



Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Foodmobile Office Hours 8:00 am –4:00 pm Monday-Friday Except holidays (858) 637-3230	1% milk served daily with meals. Meal sodium total includes all food & beverage provided  meal >600mg sodium	Spring Mix Salad 1 Beef Shepherd's Pie Parsley Carrots Whole Wheat Roll Cantaloupe 520 mg sodium	Closed  WISH YOU PEACE AND GOODNESS	Tomato Salad 3 Chicken Fajitas Cilantro Brown Rice Pinto Beans Kiwi 500 mg sodium
Fresh Corn Salad 6 Turkey Chili Quinoa California Mix Veggies Tropical Fruit 330 mg sodium	Asian Cucumber Salad 7 Veggie Fried Rice Bok Choy Fresh Pineapple 480 mg sodium	Kidney Bean Salad 8 Chicken Marbella Bulgur Sauteed Spinach Orange 630 mg sodium	Asian Carrot Salad 9 Beef & Broccoli Stir Fry Brown Rice Garlic Green Beans Mango 490 mg sodium	Broccoli Slaw 10 Citrus Ginger Cod Quinoa, Kale, Edamame Sesame Snap Peas Fresh Pear 520 mg sodium
Beet Salad 13 Chicken Stew Brown Rice Pilaf Broccoli Banana 490 mg sodium	Broccoli Salad 14 Beef Tagine Whole Wheat Couscous Roasted Carrots Apple 390 mg sodium	Red Cabbage Salad 15 Tuna Noodle Casserole Peas Pears 440 mg sodium	Black Eyed Pea Salad 16 Cajun Chicken Whole Wheat Pasta Collard Greens Strawberries 400 mg sodium	Bell Pepper Salad 17 Black Bean Hash Cilantro Lime Quinoa Roasted Zucchini Applesauce 400 mg sodium
Carrot Salad 20 Mushroom Beef Stroganoff WW Egg Noodles Brussels Sprouts Peaches 390 mg sodium	Asian Slaw 21 Sweet & Sour Chicken Brown Rice Edamame Mango 410 mg sodium	Balela (Chickpea) Salad 22 Cheese Tortellini with Pesto Sauce Roasted Cauliflower Whole Wheat Roll Apricots 720 mg sodium	Coleslaw 23 Veracruz Tilapia Quinoa Pilaf Baked Plantain Tropical Fruit 340 mg sodium	Spinach Salad 24 Mediterranean Chicken Patty with Tahini Sauce Lemon Herb Couscous California Mix Veggies Grapes 330 mg sodium
Red Cabbage Salad 27 Chickpea & Pumpkin Stew Farro Green Beans Fresh Pear 500 mg sodium	Citrus Salad 28 Panko-Crusted Fish Brown Rice Pilaf Collard Greens Banana 380 mg sodium	Black Bean Salad 29 Chicken Mole Cilantro Brown Rice Roasted Mexican Squash (Calabacitas) Fresh Pineapple 550 mg sodium	Quinoa Salad 30 Turkey Empanada Fiesta Corn Kiwi 410 mg sodium	WW Macaroni Salad 31 Roast Beef Mashed Potatoes Glazed Carrots Strawberries 510 mg sodium