

EBR/COA FROZEN NUTRITIONAL INFORMATION
March 30 - April 5
Meals on Wheels Menu



Monday, March 30, 2026	Tuesday, March 31, 2026	Wednesday, April 1, 2026	Thursday, April 2, 2026	Friday, April 3, 2026	Saturday, April 4, 2026	Sunday, April 5, 2026
6 oz Sausage and Chicken Jambalaya 4 oz White Beans 4 oz Paralled Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Bourbon Chicken 4 oz Wild Rice 4 oz Brussel Sprouts 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Smothered Pork Chop 4 oz Mashed Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Hamburger Steak 1 oz Gravy w/Onions and Peppers 4 oz Brown Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	4 oz Shrimp Creole 4 oz Rice 4 oz Chuckwagon Corn 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each 2% Milk	1 Each Lemon Pepper Chicken Breast 4 oz Roasted New Potatoes 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each 2% Milk	3 oz Hamburger Steak w/Gravy 4 oz Roasted Potatoes 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each 2% Milk
Calories 857 Protein 78 Fat 58% Sodium 972 Fiber 16 Vitamin A 444	Calories 776 Protein 80 Fat 15% Sodium 2118 Fiber 7 Vitamin A 416	Calories 721 Protein 42 Fat 27% Sodium 837 Fiber 7 Vitamin A 357	Calories 723 Protein 34 Fat 25% Sodium 553 Fiber 13 Vitamin A 453	Calories 648 Protein 36 Fat 18% Sodium 732 Fiber 12 Vitamin A 857	Calories 460 Protein 36 Fat 5% Sodium 336 Fiber 6 Vitamin A 225	Calories 683 Protein 39 Fat 24% Sodium 867 Fiber 9 Vitamin A 206

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 *Menu items subject to change due to availability.



EBR COA FROZEN NUTRITIONAL INFORMATION

April 6 - 12

Meals on Wheels Menu

Monday, April 6, 2026		Tuesday, April 7, 2026		Wednesday, April 8, 2026		Thursday, April 9, 2026		Friday, April 10, 2026		Satu
4 oz Sausage and Red Beans 4 oz Brown Rice 4 oz Broccoli Florettes 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz Jerk Chicken 4 oz Rice 4 oz Peas 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		1 Each Swiss Steak 1 oz Mushrooms 4 oz Mashed Potatoes 1 oz Brown Gravy 4 oz California Mix Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		8 oz Meatballs w/Spaghetti 4 oz Italian Green Beans 4 oz Corn 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		1 Each Pork Chop 4 oz Peas 4 oz Diced Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		6 oz 4 oz 4 oz 1 Slice 1 Each
Calories	681	Calories	781	Calories	871	Calories	799	Calories	1083	Calories
Protein	26	Protein	26	Protein	37	Protein	37	Protein	43	Protein
Fat	4%	Fat	13%	Fat	32%	Fat	20%	Fat	24%	Fat
Sodium	440	Sodium	668	Sodium	852	Sodium	409	Sodium	1339	Sodium
Fiber	14	Fiber	6	Fiber	13	Fiber	13	Fiber	18	Fiber
Vitamin A	431	Vitamin A	212	Vitamin A	490	Vitamin A	204	Vitamin A	149	Vitamin

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EBRCOA FROZEN NUTRITIONAL INFORMATION

April 13 - 19

Meals on Wheels Menu



Monday, April 13, 2026	Tuesday, April 14, 2026	Wednesday, April 15, 2026	Thursday, April 16, 2026	Friday, April 17, 2026	Saturday, April 18, 2026	Sunday, April 19, 2026
3 oz Grilled Chicken 4 oz Wild Rice 4 oz Whole Green Beans 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Hamburger Steak w/Gravy 4 oz Rice 4 oz Squash 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	4 oz Smoked Sausage 4 oz White Beans 4 oz Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	4 oz BBQ Pulled Pork 4 oz Baked Beans 4 oz Potato Salad 1 Slice Wheat Bread 1 Piece Lemon Pie 1 Each 2% Milk	3 oz Baked Fish w/ Tomatoes/Onions 4 oz Lima Beans 4 oz Brown Rice 1 Each Fresh Fruit Cup 1 Each Blonde Brownie 1 Each 2% Milk	1 Each Teriyaki Baked Chicken Leg 4 oz Stir Fry Rice 4 oz Brussel Sprouts 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Bourbon Chicken 4 oz Roasted New Potatoes 4 oz Field Peas w/Snaps 1 Slice Wheat Bread 1 Each 2% Milk
Calories 698 Protein 40 Fat 19% Sodium 1109 Fiber 6 Vitamin A 260	Calories 790 Protein 33 Fat 24% Sodium 931 Fiber 10 Vitamin A 473	Calories 788 Protein 38 Fat 25% Sodium 1046 Fiber 13 Vitamin A 632	Calories 923 Protein 28 Fat 32% Sodium 1280 Fiber 12 Vitamin A 101	Calories 678 Protein 23 Fat 15% Sodium 751 Fiber 9 Vitamin A 505	Calories 751 Protein 28 Fat 9% Sodium 707 Fiber 8 Vitamin A 347	Calories 647 Protein 40 Fat 25% Sodium 941 Fiber 10 Vitamin A 355

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EBRCOA FROZEN NUTRITIONAL INFORMATION

April 20 - 26

Meals on Wheels Menu



Monday, April 20, 2026	Tuesday, April 21, 2026	Wednesday, April 22, 2026	Thursday, April 23, 2026	Friday, April 24, 2026	Saturday, April 25, 2026	Sunday, April 26, 2026
8 oz White Beans and Ham 4 oz Brown Rice 4 oz Collard Greens 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Sausage 4 oz Steamed Rice 4 oz Stewed Okra and Tomatoes 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Teriyaki Baked Chicken 4 oz Fried Brown Rice 4 oz Copper Penny Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Barbecue Pork 4 oz New Potatoes 4 oz Capri Mixed Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	8 oz Pork Stir Fry 4 oz Broccoli 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Baked Chicken 1 oz Gravy 4 oz Rice 4 oz Seasoned Broccoli 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each 2% Milk	1 Each Rosemary Pork Loim 4 oz Brown Rice 4 oz Creamed Spinach 1 Slice Wheat Bread 1 Each 2% Milk
Calories 751 Protein 50 Fat 16% Sodium 1349 Fiber 14 Vitamin A 812	Calories 808 Protein 38 Fat 22% Sodium 1031 Fiber 15 Vitamin A 716	Calories 835 Protein 41 Fat 25% Sodium 115 Fiber 11 Vitamin A 475	Calories 661 Protein 35 Fat 27% Sodium 1026 Fiber 15 Vitamin A 641	Calories 838 Protein 35 Fat 27% Sodium 1056 Fiber 15 Vitamin A 641	Calories 523 Protein 41 Fat 6% Sodium 1054 Fiber 6 Vitamin A 463	Calories 766 Protein 43 Fat 6% Sodium 436 Fiber 7 Vitamin A 519

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EBR COA FROZEN NUTRITIONAL INFORMATION

April 27 - May 3

Meals on Wheels Menu



Monday, April 27, 2026	Tuesday, April 28, 2026	Wednesday, April 29, 2026	Thursday, April 30, 2026	Friday, May 1, 2026	Saturday, May 2, 2026	Sunday, May 3, 2026
4 oz Beef Sausage 4 oz Pinto Beans 4 oz Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Chicken Breast 1 oz w/Orange Glaze 4 oz Scalloped Potatoes 4 oz Oriental Blend 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	6 oz Chili w/Beans 4 oz Brown Rice 4 oz Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	6 oz Sausage Chicken Jambayala 4 oz White Beans 4 oz Carrots 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Grilled Chicken 4 oz Penne Pasta w/Parsley 4 oz Vegetable Blend 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Hamburger Steak w/ Red Gravy 4 oz Rice 4 oz Broccoli 4 oz Corn 1 Slice Wheat Bread 1 Each 2% Milk	8 oz Sausage and Red Beans 4 oz Cabbage 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk
Calories 1096 Protein 42 Fat 44% Sodium 1954 Fiber 15 Vitamin A 105	Calories 678 Protein 41 Fat 18% Sodium 909 Fiber 11 Vitamin A 292	Calories 721 Protein 35 Fat 18% Sodium 902 Fiber 16 Vitamin A 347	Calories 826 Protein 46 Fat 23% Sodium 1165 Fiber 18 Vitamin A 999	Calories 684 Protein 36 Fat 16% Sodium 661 Fiber 9 Vitamin A 337	Calories 719 Protein 34 Fat 17% Sodium 649 Fiber 9 Vitamin A 796	Calories 699 Protein 33 Fat 17% Sodium 446 Fiber 7 Vitamin A 580

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EBRCOA FROZEN NUTRITIONAL INFORMATION

May 4 - 10 Meals on Wheels Menu



Monday, May 4, 2026		Tuesday, May 5, 2026		Wednesday, May 6, 2026		Thursday, May 7, 2026		Friday, May 8, 2026		Saturday, May 9, 2026		Sunday, May 10, 2026	
4 oz Pork Rib Tips 4 oz Sweet Potatoes 4 oz Mustard Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		1 Each Herb Roasted Chicken 4 oz Macaroni and Cheese 4 oz Flame Roasted Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		3 oz BBQ Pulled Pork 4 oz Macaroni and Cheese 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk		8 oz Chicken Pasta 4 oz Italian Vegetables 4 oz Broccoli Cuts 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		1 Each Bourbon Chicken 4 oz Dirty Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		1 Each Salisbury Steak 1 oz w/Mustroom Gravy 4 oz Mashed Potatoes 4 oz Broccoli Florets 1 Slice Wheat Bread 1 Each 2% Milk		1 Each Braised Boneless Thigh 4 oz Scalloped Potatoes 4 oz Field Peas w/Snaps 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	909	Calories	1101	Calories	681	Calories	718	Calories	664	Calories	649	Calories	693
Protein	42	Protein	46	Protein	40	Protein	31	Protein	49	Protein	35	Protein	40
Fat	25%	Fat	26%	Fat	23%	Fat	20%	Fat	14%	Fat	22%	Fat	24%
Sodium	1656	Sodium	1209	Sodium	901	Sodium	492	Sodium	951	Sodium	685	Sodium	854
Fiber	17	Fiber	13	Fiber	10	Fiber	9	Fiber	8	Fiber	10	Fiber	7
Vitamin A	340	Vitamin A	682	Vitamin A	915	Vitamin A	514	Vitamin A	905	Vitamin A	672	Vitamin A	587

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EBR COA FROZEN NUTRITIONAL INFORMATION
May 11 - 17
Meals on Wheels Menu



Monday, May 11, 2026	Tuesday, May 12, 2026	Wednesday, May 13, 2026	Thursday, May 14, 2026	Friday, May 15, 2026	Saturday, May 16, 2026	Sunday, May 17, 2026
6 oz. Sausage Chicken Jambalaya 4 oz White Beans 4 oz Parsled Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Baked Chicken 4 oz. Field Peas and Okra 4 oz Brussel Sprouts 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Hamburger Steak 4 oz. Mashed Potatoes 4 oz. Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Smothered Pork Chop 4 oz. Mashed Potatoes 4 oz. Green Beans 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	6 oz. Spaghetti w/Meatsauce 4 oz. Mixed Vegetables 4 oz. Corn 1 Slice Wheat Bread 1 Each 2% Milk	4 oz. Lemon Pepper Chicken Breast 4 oz. Scalloped Potatoes 4 oz. Italian Green Beans 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	6 oz. Spaghetti w/ Meatsauce 4 oz. Mixed Vegetables 4 oz. Cauliflower 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk
Calories 800 Protein 42 Fat 25% Sodium 1276 Fiber 17 Vitamin A 444	Calories 675 Protein 29 Fat 7% Sodium 324 Fiber 10 Vitamin A 501	Calories 641 Protein 39 Fat 10% Sodium 465 Fiber 7 Vitamin A 357	Calories 675 Protein 31 Fat 21% Sodium 681 Fiber 11 Vitamin A 437	Calories 648 Protein 36 Fat 16% Sodium 732 Fiber 12 Vitamin A 857	Calories 680 Protein 36 Fat 5% Sodium 306 Fiber 6 Vitamin A 548	Calories 653 Protein 47 Fat 6% Sodium 685 Fiber 14 Vitamin A 880

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EBR/COA FROZEN NUTRITIONAL INFORMATION
May 18 - 24,
Meals on Wheels Menu



Monday, May 18, 2026	Tuesday, May 19, 2026	Wednesday, May 20, 2026	Thursday, May 21, 2026	Friday, May 22, 2026	Saturday, May 23, 2026	Sunday, May 24, 2026
4 oz Smoked Sausage 4 oz Lima Beans 4 oz Brown Rice 4 oz Greens 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	6 oz Smoked Turkey 4 oz Pinto Beans 4 oz Rice 4 oz Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Hamburger Steak 4 oz Mashed Potatoes 4 oz California Mix Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	8 oz Chicken Spaghetti 4 oz Italian Green Beans 4 oz Corn 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	4 oz Barbecue Pork Chops 4 oz Baked Beans 4 oz Cheesy Cauliflower 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Baked Chicken 4 oz Mashed Sweet Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Parmesan Chicken 4 oz. Rice Pilaf 4 oz. Yellow Squash 4 oz. Green Peas 1 Slice Wheat Bread 1 Each 2% Milk
Calories 790 Protein 48 Fat 22% Sodium 906 Fiber 16 Vitamin A 843	Calories 752 Protein 44 Fat 16% Sodium 1065 Fiber 13 Vitamin A 292	Calories 760 Protein 35 Fat 22% Sodium 728 Fiber 13 Vitamin A 503	Calories 799 Protein 37 Fat 30% Sodium 430 Fiber 12 Vitamin A 304	Calories 1034 Protein 54 Fat 27% Sodium 1537 Fiber 17 Vitamin A 928	Calories 767 Protein 24 Fat 6% Sodium 296 Fiber 7 Vitamin A 888	Calories 727 Protein 17 Fat 10% Sodium 662 Fiber 10 Vitamin A 922

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EBRCOA FROZEN NUTRITIONAL INFORMATION

May 25 - May 31

Meals on Wheels Menu



Monday, May 25, 2026	Tuesday, May 26, 2026	Wednesday, May 27, 2026	Thursday, May 28, 2026	Friday, May 29, 2026	Saturday, May 30, 2026	Sunday, May 31, 2026
6 oz. White Beans and Sausage 4 oz. Brown Rice 4 oz. Collard Greens 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Barbecue Petty 4 oz. Baked Beans 4 oz. Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Teriyaki Baked Chicken 4 oz. Fried Brown Rice 4 oz. Copper Penny Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Diced Pork w/Gravy 4 oz. New Potatoes 4 oz. Capri Mixed Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz. Smoked Sausage 4 oz. Speckled Butler Beans 4 oz. Oriental Blend Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	6 oz. Grilled Chicken 1 oz. w/Gravy 4 oz. Rice 4 oz. Seasoned Broccoli 4 oz. Zucchini Medley 1 Slice Wheat Bread 1 Each 2% Milk	4 oz. BBQ Pulled Pork 4 oz. Baked Beans 4 oz. Creamed Spinach 1 Slice Wheat Bread 1 Each 2% Milk
Calories 826 Protein 38 Fat 28% Sodium 1055 Fiber 14 Vitamin A 775	Calories 808 Protein 36 Fat 22% Sodium 1031 Fiber 15 Vitamin A 716	Calories 1035 Protein 41 Fat 25% Sodium 115 Fiber 11 Vitamin A 476	Calories 661 Protein 41 Fat 21% Sodium 645 Fiber 6 Vitamin A 936	Calories 810 Protein 34 Fat 27% Sodium 996 Fiber 13 Vitamin A 416	Calories 753 Protein 44 Fat 8% Sodium 438 Fiber 7 Vitamin A 201	Calories 786 Protein 43 Fat 8% Sodium 436 Fiber 7 Vitamin A 519

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EBRCOA FROZEN NUTRITIONAL INFORMATION

June 1 - 7 Meals on Wheels Menu



Monday, June 1, 2026	Tuesday, June 2, 2026	Wednesday, June 3, 2026	Thursday, June 4, 2026	Friday, June 5, 2026	Saturday, June 6, 2026	Sunday, June 7, 2026
4 oz Beef Sausage 4 oz Brown Rice 4 oz Pinto Beans 4 oz Chuckwagon Corn 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Chicken Breast 1 oz w/Orange Glaze 4 oz Scalloped Potatoes 4 oz Oriental Blend 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Hamburger Steak w/Gravy 4 oz Brown Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Chicken Florentine 4 oz Scalloped Potatoes 4 oz Broccoli 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Baked Chicken 4 oz Penne Pasta w/Parsley 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Steak w/Gravy 4 oz Mashed Potatoes 4 oz Broccoli 1 Slice Wheat Bread 1 Each 2% Milk	6 oz Chicken Alfredo 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk
Calories 1057 Protein 40 Fat 10% Sodium 1709 Fiber 13 Vitamin A 400	Calories 878 Protein 41 Fat 10% Sodium 909 Fiber 11 Vitamin A 292	Calories 661 Protein 31 Fat 9% Sodium 587 Fiber 9 Vitamin A 746	Calories 778 Protein 44 Fat 26% Sodium 1268 Fiber 15 Vitamin A 113	Calories 684 Protein 36 Fat 16% Sodium 661 Fiber 9 Vitamin A 337	Calories 719 Protein 34 Fat 17% Sodium 649 Fiber 9 Vitamin A 796	Calories 699 Protein 33 Fat 17% Sodium 446 Fiber 7 Vitamin A 580

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EBR COA FROZEN NUTRITIONAL INFORMATION

June 8 - 14

Meals on Wheels Menu



Monday, June 8, 2026	Tuesday, June 9, 2026	Wednesday, June 10, 2026	Thursday, June 11, 2026	Friday, June 12, 2026	Saturday, June 13, 2026	Sunday, June 14, 2026
4 oz Red Beans 4 oz Brown Rice 4 oz Mustard Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Herb Roasted Chicken 4 oz Macaroni and Cheese 4 oz Flame Roasted Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Salisbury Steak 1 oz w/Mushroom Gravy 4 oz Mashed Potatoes 4 oz Broccoli Florets 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	8 oz Spaghetti w/Meat Sauce 4 oz Italian Mixed Vegetables 4 oz Corn 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Barbecued Pulled Pork 4 oz Dirty Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Baked Pork Chops 4 oz Mashed Potatoes 4 oz Brussel Sprouts 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Bourbon Boneless Thigh 4 oz Scalloped Potatoes 4 oz Field Peas w/Onions 1 Slice Wheat Bread 1 Each 2% Milk
Calories 956 Protein 37 Fat 25% Sodium 1156 Fiber 17 Vitamin A 340	Calories 1101 Protein 46 Fat 26% Sodium 1209 Fiber 13 Vitamin A 682	Calories 649 Protein 35 Fat 22% Sodium 685 Fiber 10 Vitamin A 672	Calories 718 Protein 31 Fat 20% Sodium 482 Fiber 9 Vitamin A 514	Calories 744 Protein 44 Fat 25% Sodium 1339 Fiber 8 Vitamin A 206	Calories 484 Protein 47 Fat 10% Sodium 369 Fiber 7 Vitamin A 419	Calories 665 Protein 43 Fat 24% Sodium 974 Fiber 10 Vitamin A 501

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EBRCOA FROZEN NUTRITIONAL INFORMATION
June 15 - 21
Meals on Wheels Menu



Monday, June 15, 2026	Tuesday, June 16, 2026	Wednesday, June 17, 2026	Thursday, June 18, 2026	Friday, June 19, 2026	Saturday, June 20, 2026	Sunday, June 21, 2026
6 oz. Sausage Chicken Jambalaya 4 oz. Rice 4 oz White Beans 4 oz Paralled Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz. Bourbon Chicken 4 oz Wild Rice 4 oz Brussel Sprouts 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz. Ham w/Pineapple Tidbits 4 oz Mashed Sweet Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Hamburger Steak 4 oz Gravy w/Onions and Peppers 4 oz Brown Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Sausage 4 oz Red Beans 4 oz Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Lemon Pepper Chicken Breast 4 oz Mashed Potatoes 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each 2% Milk	6 oz Chicken Pasta 4 oz Yellow Squash 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each 2% Milk
Calories 800 Protein 42 Fat 24% Sodium 1276 Fiber 16 Vitamin A 444	Calories 681 Protein 39 Fat 14% Sodium 387 Fiber 7 Vitamin A 416	Calories 601 Protein 39 Fat 15% Sodium 465 Fiber 7 Vitamin A 357	Calories 672 Protein 34 Fat 24% Sodium 419 Fiber 12 Vitamin A 480	Calories 698 Protein 23 Fat 13% Sodium 517 Fiber 13 Vitamin A 846	Calories 712 Protein 36 Fat 11% Sodium 336 Fiber 6 Vitamin A 425	Calories 738 Protein 31 Fat 24% Sodium 867 Fiber 9 Vitamin A 306

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EBRCOA FROZEN NUTRITIONAL INFORMATION
June 22 - 28
Meals on Wheels Menu



Monday, June 22, 2026	Tuesday, June 23, 2026	Wednesday, June 24, 2026	Thursday, June 25, 2026	Friday, June 26, 2026	Saturday, June 27, 2026	Sunday, June 28, 2026
4 oz White Beans w/Sausage 4 oz Brown Rice 4 oz Greens 4 oz Broccoli 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Smothered Chicken 4 oz Rice Pilaf 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Salisbury Steak 4 oz Mashed Potatoes 4 oz California Mix Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	8 oz Meat Sauce w/Spaghetti 4 oz Italian Green Beans 4 oz Corn 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Baked Pork Chop 4 oz Baked Beans 4 oz Cauliflower 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Blackened Chicken Thighs 4 oz Mashed Sweet Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each 2% Milk	3 oz Chicken Alfredo 4 oz Green Peas 4 oz Sliced Carrots 1 Slice Wheat Bread 1 Each 2% Milk
Calories 731 Protein 37 Fat 23% Sodium 1083 Fiber 12 Vitamin A 419	Calories 771 Protein 44 Fat 17% Sodium 1188 Fiber 8 Vitamin A 347	Calories 760 Protein 35 Fat 22% Sodium 728 Fiber 13 Vitamin A 503	Calories 799 Protein 37 Fat 20% Sodium 430 Fiber 1 Vitamin A 204	Calories 981 Protein 52 Fat 24% Sodium 947 Fiber 17 Vitamin A 788	Calories 708 Protein 25 Fat 8% Sodium 423 Fiber 8 Vitamin A 805	Calories 617 Protein 38 Fat 19% Sodium 1181 Fiber 9 Vitamin A 907

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