



**WEEK 1**

**EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR APRIL 5-9, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>APRIL 5, 2021</b>		<b>APRIL 6, 2021</b>		<b>APRIL 7, 2021</b>		<b>APRIL 8, 2021</b>		<b>APRIL 9, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
4 OZ. RIB TIPS		1 EA HERB ROASTED CHICKEN		1 EA SALISBURY STEAK W/		8 OZ SPAGHETTI		1 EA TUNA SALAD	
4 OZ. BAKED BEANS		4 OZ MACARONI & CHEESE		1 OZ MUSHROOM GRAVY		w/ MEAT SAUCE		SANDWICH	
4 OZ. BUTTERED CORN		4 OZ FLAME ROASTED CORN		4 OZ MASHED POTATOES		4 OZ SQUASH		1 OZ POTATO CHIPS	
1 SLI WHEAT BREAD		1 SLI WHEAT BREAD		4 OZ BROCCOLI FLORETS		4 OZ ITALIAN MIXED VEG		1 EA LETTUCE & TOMATO	
1 EA 2% MILK		4 OZ BANANA PUDDING		1 SLI WHEAT BREAD		1 EA WHEAT ROLL		2 SLI WHEAT BREAD	
		1 EA 2% MILK		1 EA RICE KRISPY TREAT		1 PC CHOCOLATE CAKE		4 OZ FRUIT COCKTAIL	
				1 EA 2% MILK		1 EA 2% MILK		1 SL BLONDE BROWNIE	
								1 EA 2% MILK	
CALORIES	920	CALORIES	733	CALORIES	738	CALORIES	724	CALORIES	764
PROTEIN	43	PROTEIN	46	PROTEIN	36	PROTEIN	32	PROTEIN	37
FAT%	26%	FAT%	30%	FAT%	32%	FAT%	25%	FAT%	15%
SODIUM	1064	SODIUM	879	SODIUM	735	SODIUM	818	SODIUM	914
FIBER	18	FIBER	14	FIBER	8	FIBER	9	FIBER	12
VITAMIN A	346	VITAMIN A	408	VITAMIN A	476	VITAMIN A	523	VITAMIN A	356

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**WEEK 2**

**EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR APRIL 12 - 16, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>APRIL 12, 2021</b>		<b>APRIL 12, 2021</b>		<b>APRIL 12, 2021</b>		<b>APRIL 12, 2021</b>		<b>APRIL 12, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ SAUSAGE & CHICKEN JAMBALAYA		3 OZ JERK CHICKEN		1 EA SMOTHERED PORK CHOP		1 EA HAMBURGER STEAK		3 OZ BEEF SAUSAGE POBOY	
4 OZ WHITE BEANS		4 OZ WILD RICE		4 OZ MASHED POTATOES		1 OZ GRAVY W/ONION & PEPPER GRAVY		4 OZ COLESLAW	
4 OZ PARSLIED CARROTS		4 OZ BRUSSEL SPROUTS		4 OZ GREEN BEANS		4 OZ BROWN RICE		4 OZ PEACHES	
1 SLI WHEAT BREAD		1 EA WHEAT BREAD		1 EA WHEAT ROLL		4 OZ MIXED VEGETABLES		1 SLI WHEAT BREAD	
1 SLI LEMON CAKE		4 OZ APPLESAUCE		4 OZ APPLE COBBLER		1 SLI WHEAT BREAD		2 EA CHOCOLATE CHIPS	
1 EA 2% MILK		1 EA LEMON SQUARES		1 EA 2% MILK		4 OZ DICED PEARS		1 EA 2% MILK	
		1 EA 2% MILK				1 PC YELLOW CAKE			
						1 EA 2% MILK			
CALORIES	820	CALORIES	683	CALORIES	633	CALORIES	796	CALORIES	883
PROTEIN	42	PROTEIN	35	PROTEIN	39	PROTEIN	35	PROTEIN	46
FAT%	26%	FAT%	20%	FAT%	18%	FAT%	33%	FAT%	34%
SODIUM	1078	SODIUM	801	SODIUM	895	SODIUM	953	SODIUM	774
FIBER	17	FIBER	9	FIBER	7	FIBER	11	FIBER	12
VITAMIN A	553	VITAMIN A	578	VITAMIN A	519	VITAMIN A	430	VITAMIN A	478

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**WEEK 3**



**EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU APRIL 19 – 23, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>APRIL 19, 2021</b>		<b>APRIL 20, 2021</b>		<b>APRIL 21, 2021</b>		<b>APRIL 22, 2021</b>		<b>APRIL 23, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ	BEEF STEW	3 OZ	CHICKEN MARSALA	3 OZ.	CATFISH	8 OZ	CHICKEN ALFREDO	1 EA	TUNA SALAD
4 OZ	BROWN RICE	4 OZ	BROWN RICE PILAF	4 OZ	FRENCH FRIES	4 OZ	ITALIAN GREEN		SANDWICH
4 OZ	BROCCOLI FLORETS	4 OZ	CARROTS	4 OZ	TURNIP GREENS		BEANS	4 OZ	BAKED CHIPS
1 SLI	WHEAT BREAD	1 SLI	WHEAT ROLL	1 SLI	WHEAT BREAD	4 OZ	GREEN SALAD	1 EA	LETTUCE & TOMATO
4 OZ	SLICED PEACHES	4 OZ	FRUIT COCKTAIL	1 PC	YELLOW CAKE	1 SLI	GARLIC BREAD	4 OZ	TROPICAL FRUIT
1 PC	STRAWBERRY CAKE	2 EA	SUGAR COOKIES	1 EA	2% MILK	4 OZ	BAKED APPLES	2 EA	PEANUT BUTTER
1 EA	2% MILK	1 EA	2% MILK			1 EA	2% MILK		COOKIES
								1 EA	2% MILK
CALORIES	506	CALORIES	780	CALORIES	936	CALORIES	846	CALORIES	978
PROTEIN	33	PROTEIN	46	PROTEIN	41	PROTEIN	39	PROTEIN	44
FAT%	10%	FAT%	18%	FAT%	30%	FAT%	32%	FAT%	25%
SODIUM	921	SODIUM	983	SODIUM	642	SODIUM	699	SODIUM	559
FIBER	5	FIBER	8	FIBER	20	FIBER	10	FIBER	18
VITAMIN A	430	VITAMIN A	419	VITAMIN A	290	VITAMIN A	431	VITAMIN A	422

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**WEEK 4**



**EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU APRIL 26-30, 2021 MENU**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>APRIL 26, 2021</b>		<b>APRIL 27, 2021</b>		<b>APRIL 28, 2021</b>		<b>APRIL 29, 2021</b>		<b>APRIL 30, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
6 OZ	WHITE BEANS & SAUSAGE	6 OZ	CHICKEN POT PIE	2 EA	TERIYAKI BAKED WINGS	3 OZ	BARBECUE PULLED PORK	1 EA	CHEESEBURGER
4 OZ	BROWN RICE	4 OZ	GREEN BEANS	4 OZ	FRIED BROWN RICE	4 OZ	NEW POTATOES	4 OZ	BAKED BEANS
4 OZ	COLLARD GREENS	4 OZ	MASHED POTATOES	4 OZ	COPPER PENNY CARROTS	4 OZ	CAPRI MIX VEG	1 EA	LETTUCE & TOMATO
1 EA	CORNBREAD	1 EA	WHEAT ROLL	4 OZ	COPPER PENNY CARROTS	1 SLI	WHEAT BREAD	1 EA	WHEAT BUN
1 EA	BANANA	4 OZ	PEACH COBBLER	1 SLI	WHEAT BREAD	1 EA	FRUIT	1 EA	FRESH FRUIT
4 OZ	APPLE CRISP	1 EA	2% MILK	4 OZ	PINEAPPLE CHUNKS	1 PC	APPLESAUCE CAKE	1 EA	BROWNIE
1 EA	2% MILK			2 EA	OATMEAL COOKIES	1 EA	2% MILK	1 EA	2% MILK
1 EA	2% MILK			1 EA	2% MILK				
<b>CALORIES</b>	<b>767</b>	<b>CALORIES</b>	<b>827</b>	<b>CALORIES</b>	<b>961</b>	<b>CALORIES</b>	<b>686</b>	<b>CALORIES</b>	<b>792</b>
<b>PROTEIN</b>	<b>36</b>	<b>PROTEIN</b>	<b>51</b>	<b>PROTEIN</b>	<b>30</b>	<b>PROTEIN</b>	<b>29</b>	<b>PROTEIN</b>	<b>40</b>
<b>FAT%</b>	<b>27%</b>	<b>FAT%</b>	<b>24%</b>	<b>FAT%</b>	<b>30%</b>	<b>FAT%</b>	<b>14%</b>	<b>FAT%</b>	<b>33%</b>
<b>SODIUM</b>	<b>994</b>	<b>SODIUM</b>	<b>729</b>	<b>SODIUM</b>	<b>665</b>	<b>SODIUM</b>	<b>908</b>	<b>SODIUM</b>	<b>893</b>
<b>FIBER</b>	<b>12</b>	<b>FIBER</b>	<b>13</b>	<b>FIBER</b>	<b>11</b>	<b>FIBER</b>	<b>7</b>	<b>FIBER</b>	<b>8</b>
<b>VITAMIN A</b>	<b>875</b>	<b>VITAMIN A</b>	<b>546</b>	<b>VITAMIN A</b>	<b>465</b>	<b>VITAMIN A</b>	<b>462</b>	<b>VITAMIN A</b>	<b>434</b>

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**WEEK 5**



**EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU MAY 3 - 7, 2021 MENU**

<b>MONDAY MAY 3, 2021</b>		<b>TUESDAY MAY 4, 2021</b>		<b>WEDNESDAY MAY 5, 2021</b>		<b>THURSDAY MAY 6, 2021</b>		<b>FRIDAY MAY 7, 2021</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
3 OZ	BEEF SAUSAGE	1 EA	BOURBON CHICKEN	4 OZ	BEEF TIPS	6 OZ	TURKEY CUTLETS	1 EA	CHICKEN SALAD
1 OZ	PEPPERS AND ONIONS		THIGHS	4 OZ	BROWN RICE	4 OZ	MASHED		SANDWICH
4 OZ	PINTO BEANS	4 OZ	SCALLOPED POTATOES	4 OZ	GREEN BEANS		POTATOES	1 OZ	POTATO CHIPS
4 OZ	CHUCKWAGON CORN	4 OZ	CALIFORNIA BLEND		W/PEARL ONIONS	4 OZ	GREEN PEAS	1 EA	LETTUCE & TOMATO
1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	1 EA	WHEAT ROLL	4 EA	ORANGE SECTIONS
1 EA	BANANA	4 OZ	PEACH CRISP	4 OZ	APPLESAUCE	2 EA	PEANUT BUTTER	1 EA	BROWNIE
1 PC	LEMON CAKE	1 EA	2% MILK	1 PC	YELLOW CAKE		COOKIES	1 EA	2% MILK
1 EA	2% MILK			1 EA	2% MILK	1 EA	2% MILK		
CALORIES	871	CALORIES	915	CALORIES	673	CALORIES	812	CALORIES	748
PROTEIN	40	PROTEIN	46	PROTEIN	32	PROTEIN	42	PROTEIN	31
FAT%	28%	FAT%	26%	FAT%	12%	FAT%	30%	FAT%	29%
SODIUM	910	SODIUM	811	SODIUM	806	SODIUM	964	SODIUM	763
FIBER	17	FIBER	9	FIBER	6	FIBER	10.2	FIBER	7
VITAMIN A	591	VITAMIN A	505	VITAMIN A	478	VITAMIN A	504	VITAMIN A	336

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