

EBRCOA CONGREGATE NUTRITIONAL INFORMATION

March 30 - April 3 Congregate Menu



Monday, March 30, 2026		Tuesday, March 31, 2026		Wednesday, April 1, 2026		Thursday, April 2, 2026		Friday, April 3, 2026	
6oz Sausage and Chicken Jambalya 4 oz White Beans 4 oz Parslied Carrots 1 Slice Wheat Bread 1 Slice Lemon Cake 1 Each 2% Milk		1 Each Grilled Chicken Salad w/Dressing 4 Each Crackers 2 Each Cookies 1 Each 2% Milk		3 oz Baked Pork Chop 4 oz Mashed Sweet Potatoes 4 oz Green Beans 1 Slice Wheat Roll 4 oz Apple Cobbler 1 Each 2% Milk		3 oz Fried Fish 4 oz Potato Salad 4 oz Green Peas 2 Each Hushpuppies 1 Piece Lemon Pie 1 Each 2% Milk		GOOD FRIDAY	
Calories	897	Calories	724	Calories	676	Calories	875		
Protein	41	Protein	41	Protein	43	Protein	39		
Fat	25%	Fat	38%	Fat	18%	Fat	39%		
Sodium	1513	Sodium	1532	Sodium	453	Sodium	789		
Fiber	17	Fiber	4	Fiber	9	Fiber	10		
Vitamin A	587	Vitamin A	352	Vitamin A	113	Vitamin A	743		

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EBRCOA CONGREGATE NUTRITIONAL INFORMATION

April 6 - 10 Congregate Menu



Monday, April 6, 2026		Tuesday, April 7, 2026		Wednesday, April 8, 2026		Thursday, April 9, 2026		Friday, April 10, 2026	
3 oz Chicken Alfredo 4 oz Italian Green Beans 4 oz Green Salad 1 Slice Garlic Bread 4 oz Baked Apples 1 Each 2% Milk		3 oz Baked Chicken w/Gravy 4 oz Rice 4 oz Mixed Vegetables 1 Slice Wheat Roll 1 Each Fresh Fruit 1 Each 2% Milk		1 Each Chef Salad w/Dressing 4 Each Crackers 4 oz Fresh Fruit 2 Each Peanut Butter Cookies 1 Each 2% Milk		6 oz Red Beans w/Sausage 4 oz Brown Rice 4 oz Collard Greens 1 Each Combread Muffin 4 oz Sliced Peaches 1 Piece Strawberry Cake 1 Each 2% Milk		1 Each Ham Sandwich on Wheat Bread 4 oz Lettuce and Tomato 4 oz Chips 4 oz Tropical Fruit 2 Each Cookies 1 Each 2% Milk	
Calories	774	Calories	474	Calories	755	Calories	1058	Calories	623
Protein	33	Protein	26	Protein	32	Protein	37	Protein	24
Fat	26%	Fat	6%	Fat	36%	Fat	48%	Fat	13%
Sodium	1239	Sodium	425	Sodium	736	Sodium	315	Sodium	921
Fiber	9	Fiber	8	Fiber	6	Fiber	16	Fiber	9
Vitamin A	741	Vitamin A	647	Vitamin A	574	Vitamin A	877	Vitamin A	616

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EBRCOA CONGREGATE NUTRITIONAL INFORMATION

April 13 - 17

Congregate Menu



Monday, April 13, 2026		Tuesday, April 14, 2026		Wednesday, April 15, 2026		Thursday, April 16, 2026		Friday, April 17, 2026	
3 oz Pork Cubes 4 oz Smothered Potatoes w/Gravy 4 oz Rice 4 oz Green Beans 1 Each Apple Crisp 1 Each 2% Milk		4 oz Barbecue Chicken 4 oz Baked Beans 4 oz Coleslaw 1 Slice Wheat Bread 4 oz Gelatin 1 Each 2% Milk		8 oz Cobb Salad w/ Dressing 4 oz Corn Salad 1 Each Breakstick 4 oz Four Layer Delight 1 Each 2% Milk		1 Each Hamburger Steak Gravy w/Onions & Peppers 4 oz Brown Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Piece Yellow Cake 1 Each 2% Milk		1 Each Turkey Sandwich 4 oz Baked Chips 4 oz Lettuce / Tomato 2 Each Cookies 1 Each Fruit 1 Each 2% Milk	
Calories	793	Calories	682	Calories	1177	Calories	671	Calories	884
Protein	34	Protein	38	Protein	44	Protein	34	Protein	34
Fat	34%	Fat	15%	Fat	72%	Fat	19%	Fat	29%
Sodium	408	Sodium	1570	Sodium	1739	Sodium	687	Sodium	1564
Fiber	6	Fiber	13	Fiber	7	Fiber	10	Fiber	10
Vitamin A	465	Vitamin A	432	Vitamin A	446	Vitamin A	595	Vitamin A	152

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EBRCOA CONGREGATE NUTRITIONAL INFORMATION

**April 20 - 24
Congregate Menu**



Monday, April 20, 2026		Tuesday, April 21, 2026		Wednesday, April 22, 2026		Thursday, April 23, 2026		Friday, April 24, 2026	
6 oz Red Beans and Sausage 4 oz Brown Rice 4 oz Collard Greens 1 Each Cornbread 1 Each Apple Crisp 1 Each 2% Milk		2 Each Tacos 4 oz Lettuce, Cheese 4 oz Mexican Corn 4 oz Spanish Rice 2 Each Cookies 1 Each 2% Milk		3 oz. Herbed Chicken 4 oz. Macaroni and Cheese 4 oz. Coleslaw 1 Slice Wheat Bread 1 Each Fresh Fruit 4 oz. Gelatin 1 Each 2% Milk		1 Each Teriyaki Chicken 4 oz. Fried Rice 4 oz. Mixed Vegetables 1 Slice Wheat Bread 1 Each Peach Crisp 1 Each 2% Milk		1 Each Cheeseburger 4 oz. Roasted Potato Fries 4 oz. Pasta Salad 1 Each Lettuce / Tomato 1 Each Wheat Bun 1 Each Brownie 1 Each 2% Milk	
Calories	740	Calories	869	Calories	742	Calories	665	Calories	8000
Protein	32	Protein	27	Protein	42	Protein	39	Protein	35
Fat	27%	Fat	35%	Fat	16%	Fat	13%	Fat	31%
Sodium	1162	Sodium	721	Sodium	888	Sodium	1122	Sodium	958
Fiber	15	Fiber	7	Fiber	10	Fiber	9	Fiber	28
Vitamin A	903	Vitamin A	839	Vitamin A	370	Vitamin A	860	Vitamin A	407

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EBR COA CONGREGATE NUTRITIONAL INFORMATION

**April 27 - May 1
Congregate Menu**



Monday, April 27, 2026		Tuesday, April 28, 2026		Wednesday, April 29, 2026		Thursday, April 30, 2026		Friday, May 1, 2026	
4 oz Spaghetti 4 oz Corn 4 oz Tossed Salad 1 Slice Garlic Bread 4 oz Applesauce 1 Piece Yellow Cake 1 Each 2% Milk		1 Each Chicken Chef Salad w/Dressing 4 Each Crackers 1 Each Fruit 1 Each Brownie 1 Each 2% Milk		1 Each Bourbon Chicken Thighs 4 oz Scalloped Potatoes 4 oz California Blend Vegetables 1 Slice Wheat Bread 1 Each Peach Crisp 1 Each 2% Milk		6 oz Blackeyed Peas w/Ham 4 oz Brown Rice 4 oz Collard Greens 1 Each Combread Muffin 1 Each Fruit 1 Each 2% Milk		1 Each Smoked Sausage PoBoy 4 oz Coleslaw 4 oz Lettuce / Tomatoes 2 Each Peanut Butter Cookies 1 Each Fruit 1 Each 2% Milk	
Calories	642	Calories	623	Calories	801	Calories	717	Calories	1005
Protein	22	Protein	27	Protein	45	Protein	40	Protein	32
Fat	11%	Fat	30%	Fat	20%	Fat	25%	Fat	39%
Sodium	489	Sodium	1190	Sodium	2202	Sodium	1844	Sodium	1476
Fiber	8	Fiber	6	Fiber	8	Fiber	12	Fiber	10
Vitamin A	724	Vitamin A	867	Vitamin A	435	Vitamin A	905	Vitamin A	907

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EBRCOA CONGREGATE NUTRITIONAL INFORMATION

May 4 - May 8 Congregate Menu



Monday, May 4, 2026		Tuesday, May 5, 2026		Wednesday, May 6, 2026		Thursday, May 7, 2026		Friday, May 8, 2026	
8 oz Field Peas w/Smoked Turkey Sausage 4 oz Brown Rice 4 oz Turnip Greens 1 Each Cornbread Muffin 4 oz Gelatin w/Fruit Cocktail 1 Each 2% Milk		1 Each Chicken Taco 4 oz Spanish Rice 4 oz. Refried Beans 4 oz Fruit Cocktail 1 Each Blonde Brownie 1 Each 2% Milk		3 oz. Pork Cubes 4 oz Mashed Potatoes 4 oz Broccoli Florets 1 Slice Wheat Bread 1 Each Rice Krispy Treat 1 Each 2% Milk		1 Each Baked Turkey Wing 4 oz Macaroni and Cheese 4 oz Green Peas 1 Slice Wheat Bread 4 oz Banana Pudding 1 Each 2% Milk		2 Each Hot Dogs w/Chili and Cheese 1 oz Tator Tots 4 oz Coleslaw 1 Each Fresh Fruit 1 Piece Lemon Cake 1 Each 2% Milk	
Calories	743	Calories	866	Calories	617	Calories	770	Calories	1214
Protein	40	Protein	38	Protein	38	Protein	49	Protein	49
Fat	24%	Fat	32%	Fat	24%	Fat	15%	Fat	41%
Sodium	1631	Sodium	1208	Sodium	767	Sodium	1235	Sodium	2199
Fiber	10	Fiber	10	Fiber	7	Fiber	11	Fiber	12
Vitamin A	898	Vitamin A	614	Vitamin A	500	Vitamin A	118	Vitamin A	222

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EBRCOA CONGREGATE NUTRITIONAL INFORMATION

May 11 - 15

Congregate Menu



Monday, May 11, 2026		Tuesday, May 12, 2026		Wednesday, May 13, 2026		Thursday, May 14, 2026		Friday, May 15, 2026	
6 oz Sausage Chicken Jambalaya 4 oz White Beans 4 oz Parslied Carrots 1 Slice Wheat Bread 1 Slice Lemon Cake 1 Each 2% Milk		1 Each Meatloaf w/Gravy, Peppers and Onions 4 oz Brown Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread 4 oz Diced Pears 1 Each 2% Milk		1 Each Baked Pork Chop 4 oz Smothered Potatoes 4 oz Green Beans 1 Slice Wheat Roll 4 oz Apple Cobbler 1 Each 2% Milk		3 oz Jerk Chicken 4 oz Cabbage 4 oz Macaroni and Cheese 1 Slice Combread 2 Each Sugar Cookie 1 Each 2% Milk		1 Each Turkey Sub Sandwich 4 oz Lettuce / Tomatoes 1 oz Chips 4 oz Tomato & Cucumber Salad 4 oz Peaches 1 Each 2% Milk	
Calories	687	Calories	679	Calories	777	Calories	766	Calories	629
Protein	37	Protein	35	Protein	48	Protein	36	Protein	27
Fat	12%	Fat	20%	Fat	25%	Fat	22%	Fat	26%
Sodium	866	Sodium	873	Sodium	853	Sodium	1240	Sodium	1263
Fiber	15	Fiber	11	Fiber	8	Fiber	7	Fiber	7
Vitamin A	908	Vitamin A	656	Vitamin A	704	Vitamin A	912	Vitamin A	778

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EBRCOA CONGREGATE NUTRITIONAL INFORMATION

May 18 - May 22
Congregate Menu



Monday, May 18, 2026	Tuesday, May 19, 2026	Wednesday, May 20, 2026	Thursday, May 21, 2026	Friday, May 22, 2026
8 oz. Chicken Alfredo 4 oz Italian Green Beans 1 Slice Garlic Bread 4 oz Baked Apples 1 Each 2% Milk	3 oz Baked Chicken 4 oz Brown Rice Pilaf 4 oz Vegetable Medley 1 Each Wheat Roll 4 oz Fruit Cocktail 2 Each Sugar Cookies 1 Each 2% Milk	1 Each Chef Salad 4 oz Roasted Potatoes 4 Each Crackers 1 Each Fresh Fruit 2 Each Peanut Butter Cookies 1 Each 2% Milk	6 oz Red Beans w/Sausage 4 oz Brown Rice 4 oz Greens 1 Slice Wheat Bread 4 oz Sliced Peaches 1 Piece Strawberry Cake 1 Each 2% Milk	3 oz Chicken Salad 1 oz Baked Chips 1 Each Lettuce/Tomato 1 Each Fresh Fruit 4 oz Banana Pudding 1 Each 2% Milk
Calories 723 Protein 32 Fat 26% Sodium 1419 Fiber 6 Vitamin A 943	Calories 762 Protein 29 Fat 20% Sodium 1566 Fiber 9 Vitamin A 509	Calories 935 Protein 34 Fat 49% Sodium 1639 Fiber 6 Vitamin A 853	Calories 886 Protein 37 Fat 31% Sodium 1301 Fiber 16 Vitamin A 805	Calories 784 Protein 34 Fat 23% Sodium 850 Fiber 7 Vitamin A 358

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EBRCOA CONGREGATE NUTRITIONAL INFORMATION

May 25 - May 29

Congregate Menu



Monday, May 25, 2026	Tuesday, May 26, 2026	Wednesday, May 27, 2026	Thursday, May 28, 2026	Friday, May 29, 2026
MEMORIAL DAY	1 Each Pork Chop Sandwich 4 oz Potato Wedges 4 oz Side Salad 1 Each Fruit 1 Each 2% Milk	4 oz Red Beans w/Rice 4 oz Greens 1 Slice Cornbread 4 oz Fruit 1 Each 2% Milk	8 oz Spaghetti and Meatballs 4 oz Italian Mix Vegetables 1 Each Italian Breadstick 1 Piece Gingerbread Cake 1 Each 2% Milk	1 Each Ham Sandwich 1 oz Potato Chips 4 oz Lettuce / Tomato 2 Slices Wheat Bread 1 Each Fresh Fruit Cup 1 Each Blonde Brownie 1 Each 2% Milk
	Calories 599 Protein 38 Fat 17% Sodium 1020 Fiber 6 Vitamin A 785	Calories 573 Protein 25 Fat 13% Sodium 1230 Fiber 17 Vitamin A 133	Calories 902 Protein 43 Fat 32% Sodium 1093 Fiber 6 Vitamin A 153	Calories 830 Protein 31 Fat 29% Sodium 1213 Fiber 8 Vitamin A 552

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EBRCOA CONGREGATE NUTRITIONAL INFORMATION

June 1 - June 5 Congregate Menu



Monday, June 1, 2026	Tuesday, June 2, 2026	Wednesday, June 3, 2026	Thursday, June 4, 2026	Friday, June 5, 2026
4 oz Beef Sausage 1 oz Peppers and Onions 4 oz Pinto Beans 4 oz Rice 1 Slice Wheat Roll 2 Each Peanut Butter Cookies 1 Each 2% Milk	1 Each Taco 4 oz Spanish Rice 4 oz Mexican Corn 1 Each Peach Crisp 1 Each 2% Milk	1 Each BBQ Pork Chop 4 oz Spaghetti w/ Cheese 4 oz Coleslaw 1 Slice Wheat Bread 1 Each Fruit 4 oz. Gelatin 1 Each 2% Milk	6 oz White Beans w/Sausage 4 oz Brown Rice 4 oz Collard Greens 1 Each Combread 1 Each Apple Crisp 1 Each 2% Milk	1 Each Cheeseburger 4 oz Roasted Potato Fries 4 oz Broccoli 1 Each Lettuce/Tomato 1 Each Wheat Bun 1 Each Fresh Fruit 1 Each Brownie 1 Each 2% Milk
Calories 1011 Protein 41 Fat 48% Sodium 2248 Fiber 10 Vitamin A 858	Calories 721 Protein 31 Fat 24% Sodium 1258 Fiber 10 Vitamin A 421	Calories 915 Protein 46 Fat 24% Sodium 1127 Fiber 11 Vitamin A 824	Calories 823 Protein 42 Fat 30% Sodium 1522 Fiber 14 Vitamin A 217	Calories 838 Protein 41 Fat 30% Sodium 1185 Fiber 12 Vitamin A 282

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EBRCOA CONGREGATE NUTRITIONAL INFORMATION

June 8 - June 12
Congregate Menu



Monday, June 8, 2026		Tuesday, June 9, 2026		Wednesday, June 10, 2026		Thursday, June 11, 2026		Friday, June 12, 2026	
4 oz Red Beans w/Sausage 4 oz Brown Rice 4 oz Collard Greens 1 Each Cornbread 1 Each Fresh Fruit 1 Each 2% Milk		1 Each Oven Roasted Chicken 4 oz Baked Potatoes 4 oz California Blend Vegetables 4 oz Peach Crisp 1 Each 2% Milk		1 Each Salisbury Steak 4 oz Mashed Potatoes 4 oz Green Beans w/Pearl Onions 1 Each Wheat Roll 4 oz Applesauce 1 Piece Yellow Cake 1 Each 2% Milk		8 oz Spaghetti w/Meat Sauce 4 oz Italian Mixed Vegetables 4 oz Tossed Salad 1 Each Wheat Roll 1 Piece Chocolate Cake 1 Each 2% Milk		1 Each Sloppy Joes w/ Cheese 4 oz Tator Tots 4 oz Coleslaw 1 Each Wheat Bun 4 oz Fruit Cocktail 1 Each Blonde Brownie 1 Each 2% Milk	
Calories	783	Calories	831	Calories	698	Calories	832	Calories	1043
Protein	32	Protein	42	Protein	33	Protein	34	Protein	38
Fat	35%	Fat	32%	Fat	27%	Fat	30%	Fat	44%
Sodium	1044	Sodium	857	Sodium	948	Sodium	715	Sodium	1815
Fiber	15	Fiber	10	Fiber	8	Fiber	11	Fiber	12
Vitamin A	902	Vitamin A	135	Vitamin A	100	Vitamin A	945	Vitamin A	461

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EBRCOA CONGREGATE NUTRITIONAL INFORMATION

June 15 - 19 Congregate Menu



Monday, June 15, 2026	Tuesday, June 16, 2026	Wednesday, June 17, 2026	Thursday, June 18, 2026	Friday, June 19, 2026
6 oz White Beans w/Smoked Turkey Sausage 4 oz Brown Rice 4 oz Turnip Greens 1 Each Combread 4 oz Gelatin w/Fruit Cocktail 1 Each 2% Milk	1 Each Taco 4 oz. Spanish Rice 4 oz Mexican Corn 4 oz Fruit Cocktail 1 Each Blonde Brownie 1 Each 2% Milk	1 Each Meatloaf 4 oz Mashed Potatoes 4 oz Corn 1 Slice Wheat Bread 1 Each Rice Krispy Treat 1 Each 2% Milk	3 oz Herb Roasted Chicken 4 oz Macaroni and Cheese 4 oz Broccoli 1 Slice Wheat Bread 4 oz Banana Pudding 1 Each 2% Milk	1 Each Chicken Sandwich 4 oz Potato Wedges 4 oz Lettuce & Tomatoes 4 oz Carrots 1 oz. Ranch 1 Each Wheat Bun 1 Each Fresh Fruit 1 Each 2% Milk
Calories 833 Protein 43 Fat 27% Sodium 1498 Fiber 12 Vitamin A 863	Calories 774 Protein 29 Fat 29% Sodium 1001 Fiber 8 Vitamin A 638	Calories 565 Protein 33 Fat 19% Sodium 785 Fiber 5 Vitamin A 861	Calories 723 Protein 45 Fat 13% Sodium 888 Fiber 7 Vitamin A 724	Calories 891 Protein 37 Fat 35% Sodium 1688 Fiber 9 Vitamin A 430

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