

Washtenaw County
October 2018

Monday		Tuesday		Wednesday		Thursday		Friday						
1	Salisbury Beef with Gravy Whipped Potatoes Mixed Vegetables Tossed Salad Whole Grain Roll Fresh Cantaloupe Milk Margarine Salad Dressing <i>757 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each 1 each	2	Honey Mustard Chicken Confetti Rice Broccoli Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing <i>406 mg Sodium</i>	1 piece 1/2 cup 1/2 cup 1 cup 1 each 1 each 1 each 1 each 1 each 1 each	3	Swedish Meatballs Rotini Noodles Sliced Carrots Yellow Squash Whole Grain Roll Fresh Pineapple Milk Margarine <i>911 mg Sodium</i>	3 each 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	4	Pork Roast w/Au Jus Gravy Whipped Sweet Potatoes Green Beans Tossed Salad Whole Wheat Bread Fresh Honeydew Melon Milk Margarine Salad Dressing <i>371 mg Sodium</i>	3 oz 1/2 cup 1/2 cup 1 cup 1 slice 1/2 cup 1 each 1 each 1 each	5	Brunswick Chicken Stew Whole Kernel Corn Spinach Tossed Salad Whole Wheat Bread Fresh Honeydew Melon Milk Margarine Salad Dressing <i>802 mg Sodium</i>	1 cup 1/2 cup 1/2 cup 1 cup 1 slice 1/2 cup 1 each 1 each 1 each
8	Beef Hot Dog Mixed Beans California Vegetable Blend Wheat Hot Dog Bun Fresh Honeydew Melon Milk Mustard <i>880 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	9	Sliced Turkey Breast w/Gravy Scalloped Potatoes Green Beans Tossed Salad Whole Wheat Bread Petite Banana Milk Margarine Salad Dressing <i>688 mg Sodium</i>	3 oz 1/2 cup 1/2 cup 1 cup 1 slice 1 each 1 each 1 each 1 each	10	Potato Crusted Fish Macaroni and Cheese Broccoli Coleslaw Whole Grain Roll Fresh Cantaloupe Milk Margarine Tarter Sauce <i>741 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	11	Swiss Steak Oven Roasted Potatoes Sliced Beets Tossed Salad Whole Wheat Bread Fresh Pineapple Milk Margarine Salad Dressing <i>735 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 slice 1/2 cup 1 each 1 each 1 each	12	Baked Chicken Breast Creole Sauce Whole Kernel Corn Spinach Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing <i>615 mg Sodium</i>	1 each 1 oz 1/2 cup 1/2 cup 1 cup 1 each 1 each 1 each 1 each
15	Macaroni and Cheese Green Beans California Vegetable Blend Whole Grain Roll Fresh Honeydew Melon Milk Margarine <i>853 mg Sodium</i>	3/4 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	16	Lemon Pepper Chicken Whipped Sweet Potatoes Spinach Tossed Salad Cornbread Fresh Cantaloupe Milk Margarine Salad Dressing <i>661 mg Sodium</i>	1 piece 1/2 cup 1/2 cup 1 cup 1 piece 1/2 cup 1 each 1 each 1 each 1 each	17	Pork with Supreme Sauce Rice Florentine Glazed Carrots Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing <i>640 mg Sodium</i>	3 oz 1/2 cup 1/2 cup 1 cup 1 each 1 each 1 each 1 each 1 each	18	Beef with Pepper Gravy Succotash Broccoli Tossed Salad Whole Wheat Bread Fresh Pineapple Milk Margarine Salad Dressing <i>648 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 slice 1/2 cup 1 each 1 each 1 each	19	Meatloaf with Gravy Whipped Potatoes Brussels Sprouts Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing <i>800 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each
22	Spaghetti with Meat Sauce Cauliflower Brussels Sprouts Whole Grain Roll Fresh Pineapple Milk Margarine <i>535 mg Sodium</i>	1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	23	Chicken Strips Teriyaki Sauce Steamed Rice Broccoli Sliced Carrots Whole Wheat Bread Fresh Cantaloupe Milk Margarine <i>927 mg Sodium</i>	3 oz 1 oz 1/2 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	24	Beef Jardine Whipped Potatoes Spinach Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing <i>885 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each	25	Glazed Ham Oven Roasted Potatoes Green Beans Tossed Salad Whole Grain Roll Petite Banana Milk Margarine Salad Dressing <i>989 mg Sodium</i>	3 oz 1/2 cup 1/2 cup 1 cup 1 each 1 each 1 each 1 each 1 each	26	Beef Stew Confetti Rice Cabbage Tossed Salad Whole Grain Roll Fresh Honeydew Melon Milk Margarine Salad Dressing <i>528 mg Sodium</i>	1 cup 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each
29	Chicken Marsala Au Gratin Rotini Spinach Beet Salad Whole Grain Roll Fresh Apple Slices Milk Margarine <i>954 mg Sodium</i>	1 piece 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	30	SCARY POTLUCK	31	Halloween Meal Hamburger Patty Sliced Cheese Lettuce and Tomato Potato Wedges California Vegetable Blend Wheat Hamburger Bun Halloween Snack Cake Milk Mustard Ketchup <i>1226 mg Sodium</i>	1 each 1 slice 1/4 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each							