### Nutrition Information

#### Monday
- **Low Sod Hot Dog**: 320 calories, 63 grams of carbohydrates, 115 milligrams of sodium
- **Vegetable Baked Beans**: 156 calories, 63 grams of carbohydrates, 3 grams of sodium
- **Potato Salad**: 63 calories, 106 grams of carbohydrates, 2 grams of sodium
- **Hot Dog Roll**: 320 calories, 226 grams of carbohydrates, 721 milligrams of sodium
- **Snack Loaf**: 115 calories, 106 grams of carbohydrates, 115 milligrams of sodium

#### Tuesday
- **Chicken Almondine**: 226 calories, 11 grams of carbohydrates, 522 milligrams of sodium
- **Buttered Noodles**: 11 grams of carbohydrates, 12 grams of sodium
- **Asparagus Cuts**: 4 grams of carbohydrates, 17 grams of sodium
- **Oat Nut Bread**: 150 grams of carbohydrates, 33 grams of sodium
- **Sliced Peaches**: 6 grams of carbohydrates, 11 grams of sodium

#### Wednesday
- **Cali Chicken Salad**: 94 calories, 95 grams of carbohydrates, 617 milligrams of sodium
- **Mushroom Barley Soup**: 45 grams of carbohydrates, 13 grams of sodium
- **Broccoli Florets**: 22 grams of carbohydrates, 43 grams of sodium
- **Hot Dog Roll**: 320 calories, 226 grams of carbohydrates, 721 milligrams of sodium
- **Pear Crisp**: 11 grams of carbohydrates, 11 grams of sodium

#### Thursday
- **Sweet N Sour Pork**: 490 calories, 85 grams of carbohydrates, 764 milligrams of sodium
- **Steamed Rice**: 6 grams of carbohydrates, 6 grams of sodium
- **Boiled Cabbage**: 13 grams of carbohydrates, 33 grams of sodium
- **Whole Wheat Bread**: 120 grams of carbohydrates, 10 grams of sodium
- **Mixed Fruit**: 10 grams of carbohydrates, 10 grams of sodium

#### Friday
- **Potato Chips**: 436 grams of carbohydrates, 43 grams of sodium
- **12 Grain Bread**: 33 grams of carbohydrates, 33 grams of sodium
- **Mandarin Oranges**: 7 grams of carbohydrates, 7 grams of sodium

#### Dietary Information

- All meals include 1% Milk
- Calories and sodium from salad dressings, margarine, crackers and condiments are not included.
- *High Sodium**
- **Modifications for restricted sugar available**

#### Summer Health Tip

Throughout the day, drink water to maintain hydration.

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**Happy 4th of July**

No Meal Delivery

**Motivational Message**

**Barbara's Breakfast for Lunch**

**Geer Village FREE Box Lunch followed by Balance class**

**Special Event**

**Elder Services of Berkshire County - Nutrition Program**