

## EBRCOA FROZEN NUTRITIONAL INFORMATION

June 29 - July 5, 2026

### Meals on Wheels Menu



Monday June 29		Tuesday June 30		Wednesday July 1		Thursday July 2		Friday July 3		Saturday July 4		Sunday July 5	
8 oz White Beans w/Sausage 4 oz White Rice 4 oz Mustard Greens 1 Each Combread 1 Each Fruit Cup 1 Each 2% Milk		1 Each Barbecue Chicken 4 oz Baked Beans 4 oz Chateau Vegetable 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk		4 oz Boneless Pork Chop 1 oz w/Mushroom Gravy 4 oz Mashed Sweet Potatoes 4 oz Broccoli Florets 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		1 Each Baked Pork Chop 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 Baked Catfish 4 oz Mashed Potatoes 4 oz Brussel Sprouts 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk		<b>HAPPY 4th of JULY</b>		1 Each Honey Glazed Thigh 4 oz Scalloped Potatoes 4 oz Green Peas 1 Slice Wheat Bread 1 Each 2% Milk	
Calories	688	Calories	897	Calories	716	Calories	702	Calories	717			Calories	687
Protein	39	Protein	44	Protein	31	Protein	46	Protein	33			Protein	46
Fat	36%	Fat	23%	Fat	7%	Fat	17%	Fat	14%			Fat	23%
Sodium	1277	Sodium	1616	Sodium	594	Sodium	475	Sodium	648			Sodium	974
Fiber	14	Fiber	12	Fiber	7	Fiber	10	Fiber	8			Fiber	12
Vitamin A	171	Vitamin A	107	Vitamin A	150	Vitamin A	815	Vitamin A	155			Vitamin A	225

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## EBRCOA FROZEN NUTRITIONAL INFORMATION

July 6 - 12, 2026

### Meals on Wheels Menu



Monday July 6	Tuesday July 7	Wednesday July 8	Thursday July 9	Friday July 10	Saturday July 11	Sunday July 12
6 oz Sausage 4 oz Rice 4 oz Red Beans 4 oz Collard Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Jerk Chicken 4 oz Wild Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread 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 Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Baked Chicken Leg Quarter 1 oz Gravy w/Onions and Peppers 4 oz Brown Rice 4 oz Island Mix Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Pulled Pork 4 oz Baked Beans 4 oz Lima Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Hamburger Steak w/Gravy 4 oz Loaded Mashed Potatoes 4 oz Corn 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Chicken Thigh 4 oz Buttered Mashed Potatoes 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each 2% Milk
Calories 960 Protein 37 Fat 28% Sodium 1354 Fiber 16 Vitamin A 290	Calories 636 Protein 39 Fat 14% Sodium 474 Fiber 9 Vitamin A 181	Calories 819 Protein 46 Fat 22% Sodium 539 Fiber 10 Vitamin A 172	Calories 669 Protein 46 Fat 19% Sodium 676 Fiber 9 Vitamin A 653	Calories 1214 Protein 58 Fat 52% Sodium 1016 Fiber 13 Vitamin A 929	Calories 645 Protein 29 Fat 16% Sodium 937 Fiber 11 Vitamin A 145	Calories 790 Protein 36 Fat 4% Sodium 336 Fiber 6 Vitamin A 122

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## EBRCOA FROZEN NUTRITIONAL INFORMATION

### July 13 - 19, 2026

### Meals on Wheels Menu



Monday July 13		Tuesday July 14		Wednesday July 15		Thursday July 16		Friday July 17		Saturday July 18		Sunday July 19	
4 oz Diced Pork w/Vegetables		3 oz Smothered Chicken		1 Each Salisbury Steak		3 oz Spaghetti		6 oz Succotash		1 Each Pork Chop		3 oz Baked Chicken	
4 oz Brown Rice		4 oz Steamed Rice		4 oz Mashed Potatoes		4 oz Italian Green Beans		4 oz Rice		4 oz Mashed Sweet Potatoes		4 oz Buttered Noodles w/Parsley	
4 oz Broccoli Florettes		4 oz Green Beans		4 oz Peas and Carrots		4 oz Corn		4 oz Lima Beans		4 oz Green Beans		4 oz Green Peas	
1 Slice Wheat Bread		1 Slice Wheat Bread		1 Slice Wheat Bread		1 Slice Wheat Bread		1 Slice Wheat Bread		1 Slice Wheat Bread		1 Slice Wheat Bread	
1 Each Snack		1 Each Fresh Fruit		1 Each Fresh Fruit		1 Each Snack		1 Each Fresh Fruit		1 Each Snack		1 Each Snack	
1 Each 2% Milk		1 Each Snack		1 Each Snack		1 Each 2% Milk		1 Each Snack		1 Each 2% Milk		1 Each 2% Milk	
1 Each 2% Milk		1 Each 2% Milk		1 Each 2% Milk		1 Each 2% Milk		1 Each 2% Milk		1 Each 2% Milk		1 Each 2% Milk	
Calories	651	Calories	781	Calories	772	Calories	876	Calories	967	Calories	424	Calories	502
Protein	32	Protein	40	Protein	60	Protein	46	Protein	54	Protein	35	Protein	34
Fat	18%	Fat	20%	Fat	21%	Fat	21%	Fat	27%	Fat	6%	Fat	6%
Sodium	683	Sodium	991	Sodium	728	Sodium	1197	Sodium	771	Sodium	1136	Sodium	285
Fiber	8	Fiber	8	Fiber	15	Fiber	13	Fiber	17	Fiber	7	Fiber	10
Vitamin A	416	Vitamin A	133	Vitamin A	986	Vitamin A	182	Vitamin A	156	Vitamin A	792	Vitamin A	143

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## EBRCOA FROZEN NUTRITIONAL INFORMATION

**July 20 - 26, 2025**  
**Meals on Wheels Menu**



Monday July 20	Tuesday July 21	Wednesday July 22	Thursday July 23	Friday July 24	Saturday July 25	Sunday July 26
6 oz Red Beans and Sausage 4 oz Brown Rice 4 oz Collard Greens 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	6 oz Beef Stir Fry 4 oz Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	2 Each Herb Roasted Chicken Legs 4 oz Herbed Penne Pasta 4 oz Copper Penny Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Barbecue Pork Chop 4 oz New Potatoes 4 oz Capri Mixed Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	6 oz Pinto Beans 4 oz Rice 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Ham 4 oz Blackeyed Peas 4 oz Buttered Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Rosemary Chicken 4 oz Brown Rice Pilaf 4 oz Creamed Spinach 1 Slice Wheat Bread 1 Each 2% Milk
Calories 815 Protein 36 Fat 32% Sodium 1244 Fiber 16 Vitamin A 895	Calories 856 Protein 36 Fat 25% Sodium 930 Fiber 13 Vitamin A 251	Calories 924 Protein 46 Fat 32% Sodium 685 Fiber 9 Vitamin A 121	Calories 746 Protein 42 Fat 27% Sodium 654 Fiber 7 Vitamin A 414	Calories 834 Protein 48 Fat 21% Sodium 1247 Fiber 10 Vitamin A 532	Calories 627 Protein 37 Fat 7% Sodium 1163 Fiber 9 Vitamin A 658	Calories 759 Protein 43 Fat 18% Sodium 1193 Fiber 8 Vitamin A 115

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**EBRCOA FROZEN NUTRITIONAL INFORMATION**  
**July 27 - August 2, 2025**  
**Meals on Wheels Menu**



Monday July 27	Tuesday July 28	Wednesday July 29	Thursday July 30	Friday July 31	Saturday August 1	Sunday August 2
6 oz Chicken and Sausage Jambalaya 4 oz White Beans 4 oz Carrots 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Chicken 1 oz w/Honey Glaze 4 oz Scalped Potatoes 4 oz Oriental Blend 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	4 oz Diced Pork 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	4 oz Meatloaf 4 oz Au gratin Potatoes 4 oz Squash 1 Each Wheat roll 1 Each Snack 1 Each 2% Milk	3 oz Lemon Baked Chicken 4 oz Wild Rice 4 oz Corn 1 Each Wheat roll 1 Each Snack 1 Each 2% Milk	3 oz Blackened Fish 4 oz Macaroni and Cheese 4 oz Island Mix Vegetables 1 Slice Wheat Bread 1 Each 2% Milk	8 oz Ground Beef and Tator Tot Casserole 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each 2% Milk
Calories 899 Protein 32 Fat 17% Sodium 804 Fiber 9 Vitamin A 456	Calories 759 Protein 42 Fat 14% Sodium 891 Fiber 10 Vitamin A 132	Calories 865 Protein 31 Fat 19% Sodium 596 Fiber 7 Vitamin A 166	Calories 746 Protein 58 Fat 21% Sodium 765 Fiber 7 Vitamin A 726	Calories 658 Protein 31 Fat 15% Sodium 644 Fiber 12 Vitamin A 201	Calories 650 Protein 31 Fat 8% Sodium 658 Fiber 9 Vitamin A 182	Calories 775 Protein 32 Fat 17% Sodium 357 Fiber 16 Vitamin A 158

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## EBR/COA FROZEN NUTRITIONAL INFORMATION

August 3 - 9, 2026  
Meals on Wheels Menu



Monday August 3	Tuesday August 4	Wednesday August 5	Thursday August 6	Friday August 7	Saturday August 8	Sunday August 9
8 oz Red Beans w/Sausage 4 oz White Rice 4 oz Brussel Sprouts 1 Each Cornbread 1 Each Snack 1 Each 2% Milk	4 oz Chicken Florentine 4 oz Pasta Alfredo 4 oz Flame Roasted Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	8 oz Chicken Alfredo 4 oz Broccoli Florets 4 oz Peas 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	8 oz Spaghetti w/Meat Sauce 4 oz Italian Mixed Vegetables 4 oz Squash 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Rib Patty w/Stir Fry Vegetables 4 oz Green Beans 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	4 oz Pinto Beans 4 oz Brown Rice Pilaf 4 oz Brussel Sprouts 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Chicken Thigh 4 oz Scalloped Potatoes 4 oz Green Peas 1 Slice Wheat Bread 1 Each 2% Milk
Calories 888 Protein 39 Fat 36% Sodium 1277 Fiber 14 Vitamin A 171	Calories 1270 Protein 63 Fat 31% Sodium 2136 Fiber 17 Vitamin A 319	Calories 722 Protein 32 Fat 17% Sodium 945 Fiber 7 Vitamin A 150	Calories 727 Protein 32 Fat 21% Sodium 652 Fiber 10 Vitamin A 272	Calories 728 Protein 25 Fat 30% Sodium 1164 Fiber 11 Vitamin A 448	Calories 717 Protein 33 Fat 14% Sodium 848 Fiber 8 Vitamin A 355	Calories 687 Protein 23 Fat 23% Sodium 974 Fiber 12 Vitamin A 225

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## EBRCOA FROZEN NUTRITIONAL INFORMATION

### August 10 - 16, 2026

### Meals on Wheels Menu



Monday August 10	Tuesday August 11	Wednesday August 12	Thursday August 13	Friday August 14	Saturday August 15	Sunday August 16
6 oz Jambalaya w/Sausage 4 oz Rice 4 oz White Beans 4 oz Paraled Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Jerk Chicken 4 oz Wild Rice 4 oz Brussel Sprouts 1 Slice Wheat Bread 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 Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Smothered Chicken Breast 1 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 Pulled Pork 4 oz Loaded Mashed Potatoes 4 oz Peas and Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Baked Fish 4 oz Macaroni and Cheese 4 oz Pineapple Slices 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Bourbon Chicken 4 oz Mashed Potatoes 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each 2% Milk
Calories 960 Protein 37 Fat 28% Sodium 1354 Fiber 16 Vitamin A 290	Calories 636 Protein 39 Fat 14% Sodium 474 Fiber 9 Vitamin A 181	Calories 819 Protein 40 Fat 22% Sodium 539 Fiber 10 Vitamin A 172	Calories 635 Protein 41 Fat 11% Sodium 1173 Fiber 9 Vitamin A 325	Calories 1131 Protein 55 Fat 55% Sodium 1232 Fiber 10 Vitamin A 114	Calories 645 Protein 29 Fat 16% Sodium 937 Fiber 11 Vitamin A 145	Calories 700 Protein 36 Fat 4% Sodium 336 Fiber 6 Vitamin A 122

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**EBR COA FROZEN NUTRITIONAL INFORMATION**  
**August 17 - 23, 2026**  
**Meals on Wheels Menu**



Monday August 17	Tuesday August 18	Wednesday August 19	Thursday August 20	Friday August 21	Saturday August 22	Sunday August 23
4 oz Diced Pork w/Vegetables 4 oz Brown Rice 4 oz Broccoli Florettes 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Smothered Chicken 4 oz Steamed Rice 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 Mashed Potatoes 4 oz Seasoned Vegetables 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	4 oz Spaghetti 4 oz Italian Green Beans 4 oz Corn 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Baked Pork Chops 4 oz Seasoned Rice 4 oz Sliced Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Ham 4 oz Pinto Beans 4 oz Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk	3 oz Baked Chicken 4 oz Buttered Noodles 4 oz Green Peas 1 Slice Wheat Bread 1 Each 2% Milk
Calories 651 Protein 32 Fat 16% Sodium 683 Fiber 8 Vitamin A 418	Calories 781 Protein 40 Fat 20% Sodium 991 Fiber 8 Vitamin A 133	Calories 740 Protein 36 Fat 21% Sodium 774 Fiber 13 Vitamin A 674	Calories 647 Protein 24 Fat 7% Sodium 492 Fiber 11 Vitamin A 220	Calories 808 Protein 57 Fat 29% Sodium 1143 Fiber 13 Vitamin A 861	Calories 724 Protein 35 Fat 6% Sodium 1136 Fiber 7 Vitamin A 792	Calories 643 Protein 29 Fat 5% Sodium 799 Fiber 8 Vitamin A 142

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## EBR/COA FROZEN NUTRITIONAL INFORMATION

**August 24 - 30, 2026**  
**Meals on Wheels Menu**



Monday August 24	Tuesday August 25	Wednesday August 26	Thursday August 27	Friday August 28	Saturday August 29	Sunday August 30
6 oz Red Beans and Sausage 4 oz Brown Rice 4 oz Collard Greens 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	6 oz Okra and Tomato Sausage Stew 4 oz Rice 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Honey Glazed Chicken thighs 4 oz Mashed Potatoes 4 oz California Blend 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	4 oz Barbecue Pork 4 oz New Potatoes 4 oz Capri Mixed Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	4 oz Barbecue Chicken Leg 4 oz Macaroni and Cheese 4 oz Mustard Greens 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Ham 4 oz White Beans 4 oz Rice 4 oz Carrots 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Rosemary Chicken 4 oz Brown Rice Pilaf Creamed Spinach 4 oz Steamed Vegetable 1 Slice Wheat Bread 1 Each 2% Milk
Calories 815 Protein 36 Fat 32% Sodium 1244 Fiber 16 Vitamin A 895	Calories 955 Protein 35 Fat 30% Sodium 1225 Fiber 14 Vitamin A 109	Calories 713 Protein 37 Fat 15% Sodium 543 Fiber 10 Vitamin A 463	Calories 746 Protein 42 Fat 27% Sodium 654 Fiber 7 Vitamin A 414	Calories 798 Protein 38 Fat 25% Sodium 1459 Fiber 13 Vitamin A 122	Calories 412 Protein 37 Fat 7% Sodium 1163 Fiber 9 Vitamin A 658	Calories 798 Protein 43 Fat 18% Sodium 893 Fiber 8 Vitamin A 115

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**EBRCOA FROZEN NUTRITIONAL INFORMATION**  
**September 1 - 7, 2026**  
**Meals on Wheels Menu**



Monday September 1	Tuesday September 2	Wednesday September 3	Thursday September 4	Friday September 5	Saturday September 6	Sunday September 7
<b>LABOR DAY</b>	1 Each Chicken Breast 1 oz w/Orange Glaze 4 oz Wild Rice 4 oz Oriental Blend 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	4 oz Diced Pork 4 oz Brown Rice 4 oz Green Beans w/Pearl Onions 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Swiss Steak 1 oz w/Gravy 4 oz Mashed Potatoes 4 oz Green Peas 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Chicken Thigh 4 oz Scalloped Potatoes 4 oz Island Mixed Vegetables 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Chicken Leg 4 oz Macaroni and Cheese 4 oz Green Peas 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Salisbury Steak 1 oz w/Gravy 4 oz Buttered Mashed Potatoes 4 oz Broccoli 1 Slice Wheat Bread 1 Each 2% Milk
	Calories 831 Protein 42 Fat 18% Sodium 560 Fiber 11 Vitamin A 131	Calories 546 Protein 31 Fat 19% Sodium 596 Fiber 7 Vitamin A 100	Calories 819 Protein 62 Fat 21% Sodium 751 Fiber 10 Vitamin A 552	Calories 915 Protein 73 Fat 15% Sodium 864 Fiber 12 Vitamin A 201	Calories 650 Protein 31 Fat 8% Sodium 650 Fiber 0 Vitamin A 182	Calories 675 Protein 32 Fat 17% Sodium 1102 Fiber 7 Vitamin A 158

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**EBR/COA FROZEN NUTRITIONAL INFORMATION**  
**September 8 - 14, 2026**  
**Meals on Wheels Menu**



Monday September 8	Tuesday September 9	Wednesday September 10	Thursday September 11	Friday September 12	Saturday September 13	Sunday September 14
8 oz Butler Beans w/Sausage 4 oz White Rice 4 oz Brussels Sprouts 1 Each Condensed 1 Each Fruit Cup 1 Each 2% Milk	1 Each Blackened Chicken 4 oz Panna Alfredo 4 oz Flame Roasted Vegetables 4 oz, Diced 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	4 oz Chicken Stew 4 oz Rice 4 oz Vegetable of Choice 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	8 oz Spaghetti w/Meat Sauce 4 oz Italian Mixed Vegetables 4 oz Squash 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Pork Chop 4 oz Macaroni and Cheese 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	4 oz Barbecue Patty 4 oz Brown Rice Pilaf 4 oz Brussels Sprouts 1 Each Fresh Fruit 1 Slice Wheat Bread 1 Each 2% Milk	1 Each Chicken Thigh 4 oz Scalloped Potatoes 4 oz Green Peas 1 Slice Wheat Bread 1 Each 2% Milk
Calories 888 Protein 39 Fat 36% Sodium 1277 Fiber 14 Vitamin A 171	Calories 694 Protein 48 Fat 18% Sodium 1684 Fiber 9 Vitamin A 333	Calories 672 Protein 32 Fat 7% Sodium 594 Fiber 7 Vitamin A 460	Calories 727 Protein 32 Fat 21% Sodium 652 Fiber 10 Vitamin A 272	Calories 892 Protein 48 Fat 20% Sodium 1042 Fiber 16 Vitamin A 189	Calories 717 Protein 33 Fat 14% Sodium 848 Fiber 8 Vitamin A 355	Calories 687 Protein 46 Fat 23% Sodium 974 Fiber 12 Vitamin A 225

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**EBRCOA FROZEN NUTRITIONAL INFORMATION**  
**September 15 - 21, 2025**  
**Meals on Wheels Menu**



Monday September 15	Tuesday September 16	Wednesday September 17	Thursday September 18	Friday September 19	Saturday September 20	Sunday September 21
6 oz Sausage 4 oz Rice 4 oz Red Beans 4 oz Parslled Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	6 oz Chicken Alfredo w/Pasta 4 oz Mixed Vegetables 1 Slice Wheat Bread 1 Each App,e 1 Each 2% Milk	1 Each Pork Chop 4 oz Mashed Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Smothered Chicken 1 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 Pulled Pork 4 oz Loaded Mashed Potatoes 4 oz Broccoli w/Cheese 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Hamburger Steak 1 oz w/Gravy 4 oz Wild Rice 4 oz Brussel Sprouts 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	1 Each Chicken 4 oz Mashed Potatoes 4 oz Italian Green Beans 1 Slice Wheat Bread 1 Each 2% Milk
Calories 960 Protein 37 Fat 28% Sodium 1354 Fiber 16 Vitamin A 290	Calories 724 Protein 35 Fat 27% Sodium 610 Fiber 9 Vitamin A 195	Calories 819 Protein 40 Fat 22% Sodium 539 Fiber 10 Vitamin A 172	Calories 635 Protein 41 Fat 11% Sodium 1123 Fiber 9 Vitamin A 667	Calories 1177 Protein 56 Fat 55% Sodium 1140 Fiber 9 Vitamin A 449	Calories 724 Protein 35 Fat 27% Sodium 610 Fiber 9 Vitamin A 195	Calories 790 Protein 36 Fat 4% Sodium 336 Fiber 6 Vitamin A 122

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**EBR COA FROZEN NUTRITIONAL INFORMATION**  
**September 22 - 28, 2026**  
**Meals on Wheels Menu**



Monday September 22	Tuesday September 23	Wednesday September 24	Thursday September 25	Friday September 26	Saturday September 27	Sunday September 28
4 oz Diced Pork 4 oz Brown Rice 4 oz Broccoli Florettes 1 Slice Wheat Bread 1 Each Snack 1 Each 2% Milk	3 oz Smothered Chicken 4 oz Steamed Rice 4 oz Cabbage 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	1 Each Swiss Steak 4 oz Mashed Potatoes 4 oz Carrots 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Chicken 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 Yellow Rice 4 oz Green Peas 1 Slice Wheat Bread 1 Each Fresh Fruit 1 Each Snack 1 Each 2% Milk	3 oz Braised Chicken Thigh 4 oz Mashed Sweet Potatoes 4 oz Green Beans 1 Slice Wheat Bread 1 Each 2% Milk	3 oz Sausage/Chicken Jambalaya 4 oz White Beans 4 oz Carrots 1 Slice Wheat Bread 1 Each 2% Milk
Calories 651 Protein 32 Fat 18% Sodium 683 Fiber 8 Vitamin A 418	Calories 776 Protein 39 Fat 21% Sodium 1154 Fiber 7 Vitamin A 858	Calories 708 Protein 33 Fat 21% Sodium 873 Fiber 11 Vitamin A 824	Calories 920 Protein 49 Fat 21% Sodium 1197 Fiber 13 Vitamin A 182	Calories 880 Protein 57 Fat 29% Sodium 1146 Fiber 13 Vitamin A 961	Calories 674 Protein 36 Fat 6% Sodium 1154 Fiber 7 Vitamin A 130	Calories 755 Protein 42 Fat 13% Sodium 526 Fiber 13 Vitamin A 169

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