



**WEEK 1**



**EBR COA CONGREGATE NUTRITIONAL INFORMATION JANUARY 4 to JANUARY 8, 2021 MENU**

MONDAY JANUARY 4, 2021		TUESDAY JANUARY 5, 2021		WEDNESDAY JANUARY 6, 2021		THURSDAY JANUARY 7, 2021		FRIDAY JANUARY 8, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. CHICKEN/SAUSAGE STEW		1 EA PORK CHOP w/GRAVY		6 OZ. BRAISED BEEF		1 EA. CHICKEN CACCIATORE		1 EA CHEESEBURGER	
4 OZ. WHITE RICE		4 OZ. RICE PILAF		4 OZ. BROWN RICE		4 OZ. SCALLOPED POTATOES		4 OZ. BAKED BEANS	
4 OZ. POTATO SALAD		4 OZ. GREEN BEANS		4 OZ. BABY CARROTS		4 OZ. OKRA		4 OZ. COLESLAW	
1 EA. WHEAT ROLL		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		1 EA. WHEAT ROLL		1 EA. WHEAT BUN	
4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		2 EA COOKIES	
4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		1 EA 2% MILK	
1 PC APPLESAUCE CAKE		1 EA 2% MILK		1 EA BROWNIE		1 EA 2% MILK			
1 EA 2% MILK				1 EA 2% MILK					
CALORIES	1087	CALORIES	687	CALORIES	756	CALORIES	771	CALORIES	993
PROTEIN	29	PROTEIN	26	PROTEIN	27	PROTEIN	34	PROTEIN	30
FAT%	30%	FAT%	18%	FAT%	21%	FAT%	22%	FAT%	35%
SODIUM	1052	SODIUM	956	SODIUM	1204	SODIUM	1092	SODIUM	1085
FIBER	10	FIBER	9	FIBER	11	FIBER	9	FIBER	13
VITAMIN A	320	VITAMIN A	485	VITAMIN A	429	VITAMIN A	380	VITAMIN A	657



**WEEK 2**



**EBRCOA CONGREGATE NUTRITIONAL INFORMATION JANUARY 11 to JANUARY 15, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>JANUARY 11, 2021</b>		<b>JANUARY 12, 2021</b>		<b>JANUARY 13, 2021</b>		<b>JANUARY 14, 2021</b>		<b>JANUARY 15, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ. WHITE BEANS AND SMOKED SAUSAGE		6 OZ. CHICKEN SPAGHETTI		3 OZ. BAKED HAM		4 OZ. BEEF TERIYAKI		3 OZ. TUNA SALAD	
4 OZ. BROWN RICE		4 OZ. ITALIAN MIXED VEGETABLES		4 OZ. GREEN BEANS		4 OZ. PASTA		4 OZ. POTATO CHIPS	
4 OZ. GREENS		4 OZ. PEAS w/ONIONS		4 OZ. BLACKEYED PEAS		4 OZ. MIXED VEGETABLES		4 OZ. COLESLAW	
1 EA. CORNBREAD		1 EA. WHEAT ROLL		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		2 SLI. WHEAT BREAD	
4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		2 EA COOKIES		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON	
4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		1 EA 2% MILK		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT	
1 PC SPICE CAKE		1 EA 2% MILK				1 PC LEMON PIE		1 PC YELLOW CAKE	
1 EA 2% MILK						1 EA 2% MILK		1 EA 2% MILK	
CALORIES	886	CALORIES	709	CALORIES	706	CALORIES	986	CALORIES	780
PROTEIN	29	PROTEIN	33	PROTEIN	33	PROTEIN	26	PROTEIN	27
FAT%	38%	FAT%	24%	FAT%	25%	FAT%	31%	FAT%	38%
SODIUM	991	SODIUM	1124	SODIUM	988	SODIUM	934	SODIUM	999
FIBER	13	FIBER	12	FIBER	10	FIBER	12	FIBER	11
VITAMIN A	892	VITAMIN A	476	VITAMIN A	675	VITAMIN A	396	VITAMIN A	563



**WEEK 3**

**EBRCOA CONGREGATE NUTRITIONAL INFORMATION JANUARY 18 to JANUARY 22, 2021 MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>JANUARY 18, 2021</b>	<b>JANUARY 19, 2021</b>	<b>JANUARY 20, 2021</b>	<b>JANUARY 21, 2021</b>	<b>JANUARY 22, 2021</b>
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
CLOSED HOLIDAY  MARTIN LUTHER KING DAY	3 OZ. CHICKEN FLORENTINE 4 OZ. MASHED POTATOES 4 OZ. GREEN BEANS w/PIMENTOS 1 SLI. WHEAT BREAD 4 OZ. FRUIT IN SEASON 4 OZ. or DICED FRUIT 1 EA 2% MILK	6 OZ. CHILI WITH BEANS 4 OZ. BROWN RICE 4 OZ. BROCCOLI FLORETS 1 EA. CORNBREAD 4 OZ. FRUIT IN SEASON 4 OZ. or DICED FRUIT 1 EA RICE KRISPY SQUARE 1 EA 2% MILK	3 OZ. CAJUN BAKED FISH 4 OZ. MASHED POTATOES 4 OZ. MIXED VEGETABLES 1 SLI. WHEAT BREAD 4 OZ. FRUIT IN SEASON 4 OZ. or DICED FRUIT 1 EA 2% MILK	6 OZ. CORN CHOWDER 1 EA. CHICKEN SALAD SANDWICH 1 EA. LETTUCE/TOMATO 2 EA. WHEAT BREAD 4 OZ. FRUIT IN SEASON 4 OZ. or DICED FRUIT 1 EA 2% MILK
	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 997	SODIUM 1027	SODIUM 1120	SODIUM 777
	FIBER 10	FIBER 10	FIBER 11	FIBER 9
	VITAMIN A 444	VITAMIN A 544	VITAMIN A 509	VITAMIN A 387



**WEEK 4**

**EBRCOA CONGREGATE NUTRITIONAL INFORMATION JANUARY 25 to JANUARY 29, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>JANUARY 25, 2021</b>		<b>JANUARY 26, 2021</b>		<b>JANUARY 27, 2021</b>		<b>JANUARY 28, 2021</b>		<b>JANUARY 29, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ. VEGETABLE BEEF SOUP		3 OZ. SMOTHERED PORK CHOP w/PEPPERS AND ONIONS		3 OZ. LEMON DILL BAKED FISH		6 OZ. CHICKEN STEW		1 EA. BARBECUE SAUSAGE	
4 OZ. ROASTED POTATOES		4 OZ. GARLIC SMOTHERED POTATOES		4 OZ. RICE PILAF		4 OZ. BROWN RICE		POBOY	
4 EA. CRACKERS		4 OZ. CALIFORNIA BLEND VEGETABLES		4 OZ. GREEN BEANS		4 OZ. BROCCOLI		4 OZ. POTATO CHIPS	
4 OZ. FRUIT IN SEASON		1 EA. WHEAT ROLL		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		4 OZ. CREAMY COLESLAW	
4 OZ. or DICED FRUIT		4 OZ. FRUIT IN SEASON		1 PC. ANGEL FOOD CAKE		4 OZ. FRUIT IN SEASON		1 EA. POBOY BUN	
2 EA COOKIES		4 OZ. or DICED FRUIT		1 EA 2% MILK		4 OZ. or DICED FRUIT		4 OZ. FRUIT IN SEASON	
1 EA 2% MILK		1 EA 2% MILK				1 PC. STRAWBERRY CAKE		4 OZ. or DICED FRUIT	
						1 EA 2% MILK		2 EA COOKIES	
								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



**WEEK 5**

**EBRCOA CONGREGATE NUTRITIONAL INFORMATION FEBRUARY 1 to FEBRUARY 5, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>FEBRUARY 1, 2021</b>		<b>FEBRUARY 2, 2021</b>		<b>FEBRUARY 3, 2021</b>		<b>FEBRUARY 4, 2021</b>		<b>FEBRUARY 5, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ. RED BEANS AND SAUSAGE		3 OZ. ITALIAN BAKED CHICKEN BREAST		6 OZ. SHRIMP ETOUFEE		3 OZ. BAKED HAM		1 EA. CHILI DOG	
4 OZ. BROWN RICE		4 OZ. MASHED POTATOES		4 OZ. BROWN RICE		4 OZ. BLACKEYED PEAS		1 oz. BAKED CHIPS	
4 OZ. MUSTARD GREENS		4 OZ. ITALIAN GREEN BEANS		4 OZ. MIXED VEGETABLES		4 OZ. BROCCOLI		4 OZ. COLESLAW	
1 EA. CORNBREAD		1 SLI. WHEAT ROLL		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		4 OZ. FRUIT IN SEASON	
4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. or DICED FRUIT	
4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		2 EA. COOKIES	
4 OZ. BANANA PUDDING		1 EA 2% MILK		1 PC LEMON CAKE		1 EA 2% MILK		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	301	VITAMIN A	267	VITAMIN A	352	VITAMIN A	547



**WEEK 6**

**EBR COA CONGREGATE NUTRITIONAL INFORMATION FEBRUARY 8 to FEBRUARY 12, 2021 MENU**

MONDAY FEBRUARY 8, 2021		TUESDAY FEBRUARY 9, 2021		WEDNESDAY FEBRUARY 10, 2021		THURSDAY FEBRUARY 11, 2021		FRIDAY FEBRUARY 12, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. CHICKEN/SAUSAGE STEW		1 EA PORK CHOP w/GRAVY		6 OZ. BRAISED BEEF		1 EA. CHICKEN CACCIATORE		1 EA CHEESEBURGER	
4 OZ. WHITE RICE		4 OZ. RICE PILAF		4 OZ. BROWN RICE		4 OZ. SCALLOPED POTATOES		4 OZ. BAKED BEANS	
4 OZ. POTATO SALAD		4 OZ. GREEN BEANS		4 OZ. BABY CARROTS		4 OZ. OKRA		4 OZ. COLESLAW	
1 EA. WHEAT ROLL		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		1 EA. WHEAT ROLL		1 EA. WHEAT BUN	
4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		2 EA COOKIES	
4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		1 EA 2% MILK	
1 PC APPLESAUCE CAKE		1 EA 2% MILK		1 EA BROWNIE		1 EA 2% MILK			
1 EA 2% MILK				1 EA 2% MILK					
CALORIES	1087	CALORIES	687	CALORIES	756	CALORIES	771	CALORIES	993
PROTEIN	29	PROTEIN	26	PROTEIN	27	PROTEIN	34	PROTEIN	30
FAT%	30%	FAT%	18%	FAT%	21%	FAT%	22%	FAT%	35%
SODIUM	1052	SODIUM	956	SODIUM	1204	SODIUM	1092	SODIUM	1085
FIBER	10	FIBER	9	FIBER	11	FIBER	9	FIBER	13
VITAMIN A	320	VITAMIN A	485	VITAMIN A	429	VITAMIN A	380	VITAMIN A	657



**WEEK 7**



**EBR COA CONGREGATE NUTRITIONAL INFORMATION FEBRUARY 15 to FEBRUARY 19, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>FEBRUARY 15, 2021</b>		<b>FEBRUARY 16, 2021</b>		<b>FEBRUARY 17, 2021</b>		<b>FEBRUARY 18, 2021</b>		<b>FEBRUARY 19, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ. WHITE BEANS AND SMOKED SAUSAGE		6 OZ. CHICKEN SPAGHETTI		3 OZ. BAKED HAM		4 OZ. BEEF TERIYAKI		3 OZ. TUNA SALAD	
4 OZ. BROWN RICE		4 OZ. ITALIAN MIXED VEGETABLES		4 OZ. GREEN BEANS		4 OZ. PASTA		4 OZ. POTATO CHIPS	
4 OZ. GREENS		4 OZ. PEAS w/ONIONS		4 OZ. BLACKEYED PEAS		4 OZ. MIXED VEGETABLES		4 OZ. COLESLAW	
1 EA. CORNBREAD		1 EA. WHEAT ROLL		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		2 SLI. WHEAT BREAD	
4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		2 EA COOKIES		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON	
4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		1 EA 2% MILK		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT	
1 PC SPICE CAKE		1 EA 2% MILK				1 PC LEMON PIE		1 PC YELLOW CAKE	
1 EA 2% MILK						1 EA 2% MILK		1 EA 2% MILK	
CALORIES	886	CALORIES	709	CALORIES	706	CALORIES	986	CALORIES	780
PROTEIN	29	PROTEIN	33	PROTEIN	33	PROTEIN	26	PROTEIN	27
FAT%	38%	FAT%	24%	FAT%	25%	FAT%	31%	FAT%	38%
SODIUM	991	SODIUM	1124	SODIUM	988	SODIUM	934	SODIUM	999
FIBER	13	FIBER	12	FIBER	10	FIBER	12	FIBER	11
VITAMIN A	892	VITAMIN A	476	VITAMIN A	675	VITAMIN A	396	VITAMIN A	563



**WEEK 8**



**EBR/COA CONGREGATE NUTRITIONAL INFORMATION FEBRUARY 22 to FEBRUARY 26, 2021 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
FEBRUARY 22, 2021		FEBRUARY 23, 2021		FEBRUARY 24, 2021		FEBRUARY 25, 2021		FEBRUARY 26, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. TACO SOUP		3 OZ. CHICKEN FLORENTINE		6 OZ. CHILI WITH BEANS		3 OZ. CAJUN BAKED FISH		6 OZ. CORN CHOWDER	
4 OZ. MIXED VEGETABLES		4 OZ. MASHED POTATOES		4 OZ. BROWN RICE		4 OZ. MASHED POTATOES		1 EA. CHICKEN SALAD SANDWICH	
4 EA. WHEAT BREAD		4 OZ. GREEN BEANS w/PIMENTOS		4 OZ. BROCCOLI FLORETS		4 OZ. MIXED VEGETABLES		1 EA. LETTUCE/TOMATO	
4 OZ. FRUIT		1 SLI. WHEAT BREAD		1 EA. CORNBREAD		1 SLI. WHEAT BREAD		2 EA. WHEAT BREAD	
1 EA SNACK		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON	
1 EA 2% MILK		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT	
		1 EA 2% MILK		1 EA RICE KRISPY SQUARE		1 EA 2% MILK		1 EA 2% MILK	
		1 EA 2% MILK		1 EA 2% MILK					
CALORIES	686	CALORIES	854	CALORIES	835	CALORIES	769	CALORIES	830
PROTEIN	25	PROTEIN	43	PROTEIN	31	PROTEIN	25	PROTEIN	33
FAT%	14%	FAT%	27%	FAT%	40%	FAT%	14%	FAT%	22%
SODIUM	1254	SODIUM	997	SODIUM	1027	SODIUM	1120	SODIUM	777
FIBER	13	FIBER	10	FIBER	10	FIBER	11	FIBER	9
VITAMIN A	543	VITAMIN A	444	VITAMIN A	544	VITAMIN A	509	VITAMIN A	387





**WEEK 9**



**EBR COA CONGREGATE NUTRITIONAL INFORMATION MARCH 1 to MARCH 5, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>MARCH 1, 2021</b>		<b>MARCH 2, 2021</b>		<b>MARCH 3, 2021</b>		<b>MARCH 4, 2021</b>		<b>MARCH 5, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ. VEGETABLE BEEF SOUP		3 OZ. SMOTHERED PORK CHOP w/PEPPERS AND ONIONS		3 OZ. LEMON DILL BAKED FISH		6 OZ. CHICKEN STEW		1 EA. BARBECUE SAUSAGE	
4 OZ. ROASTED POTATOES		4 OZ. GARLIC SMOTHERED POTATOES		4 OZ. RICE PILAF		4 OZ. BROWN RICE		POBOY	
4 EA. CRACKERS		4 OZ. CALIFORNIA BLEND VEGETABLES		4 OZ. GREEN BEANS		4 OZ. BROCCOLI		4 OZ. POTATO CHIPS	
4 OZ. FRUIT IN SEASON		1 EA. WHEAT ROLL		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		4 OZ. CREAMY COLESLAW	
4 OZ. or DICED FRUIT		4 OZ. FRUIT IN SEASON		1 PC. ANGEL FOOD CAKE		4 OZ. FRUIT IN SEASON		1 EA. POBOY BUN	
2 EA COOKIES		4 OZ. or DICED FRUIT		1 EA 2% MILK		4 OZ. or DICED FRUIT		4 OZ. FRUIT IN SEASON	
1 EA 2% MILK		1 EA 2% MILK				1 PC. STRAWBERRY CAKE		4 OZ. or DICED FRUIT	
						1 EA 2% MILK		2 EA COOKIES	
								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



**WEEK 10**



**EBRCOA CONGREGATE NUTRITIONAL INFORMATION MARCH 8 to MARCH 12, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>MARCH 8, 2021</b>		<b>MARCH 9, 2021</b>		<b>MARCH 10, 2021</b>		<b>MARCH 11, 2021</b>		<b>MARCH 12, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ. RED BEANS AND SAUSAGE		3 OZ. ITALIAN BAKED CHICKEN BREAST		6 OZ. SHRIMP ETOUFEE		3 OZ. BAKED HAM		1 EA. CHILI DOG	
4 OZ. BROWN RICE		4 OZ. MASHED POTATOES		4 OZ. BROWN RICE		4 OZ. BLACKEYED PEAS		1 oz. BAKED CHIPS	
4 OZ. MUSTARD GREENS		4 OZ. ITALIAN GREEN BEANS		4 OZ. MIXED VEGETABLES		4 OZ. BROCCOLI		4 OZ. COLESLAW	
1 EA. CORNBREAD		1 SLI. WHEAT ROLL		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		4 OZ. FRUIT IN SEASON	
4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. or DICED FRUIT	
4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		2 EA COOKIES	
4 OZ. BANANA PUDDING		1 EA 2% MILK		1 PC LEMON CAKE		1 EA 2% MILK		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	301	VITAMIN A	267	VITAMIN A	352	VITAMIN A	547



**WEEK 11**



**EBRCOA CONGREGATE NUTRITIONAL INFORMATION MARCH 15 to MARCH 19, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>MARCH 15, 2021</b>		<b>MARCH 16, 2021</b>		<b>MARCH 17, 2021</b>		<b>MARCH 18, 2021</b>		<b>MARCH 19, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ. CHICKEN/SAUSAGE STEW		1 EA PORK CHOP w/GRAVY		6 OZ. BRAISED BEEF		1 EA. CHICKEN CACCIATORE		1 EA CHEESEBURGER	
4 OZ. WHITE RICE		4 OZ. RICE PILAF		4 OZ. BROWN RICE		4 OZ. SCALLOPED POTATOES		4 OZ. BAKED BEANS	
4 OZ. POTATO SALAD		4 OZ. GREEN BEANS		4 OZ. BABY CARROTS		4 OZ. OKRA		4 OZ. COLESLAW	
1 EA. WHEAT ROLL		1 EA. WHEAT BREAD		1 SLI. WHEAT BREAD		1 EA. WHEAT ROLL		1 EA. WHEAT BUN	
4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		2 EA COOKIES	
4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		1 EA 2% MILK	
1 PC APPLESAUCE CAKE		1 EA 2% MILK		1 EA BROWNIE		1 EA 2% MILK			
1 EA 2% MILK				1 EA 2% MILK					
CALORIES	1087	CALORIES	687	CALORIES	756	CALORIES	771	CALORIES	993
PROTEIN	29	PROTEIN	26	PROTEIN	27	PROTEIN	34	PROTEIN	30
FAT%	30%	FAT%	18%	FAT%	21%	FAT%	22%	FAT%	35%
SODIUM	1052	SODIUM	956	SODIUM	1204	SODIUM	1092	SODIUM	1085
FIBER	10	FIBER	9	FIBER	11	FIBER	9	FIBER	13
VITAMIN A	320	VITAMIN A	485	VITAMIN A	429	VITAMIN A	380	VITAMIN A	657



**WEEK 12**



**EBRCOA CONGREGATE NUTRITIONAL INFORMATION MARCH 22 to MARCH 26, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>MARCH 22, 2021</b>		<b>MARCH 23, 2021</b>		<b>MARCH 24, 2021</b>		<b>MARCH 25, 2021</b>		<b>MARCH 26, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ. WHITE BEANS AND SMOKED SAUSAGE		6 OZ. CHICKEN SPAGHETTI		3 OZ. BAKED HAM		4 OZ. BEEF TERIYAKI		3 OZ. TUNA SALAD	
4 OZ. BROWN RICE		4 OZ. ITALIAN MIXED VEGETABLES		4 OZ. GREEN BEANS		4 OZ. PASTA		4 OZ. POTATO CHIPS	
4 OZ. GREENS		4 OZ. PEAS w/ONIONS		4 OZ. BLACKEYED PEAS		4 OZ. MIXED VEGETABLES		4 OZ. COLESLAW	
1 EA. CORNBREAD		1 EA. WHEAT ROLL		1 SLI. WHEAT BREAD		1 SLI. WHEAT BREAD		2 SLI. WHEAT BREAD	
4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		2 EA COOKIES		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON	
4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		1 EA 2% MILK		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT	
1 PC SPICE CAKE		1 EA 2% MILK				1 PC LEMON PIE		1 PC YELLOW CAKE	
1 EA 2% MILK						1 EA 2% MILK		1 EA 2% MILK	
CALORIES	886	CALORIES	709	CALORIES	706	CALORIES	986	CALORIES	780
PROTEIN	29	PROTEIN	33	PROTEIN	33	PROTEIN	26	PROTEIN	27
FAT%	38%	FAT%	24%	FAT%	25%	FAT%	31%	FAT%	38%
SODIUM	991	SODIUM	1124	SODIUM	988	SODIUM	934	SODIUM	999
FIBER	13	FIBER	12	FIBER	10	FIBER	12	FIBER	11
VITAMIN A	892	VITAMIN A	476	VITAMIN A	675	VITAMIN A	396	VITAMIN A	563



WEEK 13



**EBRCOA CONGREGATE NUTRITIONAL INFORMATION MARCH 29 to APRIL 2, 2021 MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MARCH 29, 2021		MARCH 30, 2021		MARCH 31, 2021		APRIL 1, 2021		APRIL 2, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ. TACO SOUP		3 OZ. CHICKEN FLORENTINE		6 OZ. CHILI WITH BEANS		3 OZ. CAJUN BAKED FISH		6 OZ. CORN CHOWDER	
4 OZ. MIXED VEGETABLES		4 OZ. MASHED POTATOES		4 OZ. BROWN RICE		4 OZ. MASHED POTATOES		1 EA. CHICKEN SALAD SANDWICH	
4 EA. WHEAT BREAD		4 OZ. GREEN BEANS w/PIMENTOS		4 OZ. BROCCOLI FLORETS		4 OZ. MIXED VEGETABLES		1 EA. LETTUCE/TOMATO	
4 OZ. FRUIT		1 SLI. WHEAT BREAD		1 EA. CORNBREAD		1 SLI. WHEAT BREAD		2 EA. WHEAT BREAD	
1 EA SNACK		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON		4 OZ. FRUIT IN SEASON	
1 EA 2% MILK		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT		4 OZ. or DICED FRUIT	
		1 EA 2% MILK		1 EA RICE KRISPY SQUARE		1 EA 2% MILK		1 EA 2% MILK	
				1 EA 2% MILK					
CALORIES	686	CALORIES	854	CALORIES	835	CALORIES	769	CALORIES	830
PROTEIN	25	PROTEIN	43	PROTEIN	31	PROTEIN	25	PROTEIN	33
FAT%	14%	FAT%	27%	FAT%	40%	FAT%	14%	FAT%	22%
SODIUM	1254	SODIUM	997	SODIUM	1027	SODIUM	1120	SODIUM	777
FIBER	13	FIBER	10	FIBER	10	FIBER	11	FIBER	9
VITAMIN A	543	VITAMIN A	444	VITAMIN A	544	VITAMIN A	509	VITAMIN A	387