

HF -Week 1	Breakfast	Lunch	Dinner	Total Sodium for Day
Monday	Orange Juice Cheerios Hard Boiled Egg Banana Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Pork Loin Roast Mashed Potatoes Seasoned Cabbage Wheat Bread w/ Margarine Pat Brown Gravy Whipped Gelatin Skim Milk ----- Tator Tot Casserole Parsley Carrots	Beef Deli Sandwich Sweet Potato Fries Lettuce Tomato/LoFat Dressing LoCal Mayonnaise Chilled Peaches Skim Milk ----- Grilled Chicken Breast Scandinavian Vegetable Mix	1983 mg
Tuesday	Orange Juice Farina Scrambled Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Lemon Pepper Cod Seasoned Egg Noodles Italian Vegetable Blend Wheat Bread w/ margarine pat Waldorf Salad Skim Milk Decaf Coffee ----- Beef Stroganoff Seasoned Green Beans	Hamburger Steak Fries Lettuce Tomato Onion Ketchup Packet Chilled Fruit Cocktail Skim Milk Decaf Coffee ----- BLT w/ Cheese Sandwich Creamy Coleslaw LoCal Mayonnaise	1958 mg
Wednesday	Orange Juice Raisin Bran Cereal Turkey Bacon Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Garlic Oregano Chicken Brown Rice Seasoned Broccoli Cuts Wheat Bread w/ Margarine Pat Pears with Blueberries Skim Milk Decaf coffee ----- Sweet and Sour Meatballs Mixed Vegetables	Turkey Wrap Macaroni Salad Corn Cobbette Lemon Cookies Skim Milk Decaf Coffee ----- Sloppy Joe on Bun Tomato Cucumber Salad	1911 mg
Thursday	Orange Juice Malt- O Meal Veggie Omelet Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Pork Chop and Apples Mashed Potatoes Seasoned Diced Carrots Wheat Bread w/Margarine Pat Chilled Peaches Skim Milk Decaf Coffee ----- Seafood Fettuccine Alfredo Seasoned Green Peas	LS Tomato Soup Grilled Swiss Cheese Garden Salad LS French Dressing Crispy Rice Bar Skim Milk Decaf Coffee ----- Crispy Beef Taco Salsa	1976 mg
Friday	Orange Juice Rice Crispy Cereal Scrambled Egg Pancake Syrup Skim Milk Decaf Coffee	Creole Baked Fish Baked Potato w/ Margarine Pat Zucchini and Tomatoes Vanilla Ice Cream Skim Milk Decaf Coffee ----- BBQ Chicken Drumsticks Chicken Drumsticks Parsley Cauliflower	Tuna Pasta Salad Tomato Slices Margarine Pat Seasonal Fresh Fruit Skim Milk Decaf Coffee ----- Cabbage Roll Mashed Potatoes Seasoned Corn	1950 mg
Saturday	Orange Juice Raisin Cream of Wheat Yogurt with Banana Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Cranberry Chicken Roasted Red Potatoes Squash Medley Breadstick Chilled Pineapple Skim Milk Decaf Coffee ----- Spaghetti and Meat Sauce Wax Beans	Turkey Submarine Sandwich Oven Baked Fries Cabbage and Apple Slaw LoCal Mayonnaise Angel Cake w/ Strawberries Skim Milk Decaf Coffee ----- Parmesan Baked Cod Garden Blend Vegetables	1843 mg
Sunday	Orange Juice Corn Chex Poached Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Roast Turkey Apple Stuffing Baked Winter Squash Rhubarb Cake Skim Milk Decaf Coffee ----- Ham and Potato Casserole Peas and Carrots	Chicken Salad Sandwich on Wheat Crispy Potato Cubes Spinach Salad Fresh Grapes Skim Milk Decaf Coffee ----- BBQ Riblette Wax Beans	1841 mg

HF-Week 2	Breakfast	Lunch	Dinner	Total Sodium for Day
Monday	Orange Juice Cream of Wheat Hard Boiled Egg Cinnamon French Toast Syrup Skim Milk Decaf Coffee	Chicken Fajita Cilantro Rice LS Fajita Fixings Cherry Ice Skim Milk Decaf Coffee ----- Beef Goulash Hungarian Green Beans Oregano Wheat Bread w/ Margarine Pat	Tuna Salad Sandwich on wheat Steak Fries Tomato Slices Chilled Peaches Skim Milk Decaf Coffee ----- Stuffed Bell Pepper	1982 mg
Tuesday	Orange Juice Wheaties Fried Egg Dry Wheat Toast Jelly Margarine Pat Skim Milk Decaf Coffee	Roast Beef w/ Herbs Mashed Potatoes Glazed Carrots Wheat Bread w/ Margarine Pat LS Brown Gravy Apple Crisp Skim Milk Decaf Coffee ----- Salmon Loaf Parsley Cauliflower	Chef Salad Bowl Buttered Breadstick LoCal Ranch Dressing Pineapple Slice Skim Milk Decaf Coffee ----- Corn Dog Potato Salad Three Bean Salad Ketchup Packet	1955 mg
Wednesday	Orange Juice Oatmeal Yogurt and Strawberries Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Honey Roast Pork Chop White and Wild Rice Asparagus Almondine Wheat Bread w/ Margarine Pat Ambrosia Salad Skim Milk Decaf Coffee ----- Chicken Cordon Bleu Harvard Beets	Veggie Wrap Oven Baked Fries Margarine Pat Snickerdoodle Cookies Skim Milk Decaf Coffee ----- Ham Salad Sandwich on Wheat Pea and Cheese Salad	1835 mg
Thursday	Orange Juice Bran Chex Turkey Bacon Grapefruit Sections Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Rosemary Chicken Mashed Potatoes Mix Vegetables w/Margarine Pat Cinnamon Applesauce Skim Milk Decaf Coffee ----- Swedish Meatballs Seasoned Broccoli Cuts	Turkey Pasta Salad Spinach Salad Margarine Pat Vanilla Ice Cream Skim Milk Decaf Coffee ----- 4 Cheese Pizza Carrot Sticks	1932 mg
Friday	Orange Juice Cream of Rice Scrambled Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Baked Fish Almondine Brown Rice Zucchini and Onions Margarine Pat Chilled Sweet Cherries Skim Milk Decaf Coffee ----- Sweet and Sour Pork Peas with Fresh Dill	LS Chicken Noodle Soup Swiss Cheese Sandwich Marinated Cucumbers Margarine Pat Blonde Brownie Skim Milk Decaf Coffee ----- Beef Ravioli Wax Beans	1938 mg
Saturday	Cheerios Hard Boiled Egg Banana Half Pancake Syrup Skim Milk Decaf Coffee	Beef Shortribs Baked Sweet Potatoes California Blend Vegetables Wheat Bread w/ margarine pat Hot Spiced Apples Skim Milk Decaf Coffee ----- Turkey Tetrizzini Seasoned Corn	Chicken Pasta Salad Lettuce Tomato/LoFat Dressing Sugar Cookie Skim Milk Decaf Coffee ----- Egg Salad on Croissant Waffle Fries Coleslaw	1628 mg
Sunday	Orange Juice Farina Veggie Omelet Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Chicken Marsala Angel Hair Pasta Autumn Pear Salad Margarine Pat Angel Food Cake w/ blueberries Skim Milk Decaf Coffee ----- Smothered Pork Chop Parsley Cauliflower	Hamburger Macaroni Salad Lettuce Tomato Onion Ketchup Packet Banana Skim Milk Decaf Coffee ----- Chicken Burger on Bun Broccoli and Cauliflower Salad LoCal Mayonnaise	1901 mg

HF-Week 3	Breakfast	Lunch	Dinner	Total Sodium for Day
Monday	Orange Juice Raisin Bran Cereal FF Blueberry Yogurt PC Cinnamon Toast Margarine Pat Skim Milk Decaf Coffee	Cilantro Chicken Brown Rice Oriental Blend Vegetables Ribbon Gelatin Skim Milk Decaf Coffee ----- Beef Chow Mein Seasoned Broccoli Cuts	Turkey Noodle Soup Egg Salad Sandwich on Wheat Lettuce Tomato/LoFat Dressing Chilled Pineapple Skim Milk Decaf Coffee ----- Beef and Cheese Macaroni Seasoned Corn	1835 mg
Tuesday	Orange Juice Cream of Wheat Hard Boiled Egg Whole Grain Waffle Syrup Skim Milk Decaf Coffee	Ginger Apple Pork Baby Bakers Cabbage and Carrots Wheat Bread w/ margarine Pat Ambrosia Salad Skim Milk Decaf coffee ----- Baked Halibut Seasoned Diced Beets	Turkey Salad on Wheat Dill Potato Salad Carrot sticks LoCal Ranch Dressing Chilled Fruit Cocktail Skim Milk Decaf Coffee ----- Popcorn Chicken Creamy Coleslaw Chipotle BBQ sauce	1970 mg
Wednesday	Orange Juice Veggie Omelet Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Oven Fried Chicken Mashed Potatoes Seasoned Yellow Squash Margarine Pat Cinnamon Applesauce Skim Milk Decaf Coffee ----- Meatloaf Spinach w/ Garlic Butter	Crispy Beef Taco Spanish Rice Lettuce Tomato Onion Cheddar Cheese salsa Lemon Ice Skim Milk Decaf Coffee ----- Chicken Enchiladas Mexican Corn	1867 mg
Thursday	Orange Juice Wheaties Scrambled Egg Cinnamon French Toast Jelly Skim Milk Decaf Coffee	Deviled Pork Chop Parslied Noodles Dilled Green Peas Wheat Bread Snickerdoodle Cookies Skim Milk Decaf Coffee ----- Beef Stroganoff California Blend Vegetables	Grilled Chicken Salad Buttered Breadstick Margarine Pat Italian Dressing Fresh Strawberries Skim Milk Decaf Coffee ----- Sloppy Joe on Bun French Fried Potatoes Lettuce and Tomato Salad	1955 mg
Friday	Orange Juice Oatmeal Hard Boiled Egg Blueberry Muffin Margarine Pat Skim Milk Decaf Coffee	Baked Lemon Tilapia White and Wild Rice Seasoned Zucchini Wheat Bread w/ margarine pat Poke Cake Skim Milk Decaf Coffee ----- Chicken Kiev Seasoned Green Beans	Tuna Pasta Salad Sliced Tomato Mandarin Oranges Skim Milk Decaf Coffee ----- Deli Sandwich Potato Wedges Carrot Raisin Salad	1752 mg
Saturday	Orange Juice Yogurt Cup Banana English Muffin Jelly Skim Milk Decaf Coffee	Rosemary Chicken Mashed Potatoes Spinach Strawberry salad Wheat Bread w/ Margarine pat Crispy rice bar Skim Milk Decaf Coffee ----- Salisbury Steak and Gravy Parsley Carrots	Hamburger Creamy Pasta Salad Lettuce Tomato Onion Margarine Pat Chilled Pear Halves Skim Milk Decaf Coffee ----- Fish Sticks Coleslaw	1780 mg
Sunday	Orange Juice Rice Chex Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Cranberry Pork Loin Baked Potato Mixed Vegetables Wheat Roll w/ Margarine Pat Vanilla Ice Cream Skim Milk Decaf Coffee ----- Cheeseburger Pie Seasoned Green Beans	Cottage Cheese and Fruit Hashbrown Patty Marinated Cucumbers Breadstick Skim Milk Decaf Coffee ----- BLT and Swiss Sandwich Lettuce and Tomato Salad Mayonnaise, LoCal Ranch dressing	1865 mg

HF-Week 4	Breakfast	Lunch	Dinner	Total Sodium for Day
Monday	Orange Juice Farina Scrambled Egg Whole Grain Waffle w/ syrup Skim Milk Decaf Coffee	Beef Burgundy Garlic Noodles Broccoli and Cauliflower Vanilla Ice Cream Skim Milk Decaf Coffee ----- Seafood Fettuccine Alfredo Seasoned Spinach	Chicken Salad Sandwich Tator Tots w/ ketchup pat Carrot and Celery Sticks LoCal Ranch Dressing Chilled Fruit Cocktail Skim Milk Decaf Coffee ----- Sloppy Joe on Bun Tossed Salad	1982 mg
Tuesday	Orange Juice Golden Grahams Yogurt and Blueberries Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Honey Chicken Baked Sweet Potato Seasoned Green Beans Wheat Bread w/ Margarine Pat Ambrosia Salad Skim Milk Decaf Coffee ----- BBQ Pork Chop Mixed Vegetables	Turkey Wrap Baked Beans Corn Cobbette w/ Margarine Pat Lemon Bar Skim Milk Decaf Coffee ----- Corn Dog Creamy Coleslaw Ketchup Packet	2000 mg
Wednesday	Orange Juice Cinnamon Oatmeal Scrambled Egg Dry Wheat Toast Jelly Skim milk Decaf Coffee	Spaghetti and Meat Sauce Lettuce and Tomato Salad Garlic Bread w/ Margarine Pat Cherry Ice Skim Milk Decaf Coffee ----- Chicken and Dressing Seasoned Zucchini	Tomato Florentine Soup Chef Salad Bowl w/ Ranch dressing Breadstick w/ Margarine Pat Banana Skim Milk Decaf Coffee ----- Egg Salad Sandwich on Wheat Macaroni Salad Tomato Slices	1998 mg
Thursday	Orange Juice Shredded wheat Hard Boiled Egg Dry wheat toast Jelly Skim Milk Decaf coffee	Beef Pot Roast Homemade Mashed potatoes Seasoned Cabbage Wheat Bread w/ Margarine Pat Blueberry Cobbler Skim Milk Decaf Coffee ----- Pork Club Chops Parsley Carrots	Veggie Wrap Cottage Cheese Waffle Fries Margarine Pat Chilled Pears Skim Milk Decaf Coffee ----- Ham Salad Sandwich on Wheat Cucumber Dill Salad	1980 mg
Friday	Orange Juice Cream of Rice Poached Egg Cinnamon French Toast Syrup Skim Milk Decaf Coffee	Baked Fish with Dill Sauce Brown Rice California Blend Vegetables Margarine Pat Red Gelatin Skim Milk Decaf Coffee ----- Chicken Cordon Bleu Garlic Mushrooms	LS Tomato Soup Grilled Swiss and Tomato Dill Potato Salad Chilled Apricots Skim Milk Decaf Coffee ----- Fish Nuggets Apple Coleslaw	1974 mg
Saturday	Orange Juice Cheerios Fried Egg Dry Wheat Toast Jelly Skim Milk Decaf Coffee	Lemon Chicken Mashed Potatoes Wax Beans Wheat Roll w/ Margarine Pat Cinnamon Applesauce Skim Milk Decaf Coffee ----- Shepherd's Pie Harvard Beets	Hamburger Sweet Potato Fries Lettuce Tomato Onion Ketchup Packet Snickerdoodle Cookies Skim Milk Decaf Coffee ----- Chicken Tenders Corn Cobbette	1999 mg
Sunday	Orange Juice Cream of wheat Hard Boiled Egg Blueberry pancakes Syrup Skim milk Decaf coffee	Beef Stew Parsley Carrots Corn Muffin Margarine Pat Ambrosia Salad Skim Milk Decaf Coffee ----- Maple Glazed Ham Baked Potato Seasoned Green Peas	Chicken Salad sandwich on Wheat Macaroni Salad Tomato Cucumber Salad Orange Sherbet Skim Milk Decaf Coffee ----- Submarine Sandwich Lettuce Tomato Onion Ketchup Mustard Light Mayo	1808 mg