

NBCC Lunch Program



October 2016

Monday	Tuesday	Wednesday	No Lunch Thursday	Friday
3 FISH TACO Tortilla Soup Mexican Rice Berries w/Whip Topping	4 FISH BURGER Spinach Salad Broccoli Orange Wedge Pudding	5 SWEET & SOUR PORK Chinese Chicken Soup White Rice Mandarin Orange Fortune Cookie	Lunch Served At 12:00pm	7 Grilled Hamburger Sweet Potato Fries Claremont Salad Applesauce
10 PORK en SALSA VERDE Corn Tortillas Pinto Beans Tomato & Avocado Slices Orange	11 CHICKEN ENCHILADA In White Sauce Tomato & Cucumber Salad Pears Ice Cream	12 SPLIT PEA SOUP Wheat Roll Mixed Veggies Streusel Cake Apple	Lunch Fees 60+ \$3.00 <i>(Suggested Contribution)</i> Under 60; \$6.00	14 Ivar's Clam Chowder Salad Bread Sticks Mixed Berries & Whipped Topping
17 BEEF SOFT TACO Spanish Rice Mexicali Veggies Mandarin Orange	18 GRILLED TURKEY SANDWICH Salad Mango & Yogurt	19 Black Bean Soup Spinach Salad Roll Baked Apple	No Lunch on Thursday's	21 Chicken & Dumpling Salad Vegetable Blend Tropical Fruit Salad
24 BAJA CHICKEN Rice Fiesta Mix Veggies Cilantro Coleslaw Banana	25 BAKED CHICKEN & APPLE Zucchini Linguini Broccoli Wheat Roll Applesauce	26 HALLOWEEN LUNCHEON Spooky Surprise Menu Pre-Registration Required \$4/at the time of registration Luncheon is 11:30am-1pm Costume Contest		28 Swedish Meatballs Egg Noodles Mixed Vegetables Apricots
31 VAMPIRO STEAK Momia Tortilla Chupacabra Slaw Zombie Soup Ogro Pudding				

Senior Nutrition Program

October 2016



Mon	Tue	Wed	Thu	Fri
Fish Taco Calories = 830 Carb = 101 Sodium = 680	Fish Burger Calories = 720 Carb = 111 Sodium 1200	Sweet & Sour Pork Calories = 690 Carb = 114 Sodium = 670		Grilled Hamburger Calories = 850 Carb = 93 Sodium = 750
Pork en Salsa Verde Calories = 720 Carb = 77 Sodium = 610	Chicken Enchilada In White Sauce Calories = 690 Carb = 63 Sodium = 1100	Split Pea Soup Calories = 640 Carb = 103 Sodium = 930		Ivar's Clam Chowder Calories = 680 Carb = 90 Sodium = 1250
Beef Soft Taco Calories = 800 Carb = 103 Sodium 560	Grilled Turkey Sandwich Calories = 660 Carb = 51 Sodium = 1250	Black Bean Soup Calories = 670 Carb = 85 Sodium = 990		Chicken & Dumpling Calories = 690 Carb = 80 Sodium = 1080
Baja Chicken Calories = 820 Carb = 106 Sodium = 370	Baked Chicken & Apple Calories = 650 Carb = 92 Sodium = 360	Florentine Fish Calories = 810 Carb = 101 Sodium = 760		Swedish Meatballs Calories = 910 Carb = 130 Sodium = 890
Spanish Steak Calories = 740 Carb = 96 Sodium = 950				

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change. Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.