


March 2024 Regular Menu – National Nutrition Month

Monday			Tuesday			Wednesday			Thursday			Friday		
Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. *High sodium item (>500mg), Shading = High sodium meal (>1200mg)												1 Bean & Veg Stew* (570) Quinoa (5) Biscuit (280) Cookie (60)		
												Cal 785	Carb 105	Na 1095
4 American Chop Suey (310) Zucchini (5) Garlic Roll (240) Mandarins (10)			5 Baked Fish (380) w/Breadcrumbs Couscous (5)  Br. Sprouts (15) Oat Bread (150) Cookie (60)			6 Honey Garlic Chicken (235) Brown Rice (25) Capri Veg (15) Vienna Bread (140) Fresh Fruit (5)			7 Turkey & Gravy* (765) Mshd Potato (110) Carrots (45) LS WW Bread (0) Applesauce (15)			8 Broccoli Egg Bake (440) Rstd Potatoes (5) Fruit Loaf (170) Yogurt (75) Juice (0)		
Cal 660	Carb 80	Na 855	Cal 630	Carb 85	Na 770	Cal 770	Carb 105	Na 595	Cal 580	Carb 90	Na 1110	Cal 950	Carb 120	Na 800
11 Sweet & Sour Meatballs (250) Fried Rice(150) Veg Blend (25) MG Bread(150) Pudding (190)			12 Chicken Piccata* (530) WW Pasta (5) Green Beans (5) Roll (260) Mandarins (10)			13 Special: Corned Beef & Cabbage*(740) Carrot & Turnip (65) Potatoes (5) Mint Bar (160) Rye Bread (150)			14 BBQ Pulled Pork* (530) Swt Tots (270) Corn & Red Peppers (5) Roll (250) Chilled Fruit (5)			15 Macaroni & Cheese* (815) Peas (60) Oat Bread (150) Orange (0)		
Cal 695	Carb 80	Na 940	Cal 650	Carb 90	Na 980	Cal 950	Carb 105	Na 1460	Cal 740	Carb 115	Na 1190	Cal 735	Carb 125	Na 1200
18 Breaded Cken w/Gravy*(570) Sweet Potato(25) Crm Spinach (220) Vienna Bread (130) Applesauce (15)			19 Ravioli w/ Marinara* (510) Zucchini (10) WW Bread (165) Mandarins (10)			20 Brown Sugar Pork (290) B-nut Squash (15) Garden Salad (35) Bread Pudding (190)			21 Salisbury Steak w/mushroom(485) Mshd Potato (110) Mixed Veg (55) Cornbread (235) Chilled Fruit (5)			22 Garlic & Herb Salmon (170)  Brown Rice (25) Br. Sprouts (15) MG Bread (150) Gelatin (65)		
Cal 755	Carb 95	Na 1140	Cal 665	Carb 90	Na 985	Cal 1175	Carb 185	Na 890	Cal 780	Carb 105	Na 1060	Cal 760	Carb 85	Na 600
25 Pot Roast*(565) Beets (140) Scalloped Potato (165) LS WW Bread (0) Pineapple (5)			26 Hot Dog*(540) Baked Beans (140) Coleslaw (45) Roll (250) Warm Apples (10)			27 Cobb Salad*(705) Corn Salad (85) Pita Bread (215) Yogurt (75) Juice (0)			28 Chicken Pot Pie*(570) Mashed Potatoes (110) Oat Bread (150) Cake (175)			29 Spinach*(510) Alfredo Lasagna Zucchini (10) WW Roll (180) Fresh Fruit (5)		
Cal 635	Carb 80	Na 1050	Cal 800	Carb 95	Na 1255	Cal 700	Carb 110	Na 1085	Cal 710	Carb 90	Na 1180	Cal 740	Carb 95	Na 1015

To cancel a meal, please call 978 281-1750 before 10 am day before

A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly.

Menu Subject to Change Without Notice



BEYOND THE TABLE

NATIONAL NUTRITION MONTH® 2024

Did you know that food production is responsible for nearly one-third of total greenhouse gas (GHG) emissions and uses a massive amount of energy? This National Nutrition Month let's move Beyond the Table by learning more about the food supply chain and its opportunities to be more sustainable. **Show your support by making healthy and sustainable food decisions with your fork and wallet.** By choosing healthy, sustainable food, you are affecting the direction of our food system by influencing the bottom line of farmers, food companies, and retailers.

PRODUCTION. Farmers grow crops and raise livestock. Sustainable farming practices: no-till or reduced-till, cover crops, crop rotation, crop diversity, livestock integration, agroforestry, water conservation, integrative pest management, and nutrient management

PROCESSING. Raw products from farms undergo initial processing such as cleaning, sorting, and packaging. Food manufacturing combines and transforms ingredients into various food products through processing, cooking, and packaging. Food manufacturing relies mostly on non-renewable energy sources. Sustainable manufacturing solutions: reducing GHG, using renewable energy, saving water, decreasing food waste, and using more sustainable packaging

DISTRIBUTION. Processed food products are transported from manufacturing facilities to distribution centers or directly to retailers, which has a sizeable impact on GHG emissions and energy usage because food is often shipped long distances and needs to be climate controlled. Greener distribution solutions: optimizing transportation routes using data analytics & technology, improving the efficiency of cold storage & transportation, and sourcing ingredients locally

RETAIL. Food products are made available to consumers through grocery stores, supermarkets, or other retail outlets and may be distributed to restaurants, cafes, and other food service establishments. Sustainable retail solutions: food waste reduction strategies, energy-efficient lighting, heating & cooling systems, and product sourcing from sustainable & ethical suppliers

KITCHEN. Every kitchen has an environmental opportunity to reduce food waste, which releases methane (a more potent GHG than carbon) as it decomposes. Food waste solutions: proper meal planning, purchasing smaller quantities, using most of the produce when cooking, and composting and food donations when food waste does occur

TABLE. What's on your plate impacts the environment too. Where it came from, what it is, and the season make a difference. Healthy, sustainable diet solutions: choose whole foods versus processed foods, eat smaller portions, reduce meat & dairy consumption, replace animal-based foods with plant-based foods, choose local foods, and eat seasonally

Sources: https://rus.umn.edu/sites/default/files/2023-10/Food%20Systems_CS01-06.pdf, <https://www.nifa.usda.gov/grants/programs/sustainable-agriculture-programs>, <https://www.usda.gov/foodwaste/facts#~:text=In%20the%20United%20States%2C%20food,percent%20of%20the%20food%20supply>, <https://www.eatright.org/food/planning/food-security-and-sustainability/sustainable-eating-1>, <https://www.wri.org/research/shifting-diets-sustainable-food-future>, <https://www.nature.com/articles/s43016-021-00225-9>
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