



EBRCOA CONGREGATE NUTRITIONAL INFORMATION JANUARY 6, 2020 – JANUARY 10, 2020 MENU

	MONDAY	TUESDAY		WEDNESD	Y	THURSDAY		FRIDAY	
JAN	IUARY 6, 2020	JANUARY 7, 2020		JANUARY 8, 2020		JANUARY 9, 202	0	JANUARY 10, 2020	
	LUNCH	LUNCH		LUNCH		LUNCH		LUNCH	4
6 OZ. Cł	HICKEN/SAUSAGE	1 EA BARBECUE PORK	СНОР	6 OZ. BRAISED BEEF		1 EA. CREOLE CHICKE	N	1 EA CHEESEB	URGER
Gl	UMBO	4 OZ. RICE PILAF		4 OZ. BROWN RICE		BREAST		4 OZ. BAKED B	EANS
4 OZ. W	OZ. WHITE RICE 4 OZ. GREEN BEANS		4 OZ. BABY CARROTS	i i	4 OZ. SCALLOPED		4 OZ. COLESLA	W	
4 OZ. PC	OZ. POTATO SALAD 1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		POTATOES		1 EA. WHEAT E	BUN	
1 EA. W	1 EA. WHEAT ROLL 4 OZ. FRUIT IN SEASON			4 OZ. FRUIT IN SEASO)N	4 OZ. OKRA/TOMATO	ES	2 EA COOKIES	
4 OZ. FF				4 OZ. or DICED FRUIT		1 EA. WHEAT ROLL		1 EA 2% MILK	(
4 OZ. or	r DICED FRUIT	1 EA 2% MILK		1 EA BROWNIE		4 OZ. FRUIT IN SEASON			
1 PC AF	PPLESAUCE CAKE			1 EA 2% MILK		4 OZ. or DICED FRUIT			
1 EA 29	% MILK					1 EA 2% MILK			
CALORIES	5 1111	CALORIES	750	CALORIES	756	CALORIES	771	CALORIES	993
PROTEIN	29	PROTEIN	27	PROTEIN	27	PROTEIN	34	PROTEIN	30
FAT%	30%	FAT%	9%	FAT%	21%	FAT%	22%	FAT%	35%
SODIUM	1052	SODIUM	1049	SODIUM	1204	SODIUM	1092	SODIUM	1085
FIBER	10	FIBER	9	FIBER	11	FIBER	9	FIBER	13
VITAMIN	A 320	VITAMIN A	985	VITAMIN A	429	VITAMIN A	380	VITAMIN A	657





EBRCOA CONGREGATE NUTRITIONAL INFORMATION JANUARY 13, 2020 – JANUARY 17, 2020 MENU

	MONDAY			TUESDAY			WEDNESD/	Y	THURS	DAY		FRIDAY	
J	ANUARY 13, 2020)		IANUARY 14, 2020)	J	ANUARY 15, 20	20	JANUARY 1	6 , 2020	J	ANUARY 17	2020
	LUNCH		LUNCH		LUNCH		LUNCH			LUNCH			
6 OZ.	WHITE BEANS AN	١D	6 OZ.	CHEESY CHICKEN		3 OZ.	BAKED HAM		4 OZ. BEEF STIR	FRY	3 OZ.	TUNA SAL	٩D
	SMOKED SAUSAG	θE		SPAGHETTI		4 OZ.	GREEN BEANS		4 OZ. BROWN F	RICE	4 OZ.	ΡΟΤΑΤΟ C	HIPS
4 OZ.	BROWN RICE		4 OZ.	ITALIAN MIXED		4 OZ.	BLACKEYED PE	AS	4 OZ. MIXED VE	GETABLES	4 OZ.	COLESLAW	/
4 OZ.	4 OZ. GREENS VEGETABLES		1 SLI.	WHEAT BREAI)	1 SLI. WHEAT B	READ	2 SLI.	WHEAT BR	EAD			
1 EA.	CORNBREAD		4 OZ.	PEAS w/ONIONS		2 EA	COOKIES		4 OZ. FRUIT IN	SEASON	4 OZ.	FRUIT IN S	EASON
4 OZ.			1 EA	2% MILK		4 OZ. or DICED	FRUIT	4 OZ.	or DICED F	RUIT			
4 OZ.	or DICED FRUIT		4 OZ.	FRUIT IN SEASON	l				1 PC LEMON P	IE	1 PC	YELLOW C	AKE
1 PC	SPICE CAKE		4 OZ.	or DICED FRUIT					1 EA 2% MILK		1 EA	2% MILK	
1 EA	2% MILK		1 EA	2% MILK									
CALOR	IES	886	CALOF	RIES	709	CALOF	RIES	706	CALORIES	848	CALOR	IES	780
PROTE	IN	29	PROTE	IN	33	PROTE	IN	33	PROTEIN	27	PROTE	IN	27
FAT%		38%	FAT%		24%	FAT%		25%	FAT%	33%	FAT%		38%
SODIUI	M g	991	SODIU	Μ	1124	SODIU	M	988	SODIUM	1051	SODIU	М	999
FIBER	1	13	FIBER		12	FIBER		10	FIBER	12	FIBER		11
VITAM	INA	892	VITAN	IIN A	476	VITAN	1IN A	675	VITAMIN A	696	VITAM	IN A	563





EBRCOA CONGREGATE NUTRITIONAL INFORMATION JANUARY 20, 2020 – JANUARY 24, 2020 MENU

MONDAY	TUESDAY		WEDNESI	DAY	THURSD	AY	FRID	AY
JANUARY 20, 2020	JANUARY 21, 2020		JANUARY 22, 20	20	JANUARY 23,	2020	JANUARY	24, 2020
LUNCH	LUNCH		LUNCH		LUNCH		LUN	СН
CLOSED HOLIDAY	3 OZ. CHICKEN FLORENT	OZ. CHICKEN FLORENTINE 6		6 OZ. CHILI WITH BEANS		3 OZ. CAJUN BAKED FISH		HOWDER
	4 OZ. MASHED POTATOE			4 OZ. BROWN RICE		DTATOES	1 EA. CHICKEN	I SALAD
MARTIN LUTHER	4 OZ. GREEN BEANS			4 OZ. BROCCOLI FLORETS		ETABLES	SANDWI	СН
KING DAY	w/PIMENTOS	w/PIMENTOS 1 EA			1 SLI. WHEAT BRE	AD	1 EA. LETTUCE	/TOMATO
	1 SLI. WHEAT BREAD	-		N	4 OZ. FRUIT IN SEASON		2 EA. WHEAT	BREAD
	4 OZ. FRUIT IN SEASON	OZ. FRUIT IN SEASON 4 0		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		I SEASON
	4 OZ. or DICED FRUIT		1 EA RICE KRISPY SQUARE		1 EA 2% MILK		4 OZ. or DICEE	D FRUIT
	1 EA 2% MILK		1 EA 2% MILK				1 EA 2% MILI	K
	CALORIES	854	CALORIES	835	CALORIES	769	CALORIES	830
	PROTEIN	43	PROTEIN	31	PROTEIN	25	PROTEIN	33
	FAT%	27%	FAT%	40%	FAT%	14%	FAT%	22%
	SODIUM			1027	SODIUM	1120	SODIUM	777
	FIBER	BER 10 FIE		10	FIBER	11	FIBER	9
	VITAMIN A	444	VITAMIN A	544	VITAMIN A 509		VITAMIN A	387





EBRCOA CONGREGATE NUTRITIONAL INFORMATION JANUARY 27, 2020 – JANUARY 31, 2020 MENU

MONDAY	TUESDAY		WEDNESDAY	THURSDA	Y	T	FRIDAY
JANUARY 27, 2020	JANUARY 28, 2020		JANUARY 29, 2020	JANUARY 30,	2020	JA	ANUARY 31, 2020
LUNCH	LUNCH		LUNCH	LUNCH			LUNCH
6 OZ. VEGETABLE BEEF	3 OZ. SMOTHERED PORK C	HOP 3 OZ.	LEMON DILL BAKED	6 OZ. CHICKEN ST	EW	1 EA.	BARBECUE SAUSAGE
SOUP	w/PEPPERS AND ONI	ONS	FISH	4 OZ. BROWN RIC	Έ		POBOY
4 OZ. ROASTED POTATOES 4 OZ. GARLIC SMOTHEREI		4 OZ.	RICE PILAF	4 OZ. BROCCOLI		4 OZ.	POTATO CHIPS
4 EA. CRACKERS POTATOES		4 OZ.	GREEN BEANS	1 SLI. WHEAT BRE	AD	4 OZ.	CREAMY COLESLAW
4 OZ. FRUIT IN SEASON	4 OZ. CALIFORNIA BLEND	1 SLI.	WHEAT BREAD	4 OZ. FRUIT IN SE	ASON	1 EA.	POBOY BUN
4 OZ. or DICED FRUIT	VEGETABLES	1 PC.	ANGEL FOOD CAKE	4 OZ. or DICED FR	UIT	4 OZ.	FRUIT IN SEASON
2 EA COOKIES	1 EA. WHEAT ROLL	1 EA	2% MILK	1 PC. STRAWBER	RY CAKE	4 OZ.	or DICED FRUIT
1 EA 2% MILK	4 OZ. FRUIT IN SEASON			1 EA 2% MILK		2 EA	COOKIES
	4 OZ. or DICED FRUIT					1 EA	2% MILK
	1 EA 2% MILK						
CALORIES 721	CALORIES 7	10 CALC	ORIES 708	CALORIES	794	CALORI	ES 1161
PROTEIN 23	PROTEIN 3	3 PROT	TEIN 24	PROTEIN	34	PROTEI	N 26
FAT % 19%	FAT% 1	.8% FAT%	ы́ 17%	FAT%	28%	FAT%	36%
SODIUM 1249	SODIUM 9	30 SODI	UM 1082	SODIUM	1089	SODIUN	Л 902
FIBER 6	FIBER 1	.1.1 FIBEF	R 7	FIBER	9	FIBER	8
VITAMIN A 412	VITAMIN A 46	67 VITAI	MIN 479	VITAMIN A	455	VITAMI	N A 589





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FEBRUARY 3, 2020 – FEBRUARY 7, 2020 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
FEBRUARY 3, 2020	FEBRUARY 4, 2020	FEBRUARY 5, 2020	FEBRUARY 6, 2020	FEBRUARY 7, 2020	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
6 OZ. RED BEANS AND	3 OZ. ITALIAN BAKED CHICKEN	6 OZ. SHRIMP ETOUFEE	3 OZ. BAKED HAM	1 EA. CHILI DOG	
SAUSAGE BREAST		4 OZ. BROWN RICE	4 OZ. BLACKEYED PEAS	1 oz. BAKED CHIPS	
4 OZ.BROWN RICE4 OZ.MASHED POTATOES		4 OZ. MIXED VEGETABLES	4 OZ. BROCCOLI	4 OZ. COLESLAW	
4 OZ. MUSTARD GREENS 4 OZ. ITALIAN GREEN BEAN		1 SLI. WHEAT BREAD	1 SLI. WHEAT BREAD	4 OZ. FRUIT IN SEASON	
1 EA. CORNBREAD	1 SLI. WHEAT ROLL	4 OZ. FRUIT IN SEASON	4 OZ. FRUIT IN SEASON	4 OZ. or DICED FRUIT	
4 OZ. FRUIT IN SEASON	4 OZ. FRUIT IN SEASON	4 OZ. or DICED FRUIT	4 OZ. or DICED FRUIT	2 EA COOKIES	
4 OZ. or DICED FRUIT	4 OZ. or DICED FRUIT	1 PC LEMON CAKE	1 EA 2% MILK	1 EA 2% MILK	
4 OZ. BANANA PUDDING	1 EA 2% MILK	1 EA 2% MILK			
1 EA 2% MILK					
CALORIES 773	CALORIES 732	CALORIES 867	CALORIES 733	CALORIES 1065	
PROTEIN 24	PROTEIN 33	PROTEIN 32	PROTEIN 32	PROTEIN 21	
FAT% 30%	FAT% 16%	FAT% 31%	FAT% 10%	FAT% 34%	
SODIUM 994	SODIUM 837	SODIUM 1261	SODIUM 1006	SODIUM 1273	
FIBER 12	FIBER 9	FIBER 13	FIBER 7	FIBER 9	
VITAMIN A 437	VITAMIN A 437 VITAMIN A 301		VITAMIN A 352	VITAMIN A 547	





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FEBRUARY 10, 2020 – FEBRUARY 14, 2020 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 10, 2020	FEBRUARY 11, 2020	FEBRUARY 12, 2020	FEBRUARY 13, 2020	FEBRUARY 14, 2020
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
6 OZ. CHICKEN/SAUSAGE	-		1 EA. CREOLE CHICKEN	1 EA CHEESEBURGER
GUMBO 4 OZ. RICE PILAF		4 OZ. BROWN RICE	BREAST	4 OZ. BAKED BEANS
4 OZ. WHITE RICE 4 OZ. GREEN BEANS		4 OZ. BABY CARROTS	4 OZ. SCALLOPED	4 OZ. COLESLAW
4 OZ. POTATO SALAD 1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD	POTATOES	1 EA. WHEAT BUN
1 EA. WHEAT ROLL 4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON	4 OZ. OKRA/TOMATOES	2 EA COOKIES
4 OZ. FRUIT IN SEASON			1 EA. WHEAT ROLL	1 EA 2% MILK
4 OZ. or DICED FRUIT	1 EA 2% MILK	1 EA BROWNIE	4 OZ. FRUIT IN SEASON	
1 PC APPLESAUCE CAKE		1 EA 2% MILK	4 OZ. or DICED FRUIT	
1 EA 2% MILK			1 EA 2% MILK	
CALORIES 1112	CALORIES 750 C	CALORIES 756	CALORIES 771	CALORIES 993
PROTEIN 29	PROTEIN 27 F	PROTEIN 27	PROTEIN 34	PROTEIN 30
FAT% 30%	FAT% 9% F	AT% 21%	FAT% 22%	FAT% 35%
SODIUM 1052	SODIUM 1049 S	50DIUM 1204	SODIUM 1092	SODIUM 1085
FIBER 10	FIBER 9 F	FIBER 11	FIBER 9	FIBER 13
VITAMIN A 320	VITAMINA 985 \	/ITAMIN A 429	VITAMIN A 380	VITAMIN A 657





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FEBRUARY 17, 2020 – FEBRUARY 21, 2020 MENU

	MONDAY	TUESDAY		WEDNESDA	Y	THURSD	AY	FRIDAY	
FEB	3RUARY 17, 2020	FEBRUARY 18, 202	20	FEBRUARY 19, 20	20	FEBRUARY 20	, 2020	FEBRUARY 2	1, 2020
	LUNCH	LUNCH		LUNCH		LUNCH		LUNCH	4
6 OZ. V	WHITE BEANS AND	6 OZ. CHEESY CHICKEN	l	3 OZ. BAKED HAM		4 OZ. BEEF STIR FRY		3 OZ. TUNA SALA	٩D
SI	SMOKED SAUSAGE SPAGHETTI		4 OZ. GREEN BEANS		4 OZ. BROWN RI	CE	4 OZ. POTATO CH	IIPS	
4 OZ. B	DZ.BROWN RICE4 OZ.ITALIAN MIXED		4 OZ. BLACKEYED PE	۹S	4 OZ. MIXED VEG	GETABLES	4 OZ. COLESLAW		
4 OZ. G	4 OZ. GREENS VEGETABLE			1 SLI. WHEAT BREAD		1 SLI. WHEAT BR	EAD	2 SLI. WHEAT BR	EAD
1 EA. C				2 EA COOKIES		4 OZ. FRUIT IN SE	EASON	4 OZ. FRUIT IN S	EASON
4 OZ. F				1 EA 2% MILK		4 OZ. or DICED FRUIT		1 PC YELLOW CAKE	
4 OZ. o	or DICED FRUIT	4 OZ. FRUIT IN SEASON	J			1 PC LEMON PIE		1 EA 2% MILK	
1 PC S	SPICE CAKE	4 OZ. or DICED FRUIT				1 EA 2% MILK			
1 EA 2	2% MILK	1 EA 2% MILK							
CALORIES	S 886	CALORIES	709	CALORIES	706	CALORIES	848	CALORIES	780
PROTEIN	29	PROTEIN	33	PROTEIN	33	PROTEIN	27	PROTEIN	27
FAT%	38%	FAT%	24%	FAT%	25%	FAT%	33%	FAT%	38%
SODIUM	991	SODIUM	1124	SODIUM	988	SODIUM	1051	SODIUM	999
FIBER	13	FIBER	12	FIBER	10	FIBER	12	FIBER	11
VITAMIN	A 892	VITAMIN A	476	VITAMIN A	675	VITAMIN A	696	VITAMIN A	563





EBRCOA CONGREGATE NUTRITIONAL INFORMATION FEBRUARY 24, 2020 – FEBRUARY 28, 2020 MENU

MONDAY	TUESDAY	WEDNESDAY		THURS	DAY	F	RIDAY
FEBRUARY 24, 2020	FEBRUARY 25, 2020	FEBRUARY 2	6, 2020	FEBRUARY 2	27, 2020	FEBRU	JARY 28 2020
LUNCH	LUNCH	LUNCH	1	LUNCH			LUNCH
CLOSED HOLIDAY	CLOSED HOLIDAY	6 OZ. CHILI WITH	H BEANS	3 OZ. CAJUN BA	AKED FISH	6 OZ. COR	N CHOWDER
		4 OZ. BROWN R	ICE	4 OZ. MASHED	POTATOES	1 EA. CHIO	CKEN SALAD
LUNDY GRAS	MARDI GRAS	4 OZ. BROCCOLI	FLORETS	4 OZ. MIXED VI	EGETABLES	SAN	DWICH ON WHEAT
		1 EA. CORNBREA	٩D	1 SLI. WHEAT B	READ	1 EA. LETT	UCE/TOMATO
		4 OZ. FRUIT IN S	EASON	4 OZ. FRUIT IN	SEASON	4 OZ. FRU	JIT COCKTAIL
		4 OZ. or DICED F	RUIT	4 OZ. or DICED	FRUIT	1 EA 2%	MILK
		1 EA RICE KRISP	Y SQUARE	1 EA 2% MILK			
		1 EA 2% MILK					
		CALORIES	835	CALORIES	769	CALORIES	830
		PROTEIN	31	PROTEIN	25	PROTEIN	33
		FAT%	40%	FAT%	14%	FAT%	22%
		SODIUM	1027	SODIUM	1120	SODIUM	777
		FIBER	10	FIBER	11	FIBER	9
		VITAMIN A	544	VITAMIN A	509	VITAMIN A	387





EBRCOA CONGREGATE NUTRITIONAL INFORMATION MARCH 2, 2020 – MARCH 6, 2020 MENU

MONDAY		TUESDAY		WEDNESI	DAY	THURSDAY		FRID	ΟΑΥ
MARCH 2, 202	0	MARCH 3, 202	0	MARCH 4, 2	2020	MARCH 5, 202	20	MARCH	1 6, 2020
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. VEGETABLE BEE	EF	3 OZ. SMOTHERED PO	RK CHOP	3 OZ. LEMON DII	L BAKED	6 OZ. CHICKEN STE	W	1 EA. BARBEO	CUE SAUSAGE
SOUP		w/PEPPERS AND	ONIONS	FISH		4 OZ. BROWN RICE		POBOY	,
4 OZ. ROASTED POTA			RED	4 OZ. RICE PILAF		4 OZ. BROCCOLI		4 OZ. POTAT	O CHIPS
4 EA. CRACKERS		POTATOES		4 OZ. GREEN BEA	NS	1 SLI. WHEAT BREA	٨D	4 OZ. CREAN	IY COLESLAW
4 OZ. FRUIT IN SEASC	DN .	4 OZ. CALIFORNIA BLE	ND	1 SLI. WHEAT BR	EAD	4 OZ. FRUIT IN SEA	SON	1 EA. POBOY	' BUN
4 OZ. or DICED FRUIT				1 PC. ANGEL FOO	DD CAKE	4 OZ. or DICED FRU	ЛТ	4 OZ. FRUIT	IN SEASON
2 EA COOKIES		1 EA. WHEAT ROLL		1 EA 2% MILK		2 EA COOKIES		4 OZ. or DICED FRUIT	
1 EA 2% MILK		4 OZ. FRUIT IN SEASON	J			1 EA 2% MILK		2 EA COOKI	ES
		4 OZ. or DICED FRUIT						1 EA 2% MI	LK
		1 EA 2% MILK							
CALORIES	721	CALORIES	710	CALORIES	708	CALORIES	794	CALORIES	1161
PROTEIN	23	PROTEIN	33	PROTEIN	24	PROTEIN	34	PROTEIN	26
FAT %	19%	FAT%	18%	FAT%	17%	FAT%	28%	FAT%	36%
SODIUM	1249	SODIUM	930	SODIUM	1082	SODIUM	1089	SODIUM	902
FIBER	6	FIBER	11.1	FIBER	7	FIBER	9	FIBER	8
VITAMIN A	412	VITAMIN A	467	VITAMIN	479	VITAMIN A	455	VITAMIN A	589





EBRCOA CONGREGATE NUTRITIONAL INFORMATION MARCH 10, 2020 – MARCH 14, 2020 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 10, 2020	MARCH 11, 2020	MARCH 12, 2020	MARCH 13, 2020	MARCH 14, 2020
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
6 OZ. RED BEANS AND	3 OZ. ITALIAN BAKED CHICKEN	6 OZ. SHRIMP ETOUFEE	3 OZ. BAKED HAM	1 EA. CHILI DOG
SAUSAGE	BREAST	4 OZ. BROWN RICE	4 OZ. BLACKEYED PEAS	1 oz. BAKED CHIPS
4 OZ. BROWN RICE	4 OZ. MASHED POTATOES	4 OZ. MIXED VEGETABLES	4 OZ. BROCCOLI	4 OZ. COLESLAW
4 OZ. MUSTARD GREENS	4 OZ. ITALIAN GREEN BEANS	1 SLI. WHEAT BREAD	1 SLI. WHEAT BREAD	4 OZ. FRUIT IN SEASON
1 EA. CORNBREAD	1 SLI. WHEAT ROLL	4 OZ. FRUIT IN SEASON	4 OZ. FRUIT IN SEASON	4 OZ. or DICED FRUIT
4 OZ. FRUIT IN SEASON	4 OZ. FRUIT IN SEASON	4 OZ. or DICED FRUIT	4 OZ. or DICED FRUIT	2 EA COOKIES
4 OZ. or DICED FRUIT	4 OZ. or DICED FRUIT	1 PC LEMON CAKE	1 EA 2% MILK	1 EA 2% MILK
4 OZ. BANANA PUDDING	1 EA 2% MILK	1 EA 2% MILK		
1 EA 2% MILK				
CALORIES 773	CALORIES 732	CALORIES 867	CALORIES 733	CALORIES 1065
PROTEIN 24	PROTEIN 33	PROTEIN 32	PROTEIN 32	PROTEIN 21
FAT% 30%	AT% 30% FAT% 16%		FAT% 10%	FAT% 34%
SODIUM 994	DDIUM 994 SODIUM 837		SODIUM 1006	SODIUM 1273
FIBER 12	FIBER 9	FIBER 13	FIBER 7	FIBER 9
VITAMIN A 437			VITAMIN A 352	VITAMIN A 547





EBRCOA CONGREGATE NUTRITIONAL INFORMATION MARCH 17, 2020 – MARCH 21, 2020 MENU

мс	ONDAY	TUESDAY	,	WEDNE	SDAY	THURSDAY		FRI	DAY
MARCH	17, 2020	MARCH 18, 20	20	MARCH 19,	2020	MARCH 20, 2	020	MARCH 21, 2020	
LU	NCH	LUNCH		LUNCH		LUNCH		L	UNCH
6 OZ. CHICK	EN/SAUSAGE	1 EA BARBECUE PO	RK CHOP	6 OZ. BRAISED BE	EF	1 EA. CREOLE CHIC	KEN	1 EA CHE	ESEBURGER
GUMB	0	4 OZ. RICE PILAF		4 OZ. BROWN RICI	E	BREAST		4 OZ. BAł	ED BEANS
4 OZ. WHITE	I OZ.WHITE RICE4 OZ.GREEN BEANS		4 OZ. BABY CARRO	DTS	4 OZ. SCALLOPED		4 OZ. CO	ESLAW	
4 OZ. POTAT	OZ. POTATO SALAD 1 EA. WHEAT BREAD)	1 SLI. WHEAT BRE	AD	POTATOES		1 EA. WH	EAT BUN
1 EA. WHEA			ON	4 OZ. FRUIT IN SE	ASON	4 OZ. OKRA/TOMA	TOES	2 EA COO	DKIES
4 OZ. FRUIT			Т	4 OZ. or DICED FRUIT		1 EA. WHEAT ROLL		1 EA 2%	MILK
4 OZ. or DIC	ED FRUIT	1 EA 2% MILK		1 EA BROWNIE		4 OZ. FRUIT IN SE	ASON		
1 PC APPLE	SAUCE CAKE			1 EA 2% MILK		4 OZ. or DICED FR	UIT		
1 EA 2% M	ILK					1 EA 2% MILK			
CALORIES	1111	CALORIES	750	CALORIES	756	CALORIES	771	CALORIES	993
PROTEIN	29	PROTEIN	27	PROTEIN	27	PROTEIN	34	PROTEIN	30
FAT%	30%	FAT%	9%	FAT%	21%	FAT%	22%	FAT%	35%
SODIUM	1052	SODIUM	1049	SODIUM	1204	SODIUM	1092	SODIUM	1085
FIBER	10	FIBER	9	FIBER	11	FIBER	9	FIBER	13
VITAMIN A	320	VITAMIN A	985	VITAMIN A	429	VITAMIN A	380	VITAMIN A	657





EBRCOA CONGREGATE NUTRITIONAL INFORMATION MARCH 24, 2020 – MARCH 28, 2020 MENU

MON	IDAY	TUESDAY		WEDNES	SDAY	THUR	SDAY		FRIDAY
MARCH	24, 2020	MARCH 25, 20	020	MARCH 26, 2	2020	MARCH 2	7, 2020	MARCH 28, 2020	
LUI	ICH	LUNCH		LUNCH		LUNC	CH IIII		LUNCH
6 OZ. WHITE	BEANS AND	6 OZ. CHEESY CHICK	EN	3 OZ. BAKED HAN	N	4 OZ. BEEF STI	R FRY	3 OZ. TUI	NA SALAD
SMOKE) SAUSAGE	SPAGHETTI		4 OZ. GREEN BEA	NS	4 OZ. BROWN	RICE	4 OZ. PO	TATO CHIPS
4 OZ. BROWN	4 OZ. BROWN RICE 4 OZ. ITALIAN MIXED		D	4 OZ. BLACKEYED	PEAS	4 OZ. MIXED V	EGETABLES	4 OZ. CO	LESLAW
4 OZ. GREENS		VEGETABLE		1 SLI. WHEAT BRE	EAD	1 SLI. WHEAT I	BREAD	2 SLI. WH	IEAT BREAD
1 EA. CORNBR	READ	4 OZ. PEAS w/ONIO	NS	2 EA COOKIES		4 OZ. FRUIT IN	SEASON	4 OZ. FR	UIT IN SEASON
4 OZ. FRUIT I				1 EA 2% MILK		4 OZ. or DICED	FRUIT	4 OZ. or D	DICED FRUIT
4 OZ. or DICE	D FRUIT	4 OZ. FRUIT IN SEAS	ON			1 PC LEMON F	PIE	1 PC YEI	LOW CAKE
1 PC SPICE C	AKE	4 OZ. or DICED FRUI	Т			1 EA 2% MILK		1EA 2%	6 MILK
1 EA 2% MIL	К	1 EA 2% MILK							
CALORIES	886	CALORIES	709	CALORIES	706	CALORIES	848	CALORIES	780
PROTEIN	29	PROTEIN	33	PROTEIN	33	PROTEIN	27	PROTEIN	27
FAT%	38%	FAT%	24%	FAT%	25%	FAT%	33%	FAT%	38%
SODIUM	991	SODIUM	1124	SODIUM	988	SODIUM	1051	SODIUM	999
FIBER	13	FIBER	12	FIBER	10	FIBER	12	FIBER	11
VITAMIN A	892	VITAMIN A	476	VITAMIN A	675	VITAMIN A	696	VITAMIN A	563





EBRCOA CONGREGATE NUTRITIONAL INFORMATION MARCH 30, 2020 – APRIL 4, 2020 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
MARCH 30, 2020		APRIL 1 2020		APRIL 2, 2020		APRIL 3, 2020		APRIL 4, 2020		
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		
6 OZ. CHICKEN AND SAUSA	GE	3 OZ. CHICKEN FLOR	ENTINE	6 OZ. CHILI WIT	TH BEANS	3 OZ. CAJUN BA	KED FISH	6 OZ.	CORN CHOW	/DER
JAMBALAYA		4 OZ. MASHED POTA	TOES	4 OZ. BROWN F	RICE	4 OZ. MASHED F	OTATOES	1 EA.	CHICKEN SAL	AD
4 OZ. BROCCOLI		4 OZ. GREEN BEANS		4 OZ. BROCCOL	I FLORETS	4 OZ. MIXED VE	GETABLES		SANDWICH	
4 OZ. BABY CARROTS		w/PIMENTOS		1 EA. CORNBRE	AD	1 SLI. WHEAT BF	EAD	1 EA.	LETTUCE/TO	MATO
1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD)	4 OZ. FRUIT IN	SEASON	4 OZ. FRUIT IN S	EASON	2 EA.	WHEAT BREA	٩D
4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEAS	NC	4 OZ. or DICED	FRUIT	4 OZ. or DICED F	RUIT	4 OZ.	FRUIT IN SEA	SON
4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		1 EA 2% MILK		1 EA 2% MILK		4 OZ. or DICED FRUIT		JIT
1 EA 2% MILK		1 EA 2% MILK						1 EA	2% MILK	
CALORIES 8	63	CALORIES	854	CALORIES	835	CALORIES	769	CALOF	RIES	830
PROTEIN 2	22	PROTEIN	43	PROTEIN	31	PROTEIN	25	PROTE	IN	33
FAT% 2	27%	FAT%	27%	FAT%	40%	FAT%	14%	FAT%		22%
SODIUM 11	152	SODIUM	997	SODIUM	1027	SODIUM	1120	SODIU	М	777
FIBER 9		FIBER	10	FIBER	10	FIBER	11	FIBER		9
VITAMIN A 31	12	VITAMIN A	444	VITAMIN A	544	VITAMIN A	509	VITAN	IIN A	387