


WEEK I

PROJECT MENU PLAN-

REGULAR

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MONTH, DATE	APRIL 1 APRIL 29 MAY 27 (H) JUNE 24	APRIL 2 APRIL 30 MAY 28 JUNE 25	APRIL 3 MAY 1 MAY 29 JUNE 26	APRIL 4 MAY 2 MAY 30 JUNE 27	APRIL 5 MAY 3 MAY 31 JUNE 28	
MEAT OR ALTERNATE	SWEET AND SOUR TURKEY MEATBALLS	MEATLOAF IN TOMATO SAUCE	CREAMY TURKEY WITH VEGETABLES	COUNTRY STYLE STEAK WITH GRAVY	BBQ CHICKEN LEG & THIGH ----- MAC AND CHEESE	
VEGETABLES AND FRUIT		SEASONED BROCCOLI [FROM FROZEN]	PARSLEY CARROTS [FROM FROZEN]	[VEGETABLES IN ENTRÉE]	SQUASH AND ONIONS WITH BACON	
		SWEET CORN WITH PEPPERS	ITALIAN GREEN BEANS [FROM FROZEN]	PINTO BEANS	MIXED GREENS	CARROT RAISIN SALAD
BREAD OR ALTERNATE	WHOLE WHEAT BREAD	WHOLE GRAIN DINNER ROLL	HOMEMADE BISCUIT	CORNBREAD	WHOLE WHEAT BREAD	
DESSERT	APPLE	MANDARIN ORANGE PUDDING WITH WAFERS	MARASCHINO CITRUS CUP	BANANA	STEWED APPLES	
MILK/OTHER	1% MILK	CHOCOLATE MILK	CHOCOLATE MILK	1% MILK	100% MIXED FRUIT JUICE CHOCOLATE MILK	
Kcal	727	654	623	701	754	901
Ca (mg)	483	445	417	568	547	438
A (ug)	702	202	1139	626	593	949
B12 (ug)	1.7	1.1	.58	2.2	3.5	.93
Mg (mg)	157	126	150	150	157	204
Na (mg)	963	900	1101	1317	783	715
	K 1601	K 1239	K 1334	K 1656	K 1888	K 1887

Effective From: April 1, 2019 To: June 30, 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

Rivann Goodrich, MS, RD, LD

ON FILE



WEEK II

PROJECT MENU PLAN-

REGULAR

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONTH, DATE	APRIL 8 MAY 6 JUNE 3	APRIL 9 MAY 7 JUNE 4	APRIL 10 MAY 8 JUNE 5	APRIL 11 MAY 9 JUNE 6	APRIL 12 MAY 10 JUNE 7
MEAT OR ALTERNATE	CHARGRILLED BEEF PATTY WITH/ONIONS ----- SLOPPY JOES	STUFFED TURKEY WITH GRAVY	APRICOT GLAZED PORK ROAST	LEMON PEPPERED CHICKEN LEG AND THIGH	TURKEY SALAD
VEGETABLES AND FRUIT 	SEASONED CABBAGE	SWEET POTATOES	COUNTRY CORN	COLLARDS	FOUR BEAN SALAD
	CHEESY MASHED POTATOES WITH BACON	LIMA BEANS WITH PIMENTOS	CUCUMBER, TOMATO, ONION SALAD	MIXED BAKED BEANS	MELON FRUIT SALAD
BREAD OR ALTERNATE	HAMBURGER BUN	WHOLE WHEAT BREAD	WHOLE WHEAT BREAD	CORNBREAD	WHOLE WHEAT BREAD (2)
DESSERT	ORANGE GELATIN WITH PEACHES	CRANBERRY GELATIN	BREAD PUDDING	BANANA	SUGAR COOKIES (2)
MILK / OTHER	CHOCOLATE MILK	1% MILK	100% ORANGE JUICE 1% MILK	1% MILK	CHOCOLATE MILK
Kcal 815 Pro (%) 22% Ca (mg) 466 Fat (%) 25% A (ug) 427 B6 (mg) 1.0 B12 (ug) 2.1 C (mg) 58 Mg (mg) 172 Fib (g) 11 Na (mg) 1014 Zn (mg) 5.3 K 1575	Kcal 761 Pro 22 Ca 440 Fat 32 A 225 B6 .62 B12 3.0 C 81 Mg 90 Fib 6 Na 890 Zn 7.1 K 1094	Kcal 844 Pro 25 Ca 366 Fat 17 A 694 B6 1.3 B12 2.7 C 38 Mg 200 Fib 14 Na 1278 Zn 4.1 K 1645	Kcal 810 Pro 17 Ca 466 Fat 24 A 284 B6 .73 B12 2.0 C 73 Mg 177 Fib 8 Na 915 Zn 5.3 K 1625	Kcal 851 Pro 25 Ca 662 Fat 23 A 707 B6 1.7 B12 1.7 C 66 Mg 206 Fib 15 Na 801 Zn 5.7 K 2184	Kcal 811 Pro 20 Ca 398 Fat 27 A 225 B6 .80 B12 .97 C 31 Mg 186 Fib 10 Na 1185 Zn 4.3 K 1329

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Vendors Dietitian/Nutritionist

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Ruwan Goodrich, MS, RD, ND



WEEK III

PROJECT MENU PLAN-

REGULAR

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONTH, DATE	APRIL 15 MAY 13 JUNE 10	APRIL 16 MAY 14 JUNE 11	APRIL 17 MAY 15 JUNE 12	APRIL 18 (HM) MAY 16 JUNE 13	APRIL 19 (H) MAY 17 JUNE 14
MEAT OR ALTERNATE	TURKEY BREAST IN LOW SODIUM AU JUS	CHICKEN TENDERS WITH HONEY MUSTARD	SPAGHETTI WITH MEAT SAUCE	SAUSAGE IN ONIONS AND PEPPERS WITH MUSTARD	DIJON MUSTARD CHICKEN LEG & THIGH ----- HONEY CHIPOTLE SALMON
VEGETABLES AND FRUIT 	GREEN LIMAS	SLICED CARROTS [FROM FROZEN]	GREEN BEANS [FROM FROZEN]	SEASONED CABBAGE	PINTO BEANS
	OKRA, CORN AND TOMATOES	SEASONED BROCCOLI [FROM FROZEN]	SQUASH AND ONIONS	BLACKEYED PEAS	BUTTERMILK PEPPER SLAW
BREAD OR ALTERNATE	WHOLE GRAIN DINNER ROLL	WHOLE WHEAT BREAD	WHOLE GRAIN DINNER ROLL	HOT DOG BUN	DINNER ROLL
DESSERT	VANILLA PUDDING	TROPICAL FRUIT MIX	BANANA	APPLE	WARM SPICED PEACHES
MILK / OTHER	1% MILK	1% MILK	1% MILK	CHOCOLATE MILK	CHOCOLATE MILK
Kcal 726 Pro (%) 21%	Kcal 602 Pro 23	Kcal 708 Pro 18	Kcal 724 Pro 20	Kcal 784 Pro 16	Kcal 814 Pro 26
Ca (mg) 441 Fat (%) 27%	Ca 376 Fat 18	Ca 420 Fat 33	Ca 489 Fat 23	Ca 429 Fat 30	Ca 491 Fat 29
A (ug) 314 B6 (mg) .84	A 212 B6 .38	A 715 B6 .88	A 239 B6 1.3	A 167 B6 .69	A 235 B6 .96
B12 (ug) 1.5 C (mg) 46	B12 1.2 C 39	B12 1.4 C 66	B12 2.8 C 40	B12 .90 C 48	B12 1.1 C 35
Mg (mg) 173 Fib (g) 11	Mg 162 Fib 10	Mg 203 Fib 11	Mg 192 Fib 11	Mg 151 Fib 13	Mg 159 Fib 10
Na (mg) 1096 Zn (mg) 4.5	Na 1469 Zn 3.7	Na 1061 Zn 3.2	Na 1090 Zn 6.5	Na 981 Zn 3.8	Na 877 Zn 5
K 1625	K 1526	K 1396	K 2088	K 1438	K 1676

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Vendors Dietitian/Nutritionist

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Ruven Goodrich, MS, RD, LD

Senior
Catering

WEEK IV

PROJECT MENU PLAN-

REGULAR

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONTH, DATE	APRIL 22 MAY 20 JUNE 17	APRIL 23 MAY 21 JUNE 18	APRIL 24 MAY 22 JUNE 19	APRIL 25 MAY 23 JUNE 20	APRIL 26 MAY 24 JUNE 21
MEAT OR ALTERNATE	BREADED CHICKEN PATTY	PULLED PORK BBQ	HAMBURGER PATTY WITH KETCHUP PACKET	LUAU CHICKEN LEG AND THIGH ----- POTATO ENCRUSTED FISH WITH TARTAR SAUCE	TUNA SALAD
VEGETABLES AND FRUIT 	STEWED TOMATOES	LIMA BEANS	MIXED BAKED BEANS	WARM BLACK BEANS, TOMATO AND CORN	BROCCOLI RAISIN SALAD
	BRUSSELS SPROUTS	TURNIP GREENS	COLESLAW	WARM COPPER PENNY CARROTS	APPLE
BREAD OR ALTERNATE	WHOLE WHEAT BREAD (2)	CORNBREAD	HAMBURGER BUN	WHOLE GRAIN DINNER ROLL	CRACKERS
DESSERT	CHOCOLATE CHIP COOKIES (2)	BUTTERSCOTCH PUDDING	WARM SPICED PEARS	BANANA	ORANGE PINEAPPLE GELATIN
MILK / OTHER	RAISINS 1% MILK	1% MILK	CHOCOLATE MILK	100% ORANGE JUICE CHOCOLATE MILK	CHOCOLATE MILK
Kcal 810 Pro (%) 20 Ca (mg) 462 Fat (%) 28 A (ug) 384 B6 (mg) 0.85 B12 (ug) 1.8 C (mg) 63 Mg (mg) 157 Fib (g) 11 Na (mg) 1083 Zn (mg) 4.1 K 1640	Kcal 914 Pro 17 Ca 411 Fat 34 A 235 B6 0.56 B12 1.4 C 94 Mg 186 Fib 13 Na 1389 Zn 3.5 K 1683	Kcal 609 Pro 30 Ca 619 Fat 19 A 509 B6 0.90 B12 1.8 C 30 Mg 162 Fib 11 Na 853 Zn 4.6 K 1626	Kcal 860 Pro 17 Ca 458 Fat 28 A 217 B6 0.63 B12 2 C 44 Mg 145 Fib 11 Na 1285 Zn 4.8 K 1550	Kcal 932 Pro 21 Ca 443 Fat 22 A 777 B6 1.6 B12 1.1 C 93 Mg 219 Fib 12 Na 925 Zn 5.6 K 2311	Kcal 734 Pro 17 Ca 378 Fat 35 A 182 B6 0.55 B12 2.8 C 52 Mg 74 Fib 8 Na 962 Zn 2.1 K 1029

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PROJECT MENU PLAN- REGULAR

HOLIDAY

DAY											
MONTH, DATE	EASTER MEAL WILL BE SERVED ON THURSDAY APRIL 18										
MEAT OR ALTERNATE	PINEAPPLE GLAZED HAM										
VEGETABLES AND FRUIT	SWEET POTATO PATTIES										
	JUNE PEAS [FROM FROZEN]										
BREAD OR ALTERNATE	WHOLE WHEAT BREAD										
DESSERT	INDIVIDUAL SNACK CAKE										
MILK / OTHER	1% MILK										
Kcal	Pro (%)	Kcal	994	Pro	16	Kcal	Pro	Kcal	Pro	Kcal	Pro
Ca (mg)	Fat (%)	Ca	409	Fat	20	Ca	Fat	Ca	Fat	Ca	Fat
A (ug)	B6 (mg)	A	485	B6	.35	A	B6	A	B6	A	B6
B12 (ug)	C (mg)	B12	1.2	C	32	B12	C	B12	C	B12	C
Mg (mg)	Fib (g)	Mg	119	Fib	8	Mg	Fib	Mg	Fib	Mg	Fib
Na (mg)	Zn (mg)	Na	1312	Zn	2.5	Na	Zn	Na	Zn	Na	Zn
	K			K	1137		K		K		K

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Senior Catering