



**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>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>MEALS SUBJECT TO CHANGE WITHOUT NOTICE.</p>						<p><b>1 BAKED DESSERT</b></p> <p>Mango Chutney Pot Roast (~56) Half Baked Potato (4) California Blend Veg (17) Wheat Roll (210), 1% Milk (100) Berry Buckle (360) / Canned Pears (4)</p> <p>Sodium 747, Cal 765, Carb 73</p>		<p><b>2 COLD PLATE</b></p> <p>Egg Salad w/ Olive (374) Latino Potato Salad (121) Latino Corn Salad (82) Wheat Roll (210), 1% Milk (100) Fruited Jello w/ Whip (65) / SF Fr. Jello</p> <p>Sodium 952, Cal 1121, Carb 68</p>	
<p><b>5 COLD PLATE</b></p> <p>Latino Chicken &amp; Pepper Salad (124) Macaroni Salad (337) Three Bean Salad (250) Whole Wheat Bread(170), Pineapple(1) 1% Milk (100)</p> <p>Sodium 982, Cal 766, Carb 104</p>		<p><b>6</b></p> <p>Veal Chopette(330) w/ Roasted Red Pepper Sauce (25) Broccoli (9), Mashed Root Veg (80) Rye Bread (230) Mixed Fruit (5), 1% Milk (100)</p> <p>Sodium 814, Cal 781, Carb 84</p>		<p><b>7</b></p> <p>Cheeseburger (150) with Reduced Sodium Cheese (198) Tater Tots(334), Corn(1), 1% Milk(100) Hamb. Bun (230), Fresh Orange (0) Ketchup (82), Mayo (64)</p> <p>Sodium 1158, Cal 835, Carb 98</p>		<p><b>8</b></p> <p>Spice Rubbed Rst Turkey, Gryv (825)* Yuca w/ Onions &amp; Garlic (15) Tuscan Blend Veg (48) White Bread (105) Cookie(79)/SF Cookie, 1% Milk (100)</p> <p>Sodium 1177, Cal 666, Carb 103</p>		<p><b>9</b></p> <p>Fish Taco with Breaded Pollock (190) Yellow Rice (169) Cilantro Lime Coleslaw (60) Flour Tortilla (170), Yogurt (75) 1% Milk (100), Tartar Sauce (261)</p> <p>Sodium 1025, Cal 722, Carb 86</p>	
<p><b>12</b></p> <p>Albondigas (559)* Smoked Paprika Potatoes (~168), Cali Blend Veg(17), Oatnut Bread(150) Coconut Rice Pudding(158) / SF Pudd. 1% Milk (100)</p> <p>Sodium 1152, Cal 737, Carb 85</p>		<p><b>13 COLD PLATE</b></p> <p>Latino Tuna Mac Salad (347) Green Bean Pimento Salad (10) Cucumber Salad (122) Canned Pears (4), Hot Dog Bun (210) 1% Milk (100)</p> <p>Sodium 670, Cal 763, Carb 90</p>		<p><b>14</b></p> <p>Pastelon (272) Carrots (44) Whole Wheat Bread (170) Fresh Fruit (2) 1% Milk (100)</p> <p>Sodium 587, Cal 619, Carb 73</p>		<p><b>15 BIRTHDAY CAKE</b></p> <p>Pot Roast (30) w/ Latino Gravy (135) Chorizo Plantain Stuffing (289) Tuscan Blend Veg (48) Rye Bread (230), 1% Milk (100) Cake (291)/Angel Fd. Cake</p> <p>Sodium 1124, Cal 764, Carb 88</p>		<p><b>16</b></p> <p>Salmon &amp; Latino Savory Sauce (89) Florentine Rice (131) Stewed Tomatoes (270) Wheat Bread (115), 1% Milk (100) Tropical Fruit (10)</p> <p>Sodium 715, Cal 497, Carb 59</p>	
<p><b>19 NO MEAL SERVICE</b></p>		<p><b>20 TACO TUESDAY</b></p> <p>Taco Mix (270) Yellow Rice (23), Mexicali Corn (56) Flour Tortilla (170) Pineapple (1) 1% Milk (100)</p> <p>Sodium 620, Cal 749, Carb 95</p>		<p><b>21</b></p> <p>Breaded Chicken Bites (340) with Honey Glaze (1) Spinach (76), Red Bliss Potatoes (6) Mini Biscuit (170) Fresh Clementine (1), 1% Milk (100)</p> <p>Sodium 626, Cal 560, Carb 79</p>		<p><b>22 HIGH SODIUM MEAL</b></p> <p>Latino Ham w/ Black Beans (1091)* Sweet Potatoes (42) Brussels Sprouts (17) Applesauce (9) 1% Milk(100), Wheat Bread (115)</p> <p>Sodium 1373, Cal 578, Carb 105</p>		<p><b>23</b></p> <p>Latino Beef Mac &amp; Cheese (251) Carrots (44) Wheat Bread (115) Key Lime Chiffon (62)/SF Jello 1% Milk (100)</p> <p>Sodium 572, Cal 766, Carb 82</p>	
<p><b>26</b></p> <p>White Fish Garbanzo (434) White Rice (4) Summer Veg Blend (24) Cornbread (80) Fresh Fruit (1), 1% Milk (100)</p> <p>Sodium 643, Cal 632, Carb 88</p>		<p><b>27</b></p> <p>Grilled Chicken(530)* w/ Fricassee(78) Mashed Malanga (60) Brussels Sprouts (17) White Bread (105) Canned Pears (4), 1% Milk (100)</p> <p>Sodium 894, Cal 589, Carb 82</p>		<p><b>28 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>29</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>30 HIGH SODIUM MEAL</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>	