





April 2024



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Coleslaw 1 Beef Chili (Chili con Carne) Cilantro Brown Rice Sweet Potato Pineapple <i>350 mg sodium</i>	Citrus Salad 2 Spring Bean Minestrone Whole Wheat Pasta Roasted Asparagus Pear <i>470 mg sodium</i>	Carrot Salad 3 Cod with Lemon Sauce Quinoa, Kale, Edamame Peas Kiwi <i>590 mg sodium</i>	3 Bean Salad 4 Adobo Chicken Brown Rice Bok Choy Mango  <i>690 mg sodium</i>	Spring Mix Salad 5 Turkey Stuffed Pepper Bulgur California Mix Veggies Apricots <i>410 mg sodium</i>
Beet Salad 8 Lentil Pasta with Pesto Whole Wheat Roll Broccoli Banana <i>560 mg sodium</i>	Bok Choy Salad 9 Beef Bulgogi Brown Rice Stir Fry Veggies Tropical Fruit <i>590 mg sodium</i>	WW Macaroni Salad 10 Chicken Cholent Roasted Potatoes Sautéed Kale Peaches <i>600 mg sodium</i>	Cucumber Salad 11 Veracruz Tilapia Quinoa Sweet Potato Kiwi <i>410 mg sodium</i>	Kidney Bean Salad 12 Cajun Chicken Breast Whole Wheat Pasta Green Beans Orange <i>400 mg sodium</i>
Asian Slaw 15 Cashew Chicken Brown Rice Stir Fry Veggies Apple <i>540 mg sodium</i>	Arugula Salad 16 Turkey Italian Meatballs Whole Wheat Pasta California Mix Veggies Banana <i>290 mg sodium</i>	Spinach Salad 17 Black Bean Hash Quinoa Roasted Carrots Strawberries <i>510 mg sodium</i>	Bell Pepper Salad 18 Beef Goulash WW Egg Noodles Peas Fresh Pear <i>390 mg sodium</i>	Balela (Chickpea) Salad 19 Tuna Patty with Dill Sauce Whole Wheat Couscous Brussels Sprouts Pineapple <i>590 mg sodium</i>
Red Cabbage Salad 22 Oven Baked Chicken Potato Kugel Broccoli Whole Wheat Matzo Applesauce <i>420 mg sodium</i>	23 CLOSED (Passover)	Carrot Salad 24 Honey Dijon Salmon Quinoa Santa Barbara Veggies Kiwi <i>400 mg sodium</i>	Broccoli Salad 25 Vegetarian Matzo Brei Roasted Asparagus Pears <i>370 mg sodium</i>	Quinoa Salad 26 Roast Beef Mashed Potatoes Peas & Carrots Orange <i>590 mg sodium</i>
Beet Salad 29 Chicken Tzimmes Whole Wheat Matzo California Mix Veggies Banana <i>400 mg sodium</i>	Fresh Corn Salad 30 Chimichurri Tilapia Amaranth Butternut Squash Mango <i>230 mg sodium</i>	Foodmobile hours 8:00 am –4:00 pm Monday—Friday Except holidays 858 637-3230	Note: Meal sodium total includes entrée, 1 cup of 1% milk and all sides  = higher-sodium meal	