



WEEK 13



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR DECEMBER 24 TO DECEMBER 28, 2018 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
DECEMBER 24, 2018		DECEMBER 25, 2018		DECEMBER 26, 2018		DECEMBER 27, 2018		DECEMBER 28, 2018	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. CHICKEN/SAUSAGE GUMBO		3 OZ. BAKED CHICKEN LEG		1 EA. HAMBURGER STEAK		6 OZ. CHICKEN & RICE CASSEROLE		1 EA. HAM & CHEESE SANDWICH ON WHEAT	
4 OZ. RICE		4 OZ. MACARONI & CHEESE		4 OZ. MASHED POTATOES		4 OZ. CALIFORNIA MIXED VEGETABLES		4 OZ. CHIPS	
4 OZ. ENGLISH PEAS		4 OZ. SPINACH		4 OZ. GREEN BEANS		4 OZ. BROCCOLI FLORETS		4 OZ. TOSSED SALAD	
1 EA. WHEAT ROLL		1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		1 EA. WHEAT ROLL		1 SLI. ANGEL FOOD CAKE	
1 EA. ORANGE		4 OZ. DICED PEARS		4 OZ. PINEAPPLE TIDBITS		2 EA. PEANUT BUTTER COOKIE		1 EA. 2% MILK	
1 EA. 2% MILK		1 EA. SUGAR COOKIE		1 EA. 2% MILK		1 EA. 2% MILK			
		1 EA. 2% MILK							
CALORIES	850	CALORIES	648	CALORIES	693	CALORIES	649	CALORIES	1003
PROTEIN	33.5	PROTEIN	33.8	PROTEIN	28.1	PROTEIN	35.9	PROTEIN	28.3
FAT%	44.4%	FAT%	18.2%	FAT%	26.4%	FAT%	26.7%	FAT%	46.7%
SODIUM	1034	SODIUM	1184	SODIUM	1036	SODIUM	929	SODIUM	1043
FIBER	10.9	FIBER	11.4	FIBER	7.7	FIBER	6.1	FIBER	8.2
VITAMIN A	222	VITAMIN A	245	VITAMIN A	582	VITAMIN A	736	VITAMIN A	309