



FOODMOBILE September 2023



Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Foodmobile Office 8:00 am — 4:00 pm Monday—Friday Except holidays 858 637-3230	<i>Note: Meal sodium total includes entrée, 1 cup of 1% milk and all sides</i>		Meals are subject to change without notice	Bell Pepper Salad 1 Hunter Chicken Whole Wheat Pasta Capri Mix Veggies Banana 310 mg sodium
	Fresh Corn Salad 5 Sweet Potato Chili Quinoa California Mix Veggies Applesauce 410 mg sodium	Kidney Bean Salad 6 Cajun Chicken Breast Whole Wheat Pasta Green Beans Orange 400 mg sodium	Broccoli Salad 7 Tuna Noodle Casserole Parsley Carrots Peaches 590 mg sodium	Spring Mix Salad 8 Beef Fajitas Spanish Brown Rice Roasted Zucchini Cantaloupe 460 mg sodium
Carrot Salad 11 Curried Chickpeas w/ Spinach (Chana Saag) Brown & White Rice Cauliflower Fresh Apple 450 mg sodium	Broccoli Slaw 12 Chicken-Butternut Squash Stew Farro Capri Mix Veggies Pear 300 mg sodium	Spinach Salad 13 Mushroom Beef Stroganoff WW egg noodles Peas Orange 390 mg sodium	Beet Salad 14 Coconut-Crusted Tilapia Quinoa, Kale, Edamame Sweet Potato Watermelon 500 mg sodium	Balela (Chickpea) Salad 15 Herb Roasted Chicken Whole Wheat Couscous Broccoli Apricots 480 mg sodium
Red Cabbage Salad 18 Chicken Swedish Meatballs WW Egg Noodles Scandinavian Mix Veg Kiwi 480 mg sodium	Carrot Salad 19 Kidney Bean Curry Bulgur California Mix Veggies Peaches 470 mg sodium	Asian Slaw 20 Adobo Chicken Stew Quinoa Roasted Zucchini Mango 490 mg sodium	Broccoli Salad 21 Caribbean Baked Cod Brown Rice & Beans Caribbean Mix Veggies Banana 410 mg sodium	Kidney Bean Salad 22 Beef Brisket Mashed Potatoes Mixed Vegetables Whole Wheat Roll Orange 690 mg sodium
CLOSED in observance of (Yom Kippur) 25	3 Bean Salad 26 Eggplant Rollatini Whole Wheat Pasta Brussels Sprouts Fresh Apple 810 mg sodium	Bok Choy Salad 27 Beef Bulgogi Brown Rice Stir Fry Mix Veggies Banana 580 mg sodium	Spinach Salad 28 Baked Salmon Whole Wheat Couscous California Mix Veggies Strawberries 260 mg sodium	Fresh Corn Salad 29 Tomatillo Chicken Quinoa Butternut Squash Kiwi 360 mg sodium