


WEEK I

PROJECT MENU PLAN-

REGULAR

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONTH, DATE	JAN 28 FEB 25 MAR 25	JAN 1 (H) JAN 29 FEB 26 MAR 26	JAN 2 JAN 30 FEB 27 MAR 27	JAN 3 JAN 31 FEB 28 MAR 28	JAN 4 FEB 1 MAR 1 MAR 29
MEAT OR ALTERNATE	CHICKEN TENDERS WITH HONEY MUSTARD	BEEF STEW WITH VEGETABLES	TURKEY BREAST IN AU JUS	BBQ CHICKEN LEG AND THIGH	COUNTRY STYLE STEAK WITH GRAVY ----- TUNA SPIRAL CASSEROLE
VEGETABLES AND FRUIT 	JUNE PEAS WITH PIMENTOS [FROM FROZEN]	[IN ENTRÉE]	SWEET POTATO PATTIES	PINTO BEANS	BRUSSELS SPROUTS
	SLICED CARROTS [FROM FROZEN]	CABBAGE	MIXED GREENS	MARINATED SLAW	GREEN LIMAS
BREAD OR ALTERNATE	WHOLE WHEAT BREAD	WHITE RICE AND WHOLE WHEAT BREAD	CORNBREAD	WHOLE GRAIN DINNER ROLL	WHOLE WHEAT BREAD
DESSERT	PEARS IN JUICE	ORANGE GELATIN WITH PEACHES	BANANA	STEWED APPLES	CITRUS CUP
MILK/OTHER	ORANGE JUICE 1% MILK	RAISINS CHOCOLATE MILK	1% MILK	1% MILK	1% MILK
Kcal 710 Pro (%) 22 Ca (mg) 445 Fat (%) 25 A (ug) 398 B6 (mg) .89 B12 (ug) 2.4 C (mg) 68 Mg (mg) 159 Fib (g) 11 Na (mg) 1011 Zn (mg) 5.6 K 1624	Kcal 740 Pro 19 Ca 420 Fat 33 A 447 B6 .73 B12 1.4 C 78 Mg 154 Fib 11 Na 1170 Zn 3.3 K 1425	Kcal 704 Pro 23 Ca 431 Fat 18 A 349 B6 .83 B12 3.7 C 60 Mg 148 Fib 9 Na 810 Zn 7.5 K 1667	Kcal 614 Pro 17 Ca 540 Fat 17 A 771 B6 1.1 B12 1.2 C 49 Mg 146 Fib 10 Na 1104 Zn 2.8 K 1803	Kcal 701 Pro 26 Ca 405 Fat 24 A 168 B6 .85 B12 1.5 C 37 Mg 175 Fib 13 Na 1146 Zn 4.7 K 1480	Kcal 793 Pro 27 Ca 431 Fat 31 A 253 B6 .92 B12 4.2 C 114 Mg 170 Fib 13 Na 826 Zn 9.6 K 1743

Effective From: January 1, 2019 To: March 31, 2019

NOTES:

I certify that these menus meet the nutrition requirements as specified in the Bid Specifications provided by the Area Agency and the corresponding computer nutrient analysis indicates compliance with the (Table: Nutrient Requirements and Values for Analysis.)

Prepared by:

Vendors Dietitian/Nutritionist

Registration Number


Ronnan Goodrich, ms, RD, ND ON FILE



WEEK II

PROJECT MENU PLAN-

REGULAR

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONTH, DATE	JAN 7 FEB 4 MAR 4	JAN 8 FEB 5 MAR 5	JAN 9 FEB 6 MAR 6	JAN 10 FEB 7 MAR 7	JAN 11 FEB 8 MAR 8
MEAT OR ALTERNATE	MEATLOAF WITH TOMATO SAUCE	CHILI AND BEANS	PULLED TURKEY WITH GRAVY	PORK ROAST IN BARBEQUE SAUCE	BAKED CHICKEN LEG AND THIGH ----- POTATO ENCRUSTED FISH WITH TARTAR
VEGETABLES AND FRUIT 	ZUCCHINI AND YELLOW SQUASH CASSEROLE	[IN ENTRÉE]	GREEN BEANS WITH PIMENTOS [FROM FROZEN]	RUTABAGAS	PINTO BEANS
	JUNE PEAS [FROM FROZEN]	STEAMED CABBAGE	MASHED POTATOES	BROCCOLI	COLLARD GREENS
BREAD OR ALTERNATE	WHOLE WHEAT BREAD	CORNBREAD	WHOLE WHEAT BREAD	WHOLE GRAIN DINNER ROLL	CORNBREAD
DESSERT	LEMON FRUIT DESSERT	PEACH COBBLER	BANANA	ORANGE AND OATMEAL COOKIES (2)	TROPICAL FRUIT MIX
MILK / OTHER	1% MILK	CHOCOLATE MILK	1% MILK	1% MILK	1 % MILK
Kcal 702 Pro (%) 23 Ca (mg) 503 Fat (%) 27 A (ug) 357 B6 (mg) .82 B12 (ug) 1.7 C (mg) 81 Mg (mg) 163 Fib (g) 11 Na (mg) 935 Zn (mg) 5.3 K 1597	Kcal 624 Pro 24 Ca 503 Fat 28 A 372 B6 .40 B12 1.6 C 48 Mg 155 Fib 9 Na 1273 Zn 6.8 K 1271	Kcal 864 Pro 21 Ca 516 Fat 27 A 223 B6 .62 B12 .64 C 66 Mg 158 Fib 14 Na 1280 Zn 5.7 K 1732	Kcal 677 Pro 26 Ca 372 Fat 25 A 271 B6 1.4 B12 3 C 36 Mg 173 Fib 10 Na 705 Zn 5.7 K 1713	Kcal 629 Pro 23 Ca 478 Fat 23 A 191 B6 .86 B12 1.7 C 187 Mg 163 Fib 11 Na 892 Zn 4.4 K 1723	Kcal 717 Pro 21 Ca 647 Fat 33 A 728 B6 .84 B12 1.5 C 69 Mg 166 Fib 12 Na 524 Zn 4.1 K 1544

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Vendors Dietitian/Nutritionist

Registration Number

ON FILE


Ruam Goodrich, MS, RD, ND



WEEK III

PROJECT MENU PLAN-

REGULAR

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONTH, DATE	JAN 14 FEB 11 MAR 11	JAN 15 FEB 12 MAR 12	JAN 16 FEB 13 MAR 13	JAN 17 FEB 14 MAR 14	JAN 18 FEB 15 MAR 15
MEAT OR ALTERNATE	MEATBALLS IN TOMATO SAUCE	STUFFED TURKEY WITH GRAVY	SLOPPY JOES	HERB BAKED CHICKEN LEG AND THIGH	SWISS STEAK ----- SALMON QUICHE
VEGETABLES AND FRUIT 	SQUASH AND ONIONS	SWEET POTATOES	OKRA , CORN AND TOMATOES	PINTO BEANS	BRUSSELS SPROUTS
	GREEN LIMAS	GREEN BEANS [FROM FROZEN]	RUTABAGAS	MIXED GREENS	HARVARD BEETS
BREAD OR ALTERNATE	WHOLE GRAIN PASTA	WHOLE WHEAT BREAD	WHOLE WHEAT HAMBURGER BUN	CORNBREAD	WHOLE WHEAT BREAD
DESSERT	FRESH ORANGE	CRANBERRY CONGEALED SALAD	BANANA	TROPICAL FRUIT MIX	PINEAPPLE PUDDING
MILK / OTHER	CHOCOLATE MILK	1% MILK	1% MILK	1% MILK	1% MILK
Kcal 760 Pro (%) 22 Ca (mg) 435 Fat (%) 27 A (ug) 387 B6 (mg) .93 B12 (ug) 2.3 C (mg) 65 Mg (mg) 156 Fib (g) 11 Na (mg) 998 Zn (mg) 5.3 K 1603	Kcal 731 Pro 19 Ca 453 Fat 28 A 190 B6 .48 B12 .58 C 88 Mg 163 Fib 13 Na 1202 Zn 3.8 K 1638	Kcal 788 Pro 23 Ca 375 Fat 22 A 731 B6 1.1 B12 2.7 C 41 Mg 138 Fib 9 Na 1258 Zn 3.3 K 1172	Kcal 755 Pro 21 Ca 412 Fat 24 A 189 B6 1.3 B12 3.1 C 57 Mg 137 Fib 13 Na 943 Zn 6.3 K 1885	Kcal 730 Pro 22 Ca 551 Fat 35 A 588 B6 .88 B12 1.5 C 46 Mg 171 Fib 11 Na 511 Zn 4.3 K 1513	Kcal 798 Pro 25 Ca 385 Fat 24 A 235 B6 .89 B12 3.4 C 95 Mg 172 Fib 10 Na 1078 Zn 8.7 K 1805

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Vendors Dietitian/Nutritionist

Registration Number

Ruwan Goodrich, MS, RD, ND


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WEEK IV

PROJECT MENU PLAN-

REGULAR

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONTH, DATE	JAN 21 (H) FEB 18 MAR 18	JAN 22 FEB 19 MAR 19	JAN 23 FEB 20 MAR 20	JAN 24 FEB 21 MAR 21	JAN 25 FEB 22 MAR 22
MEAT OR ALTERNATE	CHARGRILLED BEEF PATTY & ONIONS WITH GRAVY	GRILLED CHICKEN PATTY	SPAGHETTI WITH MEAT SAUCE	BBQ PULLED PORK	LEMON PEPPERED CHICKEN LEG & THIGH ----- MAC AND CHEESE
VEGETABLES AND FRUIT 	BROCCOLI	LIMA BEANS	JUNE PEAS [FROM FROZEN]	BLACKEYED PEAS	MIXED BAKED BEANS
	SWEET POTATO PATTIES	STEWED TOMATOES	SQUASH AND ONIONS	TURNIP GREENS	COLESLAW
BREAD OR ALTERNATE	WHOLE WHEAT BREAD	WHOLE WHEAT BREAD	WHOLE WHEAT BREAD	CORNBREAD	WHOLE GRAIN DINNER ROLL
DESSERT	LIME, PINEAPPLE CONGEALED SALAD	FRESH ORANGE AND CHOCOLATE CHIP COOKIES (2)	BUTTERSCOTCH PUDDING	BANANA	WARM SPICED PEARS
MILK / OTHER	1% MILK	1% MILK	1% MILK	1% MILK	1% MILK
Kcal 716 Pro (%) 24 Ca (mg) 496 Fat (%) 26 A (ug) 327 B6 (mg) .85 B12 (ug) 2.2 C (mg) 51 Mg (mg) 179 Fib (g) 11 Na (mg) 1046 Zn (mg) 5.3 K 1633	Kcal 773 Pro 21 Ca 524 Fat 33 A 410 B6 .63 B12 3.2 C 54 Mg 179 Fib 8 Na 1051 Zn 5.4 K 1446	Kcal 676 Pro 23 Ca 441 Fat 23 A 184 B6 .54 B12 1.4 C 81 Mg 199 Fib 15 Na 1318 Zn 3.8 K 1737	Kcal 721 Pro 23 Ca 562 Fat 28 A 310 B6 .61 B12 2.8 C 35 Mg 146 Fib 9 Na 1339 Zn 6.6 K 1512	Kcal 657 Pro 27 Ca 526 Fat 15 A 481 B6 1.6 B12 1.8 C 44 Mg 199 Fib 12 Na 666 Zn 5.1 K 1992	Kcal 752 Pro 25 Ca 428 Fat 30 A 249 B6 .86 B12 1.6 C 43 Mg 170 Fib 9 Na 854 Zn 5.4 K 1477

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Ruwan Goodrich, MS, RD, LD

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