



**EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR OCTOBER 5 TO OCTOBER 9, 2020 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
OCTOBER 5, 2020		OCTOBER 6, 2020		OCTOBER 7, 2020		OCTOBER 8, 2020		OCTOBER 9, 2020	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. SMOKED SAUSAGE		8 OZ. BEEF STEW		1 EA. SMOTHERED CHICKEN		3 OZ. ROASTED TURKEY		1 EA. HOT DOG ON WHEAT	
4 OZ. RICE		4 OZ. RICE		4 OZ. MASHED POTATOES		4 OZ. RICE DRESSING		4 OZ. CHIPS	
4 OZ. RED BEANS		4 OZ. BROCCOLI FLORETS		4 OZ. GREEN PEAS		4 OZ. SLICED CARROTS		4 OZ. COLESLAW	
4 OZ. TURNIP GREENS		1 SLI WHEAT BREAD		1 EA. WHEAT ROLL		1 SLI WHEAT BREAD		4 OZ. FRESH FRUIT	
1 EA. WHEAT ROLL		4 OZ. MANDARIN		1 EA. FRESH FRUIT		4 OZ. DICED PEARS		1 EA. OATMEAL RAISIN	
1 EA. RICE KRISPY TREAT		ORANGES		1 EA. FRESH FRUIT		1 EA. 2% MILK		COOKIE	
1 EA. 2% MILK		1 SLI. PLAIN CAKE		1 EA. 2% MILK				1 EA. 2% MILK	
		1 EA. 2% MILK							
<b>CALORIES</b>	671	<b>CALORIES</b>	621	<b>CALORIES</b>	642	<b>CALORIES</b>	516	<b>CALORIES</b>	795
<b>PROTEIN</b>	31	<b>PROTEIN</b>	35	<b>PROTEIN</b>	38	<b>PROTEIN</b>	40	<b>PROTEIN</b>	24
<b>FAT%</b>	25%	<b>FAT%</b>	10%	<b>FAT%</b>	21%	<b>FAT%</b>	15%	<b>FAT%</b>	35%
<b>SODIUM</b>	1277	<b>SODIUM</b>	1087	<b>SODIUM</b>	909	<b>SODIUM</b>	652	<b>SODIUM</b>	1038
<b>FIBER</b>	13	<b>FIBER</b>	7	<b>FIBER</b>	11	<b>FIBER</b>	7	<b>FIBER</b>	8
<b>VITAMIN A</b>	332	<b>VITAMIN A</b>	458	<b>VITAMIN A</b>	385	<b>VITAMIN A</b>	389	<b>VITAMIN A</b>	459



**WEEK 3**

**EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR OCTOBER 5 TO OCTOBER 9, 2020 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
OCTOBER 12, 2020		OCTOBER 13, 2020		OCTOBER 14, 2020		OCTOBER 15, 2020		OCTOBER 16, 2020	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. CHICKEN/SAUSAGE GUMBO	3 OZ. HAMBURGER STEAK	3 OZ. BAKED HAM	3 OZ. BAKED CHICKEN LEG	1 EA. DELI SANDWICH ON WHEAT	3 OZ. BAKED CHICKEN LEG	1 EA. DELI SANDWICH ON WHEAT	4 OZ. RICE PILAF	4 OZ. MACARONI & CHEESE	4 OZ. WHEAT CHIPS
4 OZ. RICE	4 OZ. CALIFORNIA MIXED VEGETABLES	4 OZ. CORNBREAD DRESSING	4 OZ. GREEN BEAN CASSEROLE	4 OZ. WHEAT BREAD	4 OZ. SPINACH	4 OZ. CARROT RAISIN SALAD	4 OZ. GREEN BEAN CASSEROLE	1 SLI WHEAT BREAD	4 OZ. CARROT RAISIN SALAD
4 OZ. GREEN PEAS	1 SLI WHEAT BREAD	1 EA. WHEAT ROLL	1 EA. WHEAT ROLL	4 OZ. DICED PEARS	1 EA. SUGAR COOKIE	1 EA. FRESH FRUIT	1 EA. WHEAT BREAD	1 EA. SUGAR COOKIE	1 EA. FRESH FRUIT
1 EA. WHEAT ROLL	4 OZ. PINEAPPLES	4 OZ. PEACH COBBLER	4 OZ. PEACH COBBLER	1 EA. SUGAR COOKIE	1 EA. 2% MILK	1 EA. SNACK	1 EA. WHEAT ROLL	1 EA. 2% MILK	1 EA. SNACK
1 EA. ORANGE	1 EA. SNACK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK		1 EA. 2% MILK	1 EA. SNACK	1 EA. 2% MILK	1 EA. 2% MILK
1 EA. 2% MILK	1 EA. 2% MILK						1 EA. 2% MILK		
CALORIES 883	CALORIES 676	CALORIES 697	CALORIES 1103	CALORIES 896	CALORIES 1103	CALORIES 896	CALORIES 676	CALORIES 1103	CALORIES 896
PROTEIN 36	PROTEIN 27	PROTEIN 38	PROTEIN 48	PROTEIN 30	PROTEIN 48	PROTEIN 30	PROTEIN 27	PROTEIN 48	PROTEIN 30
FAT% 34%	FAT% 27%	FAT% 27%	FAT% 29%	FAT% 24%	FAT% 29%	FAT% 24%	FAT% 27%	FAT% 29%	FAT% 24%
SODIUM 1049	SODIUM 851	SODIUM 993	SODIUM 1325	SODIUM 1022	SODIUM 1325	SODIUM 1022	SODIUM 851	SODIUM 1325	SODIUM 1022
FIBER 13	FIBER 6	FIBER 5	FIBER 11	FIBER 8	FIBER 11	FIBER 8	FIBER 6	FIBER 11	FIBER 8
VITAMIN A 330	VITAMIN A 501	VITAMIN A 418	VITAMIN A 306	VITAMIN A 480	VITAMIN A 306	VITAMIN A 480	VITAMIN A 501	VITAMIN A 306	VITAMIN A 480



**WEEK 4**

**EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR OCTOBER 19 TO OCTOBER 23, 2020 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
OCTOBER 19, 2020		OCTOBER 20, 2020		OCTOBER 21, 2020		OCTOBER 22, 2020		OCTOBER 23, 2020	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. HAM W/WHITE NAVY BEANS	3 OZ. PEPPER STEAK	6 OZ. LOUISIANA SUCCOTASH	6 OZ. CHICKEN SPAGHETTI	1 EA. TUNA SANDWICH ON WHEAT	4 OZ. RICE	4 OZ. AUGRATIN POTATOES	4 OZ. CALIFORNIA MIXED VEGETABLES	4 OZ. CHIPS	4 OZ. TOSSED SALAD
4 OZ. GREENS	4 OZ. GREEN BEANS	1 EA. WHEAT ROLL	1 SLI WHEAT BREAD	1 EA. FRESH FRUIT	1 SLI WHEAT BREAD	4 OZ. BANANA PUDDING	1 SLI WHEAT BREAD	4 OZ. PEACH COBLER	1 EA. 2% MILK
1 SLI CORNBREAD	1 SLI WHEAT BREAD	1 SLI. CHOCOLATE CAKE W/FROSTING	4 OZ. DICED PEARS	1 SLI. ANGEL FOOD CAKE	1 SLI. ANGEL FOOD CAKE	1 EA. COOKIE	1 SLI. ANGEL FOOD CAKE	1 EA. 2% MILK	
1 EA. FRESH FRUIT	4 OZ. BANANA PUDDING	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK		
1 EA. 2% MILK	1 EA. 2% MILK								
CALORIES 792	CALORIES 975	CALORIES 787	CALORIES 780	CALORIES 736	CALORIES 780	CALORIES 975	CALORIES 780	CALORIES 736	
PROTEIN 34	PROTEIN 44	PROTEIN 42	PROTEIN 37	PROTEIN 26	PROTEIN 42	PROTEIN 44	PROTEIN 37	PROTEIN 26	
FAT% 25%	FAT% 34%	FAT% 23%	FAT% 16%	FAT% 24%	FAT% 23%	FAT% 34%	FAT% 16%	FAT% 24%	
SODIUM 914	SODIUM 1150	SODIUM 1607	SODIUM 1109	SODIUM 957	SODIUM 1607	SODIUM 1150	SODIUM 1109	SODIUM 957	
FIBER 15	FIBER 11	FIBER 8	FIBER 8	FIBER 7	FIBER 8	FIBER 11	FIBER 8	FIBER 7	
VITAMIN A 368	VITAMIN A 461	VITAMIN A 631	VITAMIN A 411	VITAMIN A 539	VITAMIN A 631	VITAMIN A 461	VITAMIN A 411	VITAMIN A 539	

**WEEK 5**

**EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR OCTOBER 26 TO OCTOBER 30, 2020 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
OCTOBER 26, 2020		OCTOBER 27, 2020		OCTOBER 28, 2020		OCTOBER 29, 2020		OCTOBER 30, 2020	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ.	SHRIMP ETTOUFFEE	4 OZ.	MEATLOAF	3 OZ.	CHICKEN STIR FRY	3 OZ.	POT ROAST	1 EA.	CHEESEBURGER ON
4 OZ.	RICE	4 OZ.	MASHED POTATOES W/GRAVY	4 OZ.	BROWN RICE	4 OZ.	MASHED POTATOES	4 OZ.	WHEAT CHIPS
4 OZ.	GREEN BEANS	4 OZ.	CORN	4 OZ.	BROCCOLI	1 EA.	W/GRAVY	4 OZ.	COLESLAW
1 SLI	WHEAT BREAD	1 SLI.	WHEAT BREAD	4 OZ.	WHEAT BREAD	4 OZ.	MANDARIN	4 OZ.	FRESH FRUIT
1 EA.	SPICE CAKE	4 OZ.	FRUIT COCKTAIL	1 EA.	ORANGES	1 SLI.	WHEAT BREAD	1 EA.	2% MILK
1 EA.	2% MILK	1 EA.	2% MILK	1 EA.	2% MILK	1 SLI.	YELLOW CAKE	1 EA.	2% MILK
						1 EA.	2% MILK		
CALORIES	811	CALORIES	703	CALORIES	708	CALORIES	719	CALORIES	858
PROTEIN	35	PROTEIN	35	PROTEIN	31	PROTEIN	39	PROTEIN	34
FAT%	33%	FAT%	26%	FAT%	21%	FAT%	31%	FAT%	43%
SODIUM	1061	SODIUM	1113	SODIUM	1140	SODIUM	1295	SODIUM	907
FIBER	8	FIBER	8	FIBER	5	FIBER	7	FIBER	9
VITAMIN A	464	VITAMIN A	642	VITAMIN A	531	VITAMIN A	312	VITAMIN A	512



**EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR NOVEMBER 9 TO NOVEMBER 13, 2020 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
NOVEMBER 9, 2020		NOVEMBER 10, 2020		NOVEMBER 11, 2020		NOVEMBER 12, 2020		NOVEMBER 13, 2020	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. SMOKED SAUSAGE		8 OZ. BEEF STEW		1 EA. SMOTHERED CHICKEN		3 OZ. ROASTED TURKEY		1 EA. HOT DOG ON WHEAT	
4 OZ. RICE		4 OZ. RICE		4 OZ. MASHED POTATOES		4 OZ. RICE DRESSING		4 OZ. CHIPS	
4 OZ. RED BEANS		4 OZ. BROCCOLI FLORETS		4 OZ. GREEN PEAS		4 OZ. SLICED CARROTS		4 OZ. COLESLAW	
4 OZ. TURNIP GREENS		1 SLI WHEAT BREAD		1 EA. WHEAT ROLL		1 SLI WHEAT BREAD		4 OZ. FRESH FRUIT	
1 EA. WHEAT ROLL		4 OZ. MANDARIN		1 EA. FRESH FRUIT		4 OZ. DICED PEARS		1 EA. OATMEAL RAISIN	
1 EA. RICE KRISPY TREAT		ORANGES		1 EA. FRESH FRUIT		1 EA. 2% MILK		COOKIE	
1 EA. 2% MILK		1 SLI. PLAIN CAKE		1 EA. 2% MILK				1 EA. 2% MILK	
1 EA. 2% MILK		1 EA. 2% MILK							
CALORIES	671	CALORIES	621	CALORIES	642	CALORIES	516	CALORIES	795
PROTEIN	31	PROTEIN	35	PROTEIN	38	PROTEIN	40	PROTEIN	24
FAT%	25%	FAT%	10%	FAT%	21%	FAT%	15%	FAT%	35%
SODIUM	1277	SODIUM	1087	SODIUM	909	SODIUM	652	SODIUM	1038
FIBER	13	FIBER	7	FIBER	11	FIBER	7	FIBER	8
VITAMIN A	332	VITAMIN A	458	VITAMIN A	385	VITAMIN A	389	VITAMIN A	459

**WEEK 8**

**EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR NOVEMBER 16 TO NOVEMBER 20, 2020 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
NOVEMBER 16, 2020		NOVEMBER 17, 2020		NOVEMBER 18, 2020		NOVEMBER 19, 2020		NOVEMBER 20, 2020	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. CHICKEN/SAUSAGE GUMBO	3 OZ. HAMBURGER STEAK	3 OZ. BAKED HAM	3 OZ. BAKED CHICKEN LEG	3 OZ. BAKED CHICKEN LEG	1 EA. DELI SANDWICH ON WHEAT	4 OZ. RICE PILAF	4 OZ. MACARONI & CHEESE	4 OZ. MACARONI & CHEESE	4 OZ. WHEAT CHIPS
4 OZ. RICE	4 OZ. CALIFORNIA MIXED VEGETABLES	4 OZ. CORNBREAD DRESSING	4 OZ. SPINACH	4 OZ. SPINACH	4 OZ. CARROT RAISIN SALAD	4 OZ. GREEN BEAN CASSEROLE	1 SLI WHEAT BREAD	4 OZ. WHEAT BREAD	1 EA. FRESH FRUIT
4 OZ. GREEN PEAS	1 SLI WHEAT BREAD	4 OZ. GREEN BEAN CASSEROLE	4 OZ. DICED PEARS	4 OZ. DICED PEARS	1 EA. SNACK	1 EA. WHEAT ROLL	1 EA. SUGAR COOKIE	1 EA. SUGAR COOKIE	1 EA. 2% MILK
1 EA. WHEAT ROLL	4 OZ. PINEAPPLES	1 EA. WHEAT ROLL	1 EA. PEACH COBBLER	1 EA. PEACH COBBLER	1 EA. 2% MILK	4 OZ. PEACH COBBLER	1 EA. 2% MILK	1 EA. 2% MILK	
1 EA. ORANGE	1 EA. SNACK	4 OZ. PEACH COBBLER							
1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK							
CALORIES 883	CALORIES 676	CALORIES 697	CALORIES 1103	CALORIES 1103	CALORIES 896	PROTEIN 36	PROTEIN 48	PROTEIN 30	
FAT% 34%	FAT% 27%	FAT% 27%	FAT% 29%	FAT% 29%	FAT% 24%	SODIUM 1049	SODIUM 1325	SODIUM 1022	
FIBER 13	FIBER 6	FIBER 5	FIBER 11	FIBER 11	FIBER 8	VITAMIN A 330	VITAMIN A 306	VITAMIN A 480	



**WEEK 9**

**EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR NOVEMBER 23 TO NOVEMBER 27, 2020 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>NOVEMBER 23, 2020</b>		<b>NOVEMBER 24, 2020</b>		<b>NOVEMBER 25, 2020</b>		<b>NOVEMBER 26, 2020</b>		<b>NOVEMBER 27, 2020</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ. HAM W/WHITE NAVY BEANS	3 OZ. PEPPER STEAK	6 OZ. LOUISIANA SUCCOTASH							
4 OZ. RICE	4 OZ. AUGRATIN POTATOES	4 OZ. BROWN RICE							
4 OZ. GREENS	1 SLI GREEN BEANS	1 EA. WHEAT ROLL							
1 SLI CORNBREAD	1 SLI WHEAT BREAD	1 EA. FRESH FRUIT							
1 EA. FRESH FRUIT	4 OZ. BANANA PUDDING	1 SLI. CHOCOLATE CAKE W/FROSTING							
1 EA. COOKIE	1 EA. 2% MILK	1 EA. 2% MILK							
1 EA. 2% MILK									
<b>CALORIES</b>	792	<b>CALORIES</b>	975	<b>CALORIES</b>	787				
<b>PROTEIN</b>	34	<b>PROTEIN</b>	44	<b>PROTEIN</b>	42				
<b>FAT%</b>	25%	<b>FAT%</b>	34%	<b>FAT%</b>	23%				
<b>SODIUM</b>	914	<b>SODIUM</b>	1150	<b>SODIUM</b>	1607				
<b>FIBER</b>	15	<b>FIBER</b>	11	<b>FIBER</b>	8				
<b>VITAMIN A</b>	368	<b>VITAMIN A</b>	461	<b>VITAMIN A</b>	631				
						<b>HAPPY THANKSGIVING</b>	<b>HAPPY THANKSGIVING</b>	<b>HAPPY THANKSGIVING</b>	

**WEEK 10**

**EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR NOVEMBER 30 TO DECEMBER 4, 2020 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
NOVEMBER 30, 2020		DECEMBER 1, 2020		DECEMBER 2, 2020		DECEMBER 3, 2020		DECEMBER 4, 2020	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. SHRIMP ETTOUFFEE	4 OZ. MEATLOAF	3 OZ. CHICKEN STIR FRY	3 OZ. POT ROAST	1 EA. CHEESEBURGER ON WHEAT	1 EA. CHEESEBURGER ON WHEAT	4 OZ. RICE	4 OZ. MASHED POTATOES	4 OZ. CHIPS	4 OZ. COLESLAW
4 OZ. GREEN BEANS	4 OZ. MASHED POTATOES W/GRAVY	4 OZ. BROWN RICE	4 OZ. MASHED POTATOES	4 OZ. BROCCOLI	4 OZ. MASHED POTATOES	1 SLI. WHEAT BREAD	4 OZ. CORN	4 OZ. COLESLAW	4 OZ. COLESLAW
1 SLI. WHEAT BREAD	4 OZ. CORN	1 EA. WHEAT BREAD	4 OZ. WHEAT BREAD	4 OZ. MANDARIN	4 OZ. WHEAT BREAD	4 OZ. BABY CARROTS	1 SLI. WHEAT BREAD	4 OZ. FRESH FRUIT	4 OZ. FRESH FRUIT
1 EA. SPICE CAKE	1 SLI. WHEAT BREAD	4 OZ. MANDARIN	4 OZ. WHEAT BREAD	ORANGES	1 SLI. WHEAT BREAD	1 SLI. WHEAT BREAD	1 SLI. WHEAT BREAD	1 EA. 2% MILK	1 EA. 2% MILK
1 EA. 2% MILK	4 OZ. FRUIT COCKTAIL	1 EA. 2% MILK	4 OZ. FRUIT COCKTAIL	1 EA. 2% MILK	1 SLI. WHEAT BREAD	1 SLI. WHEAT BREAD	1 SLI. WHEAT BREAD	1 EA. 2% MILK	1 EA. 2% MILK
	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 SLI. YELLOW CAKE	1 SLI. YELLOW CAKE	1 EA. 2% MILK		
					1 EA. 2% MILK	1 EA. 2% MILK			
CALORIES	875	CALORIES	682	CALORIES	778	CALORIES	692	CALORIES	798
PROTEIN	35	PROTEIN	32	PROTEIN	35	PROTEIN	28	PROTEIN	30
FAT%	32%	FAT%	23%	FAT%	12%	FAT%	26%	FAT%	35%
SODIUM	1048	SODIUM	979	SODIUM	1133	SODIUM	856	SODIUM	811
FIBER	12	FIBER	10	FIBER	7	FIBER	7	FIBER	8
VITAMIN A	487	VITAMIN A	358	VITAMIN A	367	VITAMIN A	417	VITAMIN A	370

**WEEK 11**

**EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR DECEMBER 7 TO DECEMBER 11, 2020 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
DECEMBER 7, 2020		DECEMBER 8, 2020		DECEMBER 9, 2020		DECEMBER 10, 2020		DECEMBER 11, 2020	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. OVEN FRIED CHICKEN	6 OZ. MEATSAUCE & SPAGHETTI	1 EA. SMOTHERED PORK CHOP	3 OZ. LEMON PEPPER FISH	1 EA. CHICKEN SALAD	1 OZ. BAKED CHIPS	4 OZ. MASHED POTATOES	4 OZ. BROWN RICE	4 OZ. MARINATED CUCUMBER/TOMATO SALAD	1 EA. BROWNIE
4OZ. SWEET POTATO CASSEROLE	4 OZ. ITALIAN GREEN BEANS	4 OZ. MUSTARD GREENS	4 OZ. CARROTS	1 OZ. BAKED CHIPS	4 OZ. MARINATED CUCUMBER/TOMATO SALAD	4 OZ. YELLOW SQUASH	1 EA. WHEAT ROLL	1 EA. BROWNIE	1 EA. 2% MILK
4OZ. BLACKKEYED PEAS	4 OZ. YELLOW SQUASH	1 SLI WHEAT BREAD	1 EA. DICED PEARS	1 EA. 2% MILK	1 EA. 2% MILK	1 SLI WHEAT BREAD	1 SLI. SPICE CAKE	1 EA. 2% MILK	1 EA. 2% MILK
1 SLI WHEAT BREAD	1 EA. FRESH FRUIT	1 EA. SNACK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. SNACK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK
1 EA. SNACK	1 EA. SNACK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK
1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK
CALORIES 671	CALORIES 621	CALORIES 642	CALORIES 516	CALORIES 795	CALORIES 795	CALORIES 621	CALORIES 516	CALORIES 795	CALORIES 795
PROTEIN 31	PROTEIN 35	PROTEIN 38	PROTEIN 40	PROTEIN 24	PROTEIN 24	PROTEIN 35	PROTEIN 40	PROTEIN 24	PROTEIN 24
FAT% 25%	FAT% 10%	FAT% 21%	FAT% 15%	FAT% 35%	FAT% 35%	FAT% 10%	FAT% 15%	FAT% 35%	FAT% 35%
SODIUM 1277	SODIUM 1087	SODIUM 909	SODIUM 652	SODIUM 1038	SODIUM 1038	SODIUM 1087	SODIUM 652	SODIUM 1038	SODIUM 1038
FIBER 13	FIBER 7	FIBER 11	FIBER 7	FIBER 8	FIBER 8	FIBER 7	FIBER 7	FIBER 8	FIBER 8
VITAMIN A 332	VITAMIN A 458	VITAMIN A 385	VITAMIN A 389	VITAMIN A 459	VITAMIN A 459	VITAMIN A 458	VITAMIN A 389	VITAMIN A 459	VITAMIN A 459

**EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR DECEMBER 14 TO DECEMBER 18, 2020 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
DECEMBER 14, 2020		DECEMBER 15, 2020		DECEMBER 16, 2020		DECEMBER 17, 2020		DECEMBER 18, 2020	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ. SMOKED SAUSAGE	8 OZ. BEEF STEW	1 EA. SMOTHERED CHICKEN	3 OZ. ROASTED TURKEY	1 EA. HOT DOG ON WHEAT	4 OZ. RICE	4 OZ. RICE DRESSING	4 OZ. CHIPS	4 OZ. COLESLAW	4 OZ. FRESH FRUIT
4 OZ. RICE	4 OZ. RICE	4 OZ. BROCCOLI FLORETS	4 OZ. MASHED POTATOES	4 OZ. SLICED CARROTS	4 OZ. RED BEANS	4 OZ. SLICED CARROTS	4 OZ. COLESLAW	4 OZ. FRESH FRUIT	1 EA. OATMEAL RAISIN COOKIE
4 OZ. TURNIP GREENS	1 SLI WHEAT BREAD	4 OZ. GREEN PEAS	4 OZ. WHEAT BREAD	1 SLI WHEAT BREAD	4 OZ. WHEAT ROLL	4 OZ. DICED PEARS	1 EA. OATMEAL RAISIN COOKIE	1 EA. 2% MILK	
1 EA. WHEAT ROLL	4 OZ. MANDARIN ORANGES	1 EA. WHEAT ROLL	1 EA. FRESH FRUIT	1 EA. FRESH FRUIT	1 EA. 2% MILK				
1 EA. RICE KRISPY TREAT	1 SLI. PLAIN CAKE	1 EA. FRESH FRUIT	1 EA. 2% MILK						
1 EA. 2% MILK	1 EA. 2% MILK								
<b>CALORIES</b> 883	<b>CALORIES</b> 676	<b>CALORIES</b> 697	<b>CALORIES</b> 1103	<b>CALORIES</b> 896	<b>PROTEIN</b> 36	<b>PROTEIN</b> 48	<b>PROTEIN</b> 30	<b>PROTEIN</b> 30	<b>FAT%</b> 24%
<b>FAT%</b> 34%	<b>FAT%</b> 27%	<b>FAT%</b> 27%	<b>FAT%</b> 29%	<b>FAT%</b> 24%	<b>SODIUM</b> 1049	<b>SODIUM</b> 1325	<b>SODIUM</b> 1022	<b>SODIUM</b> 1022	<b>FIBER</b> 8
<b>SODIUM</b> 13	<b>SODIUM</b> 6	<b>SODIUM</b> 5	<b>SODIUM</b> 11	<b>FIBER</b> 8	<b>VITAMIN A</b> 330	<b>VITAMIN A</b> 501	<b>VITAMIN A</b> 480	<b>VITAMIN A</b> 480	



**WEEK 13**

**EBR/COA CONGREGATE NUTRITIONAL INFORMATION FOR DECEMBER 21 TO DECEMBER 25, 2020 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
DECEMBER 21, 2020		DECEMBER 22, 2020		DECEMBER 23, 2020		DECEMBER 24, 2020		DECEMBER 25, 2020	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. CHICKEN/SAUSAGE GUMBO	3 OZ. HAMBURGER STEAK	3 OZ. BAKED HAM	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
4 OZ. RICE	4 OZ. RICE PILAF	4 OZ. CORNBREAD	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
4 OZ. GREEN PEAS	4 OZ. CALIFORNIA MIXED VEGETABLES	DRESSING	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
1 EA. WHEAT ROLL	1 SLI WHEAT BREAD	4 OZ. GREEN BEAN	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
1 EA. ORANGE	4 OZ. PINEAPPLES	CASSEROLE	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
1 EA. 2% MILK	1 EA. SNACK	1 EA. WHEAT ROLL	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
	1 EA. 2% MILK	4 OZ. PEACH COBBLER	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
		1 EA. 2% MILK	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
CALORIES 792	CALORIES 975	CALORIES 787	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
PROTEIN 34	PROTEIN 44	PROTEIN 42	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
FAT% 25%	FAT% 34%	FAT% 23%	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
SODIUM 914	SODIUM 1150	SODIUM 1607	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
FIBER 15	FIBER 11	FIBER 8	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		
VITAMIN A 368	VITAMIN A 461	VITAMIN A 631	MERRY CHRISTMAS		MERRY CHRISTMAS		MERRY CHRISTMAS		



**WEEK 14**

**EBR COA CONGREGATE NUTRITIONAL INFORMATION FOR DECEMBER 28 to JANUARY 1, 2020 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
DECEMBER 28, 2020		DECEMBER 29, 2020		DECEMBER 30, 2020		DECEMBER 31, 2020		JANUARY 1, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. HAM W/WHITE NAVY BEANS	3 OZ. PEPPER STEAK	6 OZ. LOUISIANA SUCCOTASH	6 OZ. CHICKEN SPAGHETTI	6 OZ. LOUISIANA SUCCOTASH	6 OZ. CHICKEN SPAGHETTI	6 OZ. LOUISIANA SUCCOTASH	6 OZ. CHICKEN SPAGHETTI	6 OZ. CHICKEN SPAGHETTI	6 OZ. CHICKEN SPAGHETTI
4 OZ. RICE	4 OZ. AUGRATIN POTATOES	4 OZ. BROWN RICE	4 OZ. CALIFORNIA MIXED VEGETABLES	4 OZ. BROWN RICE	4 OZ. CALIFORNIA MIXED VEGETABLES	4 OZ. BROWN RICE	4 OZ. CALIFORNIA MIXED VEGETABLES	4 OZ. CALIFORNIA MIXED VEGETABLES	4 OZ. CALIFORNIA MIXED VEGETABLES
4 OZ. GREENS	4 OZ. GREEN BEANS	1 EA. WHEAT ROLL	1 SLI WHEAT BREAD	1 EA. WHEAT ROLL	1 SLI WHEAT BREAD	1 EA. WHEAT ROLL	1 SLI WHEAT BREAD	1 EA. WHEAT ROLL	1 SLI WHEAT BREAD
1 SLI CORNBREAD	1 SLI WHEAT BREAD	1 EA. FRESH FRUIT	4 OZ. DICED PEARS	1 EA. FRESH FRUIT	4 OZ. DICED PEARS	1 EA. FRESH FRUIT	4 OZ. DICED PEARS	1 EA. FRESH FRUIT	4 OZ. DICED PEARS
1 EA. FRESH FRUIT	4 OZ. BANANA PUDDING	1 SLI. CHOCOLATE CAKE W/FROSTING	1 SLI. ANGEL FOOD CAKE	1 SLI. CHOCOLATE CAKE W/FROSTING	1 SLI. ANGEL FOOD CAKE	1 SLI. CHOCOLATE CAKE W/FROSTING	1 SLI. ANGEL FOOD CAKE	1 SLI. CHOCOLATE CAKE W/FROSTING	1 SLI. ANGEL FOOD CAKE
1 EA. COOKIE	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK	1 EA. 2% MILK
1 EA. 2% MILK									
CALORIES 792	CALORIES 975	CALORIES 787	CALORIES 780	CALORIES 787	CALORIES 780	CALORIES 787	CALORIES 780	CALORIES 787	CALORIES 780
PROTEIN 34	PROTEIN 44	PROTEIN 42	PROTEIN 37	PROTEIN 42	PROTEIN 37	PROTEIN 42	PROTEIN 37	PROTEIN 42	PROTEIN 37
FAT% 25%	FAT% 34%	FAT% 23%	FAT% 16%	FAT% 23%	FAT% 16%	FAT% 23%	FAT% 16%	FAT% 23%	FAT% 16%
SODIUM 914	SODIUM 1150	SODIUM 1607	SODIUM 1109	SODIUM 1607	SODIUM 1109	SODIUM 1607	SODIUM 1109	SODIUM 1607	SODIUM 1109
FIBER 15	FIBER 11	FIBER 8	FIBER 8	FIBER 8	FIBER 8	FIBER 8	FIBER 8	FIBER 8	FIBER 8
VITAMIN A 368	VITAMIN A 461	VITAMIN A 631	VITAMIN A 411	VITAMIN A 631	VITAMIN A 411	VITAMIN A 631	VITAMIN A 411	VITAMIN A 631	VITAMIN A 411
<b>HAPPY NEW YEAR</b>									