



WEEK 1

EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR JULY 5 - 9, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
JULY 5, 2021		JULY 6, 2021		JULY 7, 2021		JULY 8, 2021		JULY 9, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
8 OZ	WHITE BEANS WITH SAUSAGE	1 EA	BARBECUE CHICKEN	1 EA	SALISBURY STEAK W/	8 OZ	SPAGHETTI	1 EA	TUNA SALAD
4 OZ	WHITE RICE	4 OZ	BAKED BEANS	1 OZ	MUSHROOM GRAVY		W/ MEAT SAUCE		SANDWICH
4 OZ	BRUSSEL SPROUTS	4 OZ	FLAME ROASTED CORN	4 OZ	MASHED POTATOES	4 OZ	SQUASH	1 OZ	POTATO CHIPS
1 EA	CORNBREAD	1 SLI	WHEAT BREAD	4 OZ	BROCCOLI FLORETS	4 OZ	ITALIAN MIX VEG	1 EA	LETTUCE & TOMATO
1 EA	FRUIT CUP	4 OZ	BANANA PUDDING	1 SLI	WHEAT BREAD	1 EA	WHEAT ROLL	2 SLI	WHEAT BREAD
1 EA	2% MILK	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	886	CALORIES	1106	CALORIES	579	CALORIES	704	CALORIES	845
PROTEIN	39.8	PROTEIN	49	PROTEIN	35	PROTEIN	30	PROTEIN	36
FAT%	35.7%	FAT%	33%	FAT%	22%	FAT%	18%	FAT%	29%
SODIUM	1387	SODIUM	1018	SODIUM	860	SODIUM	638	SODIUM	1019
FIBER	14	FIBER	16	FIBER	7	FIBER	9	FIBER	12
VITAMIN A	171	VITAMIN A	133	VITAMIN A	159	VITAMIN A	286	VITAMIN A	169

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WEEK 2



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR JULY 12 - 16, 2021 MENU

MONDAY JULY 12, 2021		TUESDAY JULY 13, 2021		WEDNESDAY JULY 14, 2021		THURSDAY JULY 15, 2021		FRIDAY JULY 16, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
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	4 OZ	WHEAT ROLL	4 OZ	MIXED VEGETABLES	1 SLI	WHEAT BREAD
1 SLI	LEMON CAKE	4 OZ	APPLESAUCE	1 EA	APPLE COBBLER	1 SLI	WHEAT BREAD	2 EA	CHOCOLATE CHIPS COOKIES
1 EA	2% MILK	1 EA	LEMON SQUARES	4 OZ	2% MILK	4 OZ	DICED PEARS	1 EA	2% MILK
		1 EA	2% MILK	1 EA	2% MILK	1 PC	YELLOW CAKE		
						1 EA	2% MILK		
CALORIES	896	CALORIES	669	CALORIES	755	CALORIES	737	CALORIES	1310
PROTEIN	42	PROTEIN	39	PROTEIN	37	PROTEIN	35	PROTEIN	39
FAT%	25%	FAT%	14%	FAT%	22%	FAT%	19%	FAT%	58%
SODIUM	1303	SODIUM	459	SODIUM	529	SODIUM	672	SODIUM	1007
FIBER	17	FIBER	10	FIBER	8	FIBER	13	FIBER	11
VITAMIN A	295	VITAMIN A	181	VITAMIN A	168	VITAMIN A	660	VITAMIN A	684

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WEEK 3



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU JULY 19 - 23, 2021 MENU

MONDAY JULY 19, 2021		TUESDAY JULY 20, 2021		WEDNESDAY JULY 21, 2021		THURSDAY JULY 22, 2021		FRIDAY JULY 23, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	BEEF STROGANOFF	3 OZ	SMOTHERED CHICKEN	1 EA	SWISS STEAK	8 OZ	SHRIMP ALFREDO	1 EA	TUNA SALAD
4 OZ	BUTTERED RICE	4 OZ	STEAMED RICE	4 OZ	MASHED POTATOES	4 OZ	ITALIAN GREEN		SANDWICH
4 OZ	BROCCOLI FLORETS	4 OZ	GREEN BEANS	4 OZ	LIMA BEANS		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	830	CALORIES	774	CALORIES	726	CALORIES	944	CALORIES	895
PROTEIN	38	PROTEIN	38	PROTEIN	39	PROTEIN	35	PROTEIN	34
FAT%	28%	FAT%	20%	FAT%	21%	FAT%	48%	FAT%	36%
SODIUM	900	SODIUM	960	SODIUM	782	SODIUM	1306	SODIUM	1011
FIBER	9	FIBER	7	FIBER	14	FIBER	7	FIBER	9
VITAMIN A	900	VITAMIN A	16	VITAMIN A	786	VITAMIN A	558	VITAMIN A	165

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WEEK 4



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU JULY 26 - 30, 2021 MENU

MONDAY JULY 26, 2021		TUESDAY JULY 27, 2021		WEDNESDAY JULY 28, 2021		THURSDAY JULY 29, 2021		FRIDAY JULY 30, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	WHITE BEANS & SAUSAGE	6 OZ	CHICKEN STIR FRY	2 EA	HERB BAKED CHICKEN LEG	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	FRIED BROWN RICE	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				1 EA	2% MILK				
CALORIES	1047	CALORIES	729	CALORIES	975	CALORIES	709	CALORIES	885
PROTEIN	41	PROTEIN	34	PROTEIN	42	PROTEIN	32	PROTEIN	40
FAT%	41%	FAT%	16%	FAT%	27%	FAT%	18%	FAT%	27%
SODIUM	1319	SODIUM	1024	SODIUM	791	SODIUM	1022	SODIUM	1307
FIBER	17	FIBER	11	FIBER	10	FIBER	8	FIBER	13
VITAMIN A	904	VITAMIN A	247	VITAMIN A	115	VITAMIN A	450	VITAMIN A	146

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WEEK 5



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU AUGUST 2 - 6, 2021 MENU

MONDAY AUGUST 2, 2021		TUESDAY AUGUST 3, 2021		WEDNESDAY AUGUST 4, 2021		THURSDAY AUGUST 5, 2021		FRIDAY AUGUST 6, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ	RIB TIPS	6 OZ	SWEET AND SOUR CHICKEN	4 OZ	GRILLADES	6 OZ	TURKEY POT ROAST	1 EA	CHICKEN SALAD SANDWICH
1 OZ	W/BARBECUE SAUCE	4 OZ	FRIED RICE	4 OZ	BROWN RICE	4 OZ	MASHED POTATOES	1 OZ	POTATO CHIPS
4 OZ	BAKED BEANS	4 OZ	ORIENTAL VEGETABLES	4 OZ	GREEN BEANS W/PEARL ONIONS	4 OZ	GREEN PEAS	1 EA	LETTUCE & TOMATO
4 OZ	CHUCKWAGON CORN	1 SLI	WHEAT BREAD	1 SLI	WHEAT BREAD	4 OZ	WHEAT ROLL	4 EA	ORANGE SECTIONS
1 EA	BANANA	4 OZ	PEACH CRISP	4 OZ	APPLESAUCE	1 EA	PEANUT BUTTER COOKIES	1 EA	BROWNIE
1 PC	LEMON CAKE	1 EA	2% MILK	1 PC	YELLOW CAKE	2 EA	2% MILK	1 EA	2% MILK
1 EA	2% MILK			1 EA	2% MILK	1 EA	2% MILK		
CALORIES	1094	CALORIES	816	CALORIES	704	CALORIES	886	CALORIES	748
PROTEIN	41	PROTEIN	38	PROTEIN	33	PROTEIN	61	PROTEIN	31
FAT%	26%	FAT%	19%	FAT%	22%	FAT%	28%	FAT%	29%
SODIUM	1326	SODIUM	1060	SODIUM	639	SODIUM	1396	SODIUM	763
FIBER	15	FIBER	10	FIBER	7	FIBER	10	FIBER	7
VITAMIN A	138	VITAMIN A	319	VITAMIN A	980	VITAMIN A	151	VITAMIN A	133

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WEEK 5



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR AUGUST 9 - 13, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
AUGUST 9, 2021		AUGUST 10, 2021		AUGUST 11, 2021		AUGUST 12, 2021		AUGUST 13, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
8 OZ	WHITE BEANS WITH SAUSAGE	1 EA	BARBECUE CHICKEN	1 EA	SALISBURY STEAK W/	8 OZ	SPAGHETTI	1 EA	TUNA SALAD
4 OZ	WHITE RICE	4 OZ	BAKED BEANS	1 OZ	MUSHROOM GRAVY		W/ MEAT SAUCE		SANDWICH
4 OZ	BRUSSEL SPROUTS	4 OZ	FLAME ROASTED CORN	4 OZ	MASHED POTATOES	4 OZ	SQUASH	1 OZ	POTATO CHIPS
1 EA	CORNBREAD	1 SLI	WHEAT BREAD	4 OZ	BROCCOLI FLORETS	4 OZ	ITALIAN MIX VEG	1 EA	LETTUCE & TOMATO
1 EA	FRUIT CUP	4 OZ	BANANA PUDDING	1 SLI	WHEAT BREAD	1 EA	WHEAT ROLL	2 SLI	WHEAT BREAD
1 EA	2% MILK	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	886	CALORIES	1106	CALORIES	579	CALORIES	704	CALORIES	845
PROTEIN	39.8	PROTEIN	49	PROTEIN	35	PROTEIN	30	PROTEIN	36
FAT%	35.7%	FAT%	33%	FAT%	22%	FAT%	18%	FAT%	29%
SODIUM	1387	SODIUM	1218	SODIUM	860	SODIUM	638	SODIUM	1019
FIBER	14	FIBER	16	FIBER	7	FIBER	9	FIBER	12
VITAMIN A	171	VITAMIN A	133	VITAMIN A	159	VITAMIN A	286	VITAMIN A	169

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WEEK 7



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR AUGUST 16 - 20, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
AUGUST 16, 2021		AUGUST 17, 2021		AUGUST 18, 2021		AUGUST 19, 2021		AUGUST 20, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
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 COOKIES
1 EA	2% MILK	1 EA	LEMON SQUARES	4 OZ	APPLE COBBLER	4 OZ	DICED PEARS	1 EA	2% MILK
		1 EA	2% MILK	1 EA	2% MILK	1 PC	YELLOW CAKE		
						1 EA	2% MILK		
CALORIES	896	CALORIES	669	CALORIES	755	CALORIES	737	CALORIES	1310
PROTEIN	42	PROTEIN	39	PROTEIN	37	PROTEIN	35	PROTEIN	39
FAT%	25%	FAT%	14%	FAT%	22%	FAT%	19%	FAT%	58%
SODIUM	1303	SODIUM	459	SODIUM	529	SODIUM	672	SODIUM	1007
FIBER	17	FIBER	10	FIBER	8	FIBER	13	FIBER	11
VITAMIN A	295	VITAMIN A	181	VITAMIN A	168	VITAMIN A	660	VITAMIN A	684

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WEEK 8



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU AUGUST 23 -27, 2021 MENU

MONDAY AUGUST 23, 2021		TUESDAY AUGUST 24, 2021		WEDNESDAY AUGUST 25, 2021		THURSDAY AUGUST 26, 2021		FRIDAY AUGUST 27, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	BEEF STROGANOFF	3 OZ	SMOTHERED CHICKEN	1 EA	SWISS STEAK	8 OZ	SHRIMP ALFREDO	1 EA	TUNA SALAD
4 OZ	BUTTERED RICE	4 OZ	STEAMED RICE	4 OZ	MASHED POTATOES	4 OZ	ITALIAN GREEN		SANDWICH
4 OZ	BROCCOLI FLORETS	4 OZ	GREEN BEANS	4 OZ	LIMA BEANS		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	830	CALORIES	774	CALORIES	726	CALORIES	944	CALORIES	895
PROTEIN	38	PROTEIN	38	PROTEIN	39	PROTEIN	35	PROTEIN	34
FAT%	28%	FAT%	20%	FAT%	21%	FAT%	48%	FAT%	36%
SODIUM	900	SODIUM	960	SODIUM	782	SODIUM	1306	SODIUM	1011
FIBER	9	FIBER	7	FIBER	14	FIBER	7	FIBER	9
VITAMIN A	900	VITAMIN A	16	VITAMIN A	786	VITAMIN A	558	VITAMIN A	165

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WEEK 9



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU AUGUST 30 – SEPTEMBER 3, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
AUGUST 30, 2021		AUGUST 31, 2021		SEPTEMBER 1, 2021		SEPTEMBER 2, 2021		SEPTEMBER 3, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	WHITE BEANS & SAUSAGE	6 OZ	CHICKEN STIR FRY	2 EA	HERB BAKED CHICKEN LEG	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				
CALORIES	1047	CALORIES	729	CALORIES	975	CALORIES	709	CALORIES	885
PROTEIN	41	PROTEIN	34	PROTEIN	42	PROTEIN	32	PROTEIN	40
FAT%	41%	FAT%	16%	FAT%	27%	FAT%	18%	FAT%	27%
SODIUM	1319	SODIUM	1024	SODIUM	791	SODIUM	1022	SODIUM	1307
FIBER	17	FIBER	11	FIBER	10	FIBER	8	FIBER	13
VITAMIN A	904	VITAMIN A	247	VITAMIN A	115	VITAMIN A	450	VITAMIN A	146

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WEEK 10



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU SEPTEMBER 6 - 10, 2021 MENU

MONDAY SEPTEMBER 6, 2021		TUESDAY SEPTEMBER 7, 2021		WEDNESDAY SEPTEMBER 8, 2021		THURSDAY SEPTEMBER 9, 2021		FRIDAY SEPTEMBER 10, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
3 OZ	RIB TIPS	6 OZ	SWEET AND SOUR CHICKEN	4 OZ	GRILLADES	6 OZ	TURKEY POT ROAST	1 EA	CHICKEN SALAD SANDWICH
1 OZ	W/BARBEQUE SAUCE	4 OZ	FRIED RICE	4 OZ	BROWN RICE	4 OZ	MASHED POTATOES	1 OZ	POTATO CHIPS
4 OZ	BAKED BEANS	4 OZ	ORIENTAL VEGETABLES	4 OZ	GREEN BEANS W/PEARL ONIONS	4 OZ	GREEN PEAS	1 EA	LETTUCE & TOMATO
4 OZ	CHUCKWAGON CORN	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 COOKIES	1 EA	BROWNIE
1 PC	LEMON CAKE	1 EA	2% MILK	1 PC	YELLOW CAKE	1 EA	2% MILK	1 EA	2% MILK
1 EA	2% MILK			1 EA	2% MILK				
CALORIES	1094	CALORIES	816	CALORIES	704	CALORIES	886	CALORIES	748
PROTEIN	41	PROTEIN	38	PROTEIN	33	PROTEIN	61	PROTEIN	31
FAT%	26%	FAT%	19%	FAT%	22%	FAT%	28%	FAT%	29%
SODIUM	1326	SODIUM	1360	SODIUM	639	SODIUM	1096	SODIUM	763
FIBER	15	FIBER	10	FIBER	7	FIBER	10	FIBER	7
VITAMIN A	138	VITAMIN A	319	VITAMIN A	980	VITAMIN A	151	VITAMIN A	133

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WEEK 11



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR SEPTEMBER 13 - 17, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SEPTEMBER 13, 2021		SEPTEMBER 14, 2021		SEPTEMBER 15, 2021		SEPTEMBER 16, 2021		SEPTEMBER 17, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
8 OZ	WHITE BEANS WITH SAUSAGE	1 EA	BARBECUE CHICKEN	1 EA	SALISBURY STEAK W/	8 OZ	SPAGHETTI	1 EA	TUNA SALAD
4 OZ	WHITE RICE	4 OZ	BAKED BEANS	1 OZ	MUSHROOM GRAVY		W/ MEAT SAUCE		SANDWICH
4 OZ	BRUSSEL SPROUTS	4 OZ	FLAME ROASTED CORN	4 OZ	MASHED POTATOES	4 OZ	SQUASH	1 OZ	POTATO CHIPS
1 EA	CORNBREAD	1 SLI	WHEAT BREAD	4 OZ	BROCCOLI FLORETS	4 OZ	ITALIAN MIX VEG	1 EA	LETTUCE & TOMATO
1 EA	FRUIT CUP	4 OZ	BANANA PUDDING	1 SLI	WHEAT BREAD	1 EA	WHEAT ROLL	2 SLI	WHEAT BREAD
1 EA	2% MILK	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	886	CALORIES	1106	CALORIES	579	CALORIES	704	CALORIES	845
PROTEIN	39.8	PROTEIN	49	PROTEIN	35	PROTEIN	30	PROTEIN	36
FAT%	35.7%	FAT%	33%	FAT%	22%	FAT%	18%	FAT%	29%
SODIUM	1387	SODIUM	1218	SODIUM	860	SODIUM	638	SODIUM	1019
FIBER	14	FIBER	16	FIBER	7	FIBER	9	FIBER	12
VITAMIN A	171	VITAMIN A	133	VITAMIN A	159	VITAMIN A	286	VITAMIN A	169

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WEEK 12



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR SEPTEMBER 20 - 24, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SEPTEMBER 20, 2021		SEPTEMBER 21, 2021		SEPTEMBER 22, 2021		SEPTEMBER 23, 2021		SEPTEMBER 24, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
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 COOKIES
1 EA	2% MILK	1 EA	LEMON SQUARES	4 OZ	2% MILK	4 OZ	DICED PEARS	1 EA	2% MILK
		1 EA	2% MILK	1 EA	2% MILK	1 PC	YELLOW CAKE		
						1 EA	2% MILK		
CALORIES	896	CALORIES	669	CALORIES	755	CALORIES	737	CALORIES	1310
PROTEIN	42	PROTEIN	39	PROTEIN	37	PROTEIN	35	PROTEIN	39
FAT%	25%	FAT%	14%	FAT%	22%	FAT%	19%	FAT%	58%
SODIUM	1303	SODIUM	459	SODIUM	529	SODIUM	672	SODIUM	1007
FIBER	17	FIBER	10	FIBER	8	FIBER	13	FIBER	11
VITAMIN A	295	VITAMIN A	181	VITAMIN A	168	VITAMIN A	660	VITAMIN A	684

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WEEK 13



EBRCOA CONGREGATE NUTRITIONAL INFORMATION FOR MENU SEPTEMBER 27 – OCTOBER 1, 2021 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SEPTEMBER 27, 2021		SEPTEMBER 28, 2021		SEPTEMBER 29, 2021		SEPTEMBER 30, 2021		OCTOBER 1, 2021	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
6 OZ	BEEF STROGANOFF	3 OZ	SMOTHERED CHICKEN	1 EA	SWISS STEAK	8 OZ	SHRIMP ALFREDO	1 EA	TUNA SALAD
4 OZ	BUTTERED RICE	4 OZ	STEAMED RICE	4 OZ	MASHED POTATOES	4 OZ	ITALIAN GREEN		SANDWICH
4 OZ	BROCCOLI FLORETS	4 OZ	GREEN BEANS	4 OZ	LIMA BEANS		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	830	CALORIES	774	CALORIES	726	CALORIES	944	CALORIES	895
PROTEIN	38	PROTEIN	38	PROTEIN	39	PROTEIN	35	PROTEIN	34
FAT%	28%	FAT%	20%	FAT%	21%	FAT%	48%	FAT%	36%
SODIUM	900	SODIUM	960	SODIUM	782	SODIUM	1206	SODIUM	1011
FIBER	9	FIBER	7	FIBER	14	FIBER	7	FIBER	9
VITAMIN A	900	VITAMIN A	16	VITAMIN A	786	VITAMIN A	558	VITAMIN A	165

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