)</p> <p>Sodium 588, Cal 638, Carb 97</p>	<p><b>11 BIRTHDAY CAKE</b></p> <p>Meatloaf (390) with Latino Sauce (5) Yuca &amp; Onions(15), Corn &amp; Peppers(1) Wheat Bread (115) Birthday Cake (291) / Angel Fd. Cake 1% Milk (100)</p> <p>Sodium 918, Cal 875, Carb 114</p>	<p><b>12</b></p> <p>Fish Stew (364) Latino White Rice (4), Broccoli (9) Wheat Roll (210) Fresh Fruit (0) 1% Milk (100)</p> <p>Sodium 687, Cal 560, Carb 85</p>
<p><b>15 HIGH SODIUM</b></p> <p>Hot Dog (540)* and Hot Dog Roll (210) Ketchup (82), Mustard (55), Relish (81) Vegetarian Baked Beans (183) Mixed Veg. (43), Fresh Orange (0) 1% Milk (100)</p> <p>Sodium 1293, Cal 734, Carb 91</p>	<p><b>16</b></p> <p>Pastelon (272) Wax Beans (3), Itali. White Bread (230) Coconut Rice Pudding (158) / SF Pudding (~210) 1% Milk (100)</p> <p>Sodium 764, Cal 747, Carb 71</p>	<p><b>17</b></p> <p>Fish with Creole Sauce (~395) White Rice (4), Tuscan Style Veg (48) Oatnut Bread (150) Fresh Fruit (1) 1% Milk (100)</p> <p>Sodium 699, Cal 537, Carb 94</p>	<p><b>18</b></p> <p>BBQ Pork Loin (211) Mac &amp; Cheese (315) Buttered Corn (1) Cornbread (~261) Tropical Fruit (10), 1% Milk (100)</p> <p>Sodium 899, Cal 826, Carb 107</p>	<p><b>19 COLD PLATE</b></p> <p>Caesar Salad w/ Diced Chicken &amp; Shredded Parmesan (307) Fresh Tomato Salad (6) Swiss Roll (100) / SF Cookie (75) 1% Milk (100), Rye Bread (230)</p> <p>Sodium 1193, Cal 721, Carb 54</p>
<p><b>22</b></p> <p>Albondigas (559)* Peas &amp; Pearl Onions (42) Spaghetti (1), Dinner Roll (150) Canned Tropical Fruit (10) 1% Milk (100)</p> <p>Sodium 853, Cal 667, Carb 91</p>	<p><b>23 TACO TUESDAY</b></p> <p>Taco Mix (270) Fiesta Corn (1), Yellow Rice (169) Shredded Cheese (93) Flour Tortilla (170), Pineapple (1) 1% Milk (100)</p> <p>Sodium 804, Cal 702, Carb 99</p>	<p><b>24</b></p> <p>Diced Chicken(121), Garlic Sauce(58) Mashed Root Veg (80) Green Beans, Broccoli &amp; Peppers (21) Whole Wheat Bread (170), Yogurt (75) 1% Milk (100)</p> <p>Sodium 626, Cal 674, Carb 89</p>	<p><b>25</b></p> <p>Turkey Sancocho (436) Yellow Rice (23) Wheat Bread (115) Flan (115) / SF Cookie (75) 1% Milk (100)</p> <p>Sodium 788, Cal 602, Carb 82</p>	<p><b>26 COLD PLATE</b></p> <p>Latino Crab Salad (506)* Latino Tomato Corn Salad (125) Latino Mac Salad (337) Fresh Clementine (1) 1% Milk (100)</p> <p>Sodium 1183, Cal 675, Carb 95</p>
<p><b>29 NO MEAL SERVICE</b></p> 	<p><b>30</b></p> <p>Coconut Fish Stew (326) White Rice (4) Buttered Carrots (44) Dinner Roll (150), 1% Milk (100) Tartar Sauce(261), Tropical Fruit (10)</p> <p>Sodium 633, Cal 694, Carb 82</p>	<p><b>31</b></p> <p>Diced Chicken (121) &amp; Mojo Sauce(83) Yuca w/ Garlic &amp; Onions (15) Italian Blend Veg (40) Oatnut Bread (150), Fresh Fruit (1) 1% Milk (100)</p> <p>Sodium 788, Cal 652, Carb 94</p>	<p>Sodium content (mg) listed in parentheses next to food/drink item. *Denotes item with 500+ mg sodium. Margarine adds an extra 36 mg sodium, 25 calories. **Denotes items not included in the nutrient analysis.</p> <p>Total Carbs listed are from the Modified Menu with dessert not high in carb.</p> <p><b>MEALS SUBJECT TO CHANGE WITHOUT NOTICE.</b></p>	