

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include: <u>Milk:</u> 99 Calories 105mg Sodium 12g Carbs <u>Margarine:</u> 36 Calories 33mg Sodium	<div style="background-color: #90EE90; padding: 5px; margin-bottom: 10px;"> For weather emergencies and cancellations, please check 1420 AM WBSM radio. </div> For Reservations/ Cancellations, call (508) 999-6400 ext. 3 by 11AM the day prior.	1 Sodium (mg): Na ⁺ Hot Dog* 540 Baked Beans 140 Wheat Hot Dog Bun 85 Fruit Cup 0 Ketchup 80 Total Sodium: 845 Calories: 727 Carbs: 86	2 Sodium (mg): Na ⁺ Grilled Chicken Thigh 90 Roasted Potatoes 85 Corn 20 Wheat Roll 150 Chocolate Brownie Cookie 115 Diet: Fruit 0 Total Sodium: 460 Calories: 597 Carbs: 62	3 No Meals Served <i>Happy 4th of July</i>
6 BBQ Pulled Pork 350 Butternut Squash 12 Beets & Greens 117 Dinner Roll 100 Pear Cup 2 Total Sodium: 581 Calories: 635 Carbs: 100	7 Beef w/ Onions & Peppers 132 White Rice 25 Mixed Vegetables 51 Dinner Roll 100 Orange 0 Total Sodium: 308 Calories: 705 Carbs: 79	8 Bacalao (Salted Cod) 215 Cilantro Lime Rice 67 Kale & Peppers 29 Hawaiian Roll 80 Vanilla Pudding 130 Diet: Fruit 0 Total Sodium: 521 Calories: 606 Carbs: 64	9 Three Bean Chicken Chili w/ Shredded Cheese 430 Green Beans & Peppers 20 WG Cornbread Bowl 160 Craisins 2 Total Sodium: 708 Calories: 743 Carbs: 105	10 Seafood Cajun Pasta* 500 WG Pasta 4 Broccoli 38 Wheat Bread 65 Oatmeal Cookie 90 Total Sodium: 697 Calories: 572 Carbs: 70
13 Chicken Saltimboca 381 Mashed Potatoes 23 Green Peas 20 Wheat Roll 150 Applesauce 2 Total Sodium: 576 Calories: 613 Carbs: 65	14 Creamy Turkey & Spinach Casserole w/ Orzo 335 Broccoli 38 Wheat Bread 65 Pear Cup 2 Total Sodium: 444 Calories: 637 Carbs: 82	15 Stewed Tomato 215 Chicken Thigh 25 White Rice 25 Mixed Root Vegetables 65 WG Cornbread Loaf 180 Blueberry Bread 250 Diet: Fruit Total Sodium: 735 Calories: 884 Carbs: 111	16 Honey Glazed Salmon 70 Roasted Sweet Potatoes 21 Cali Blend Vegetables 34 Dinner Roll 100 Banana Total Sodium: 226 Calories: 605 Carbs: 84	17 Sloppy Joe 115 Potato Wedges 20 Carrots 56 Wheat Hamburger Bur 75 Chocolate Pudding 135 Diet: Fruit Ketchup 80 Total Sodium: 481 Calories: 643 Carbs: 76
20 Cheesy Chicken* & Rice Casserole 555 Seasoned Rice 25 Mixed Vegetables 51 Wheat Roll 150 Mandarin Fruit Cup 5 Total Sodium: 786 Calories: 715 Carbs: 71	21 Beef Stew w/ WG Buttermilk 150 Biscuit 370 Green Peas & Peppers 72 Pound Cake 240 Diet: Fruit Total Sodium: 832 Calories: 710 Carbs: 77	22 High Sodium Meal Hot Ham & Cheese* 744 Sandwich 190 WG Crossiant 190 Sweet Potato Tots 200 Brussel Sprouts 26 Apple 1 Mustard 55 Total Sodium: 1216 Calories: 632 Carbs: 88	23 WG Cheese Ravioli w/ Beef Bolognese & Parmesan Cheese 200 Kale & Peppers 295 Wheat Roll 26 Wheat Roll 150 Vanilla Pudding 130 Diet: Fruit Total Sodium: 801 Calories: 640 Carbs: 70	24 Tuscan Chicken Thigh 403 Rice Pilaf 50 Cali Blend Vegetables 34 Wheat Roll 150 Peach Cup 5 Total Sodium: 642 Calories: 639 Carbs: 73
27 Shrimp & Grits* 515 Cheesy Grits 72 Vegetable Medley 54 Cornbread Loaf 180 Mandarin Fruit Cup 5 Total Sodium: 826 Calories: 646 Carbs: 92	28 Chicken Cacciatore 385 Tortellini 175 Green Peas & Peppers 21 Wheat Bread 65 Blueberry Crisp 32 Diet: Fruit Total Sodium: 678 Calories: 710 Carbs: 90	29 White Fish Piccata 388 Rice Pilaf 50 Carrots 54 Dinner Roll 100 Orange 0 Total Sodium: 592 Calories: 592 Carbs: 76	30 Pot Roast w/ Brown Gravy* 585 Roasted Sweet Potatoes 25 Brussels Sprouts 26 Cornbread Loaf 180 Pear 0 Total Sodium: 816 Calories: 555 Carbs: 73	31 A/B Chicken Alfredo* 610 WG Pasta 4 Broccoli 38 Wheat Roll 150 Chocolate Chip Cookie 80 Total Sodium: 882 Calories: 621 Carbs: 70

* Indicates a food with more than 500 mg sodium.

Please inform Coastline if you have any food allergies.

Consumers should anticipate frequent menu substitutions due to supply chain shortages.

Your voluntary \$3 donation today, provides more meals tomorrow.