

	Day 1	Day 2	Day 3	Day 4	Day 5	Service Dates:
WEEK 1	3 oz. Turkey & Cheese Lasagna w/ ½ c. Tomato & Cheese Sauce ½ c. Broccoli, Cauliflower, Bean Medley 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Peach Cup 8 oz. 1% Low Fat Milk 47125	4 oz. 100% Orange Juice 3 oz. Hamburger Patty ½ c. Potato Wedges ½ c. Carrots 1 sl. Whole Grain Bun 8 oz. 1% Low Fat Milk 47185	3 oz. Sesame Chicken ½ c. Broccoli & Carrots ½ c. Cauliflower w/ Red Pepper 1 sl. Whole Grain Bread 2 Margarine Cups ½ c. Pineapple Cup 8 oz. 1% Low Fat Milk 47129	3 oz. Meatloaf w/Apple Brown Gravy ½ c. Skin on Potatoes ½ c. Stewed Tomatoes 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Mandarin Orange Cup 8 oz. 1% Low Fat Milk 47131	4 oz. 100% Blended Juice 3 oz. Grilled Veal Chop w/ Mustard Sage Sauce ½ c. Roasted Red Potatoes ½ c. Maple Butternut Squash 1 sl. Whole Grain Bread 1 Margarine Cup 8 oz. 1% Low Fat Milk 47133	*Start Date *1/1-1/4 1/28-2/1 2/25-3/1 3/25-3/29 4/22-4/26 5/20-5/24 6/17-6/21
	FRZ000716	FRZ000712	FRZ000076	FRZ000044	FRZ000725	
WEEK 2	3 oz. Sliced Turkey ¼ c. Cornbread Dressing & Turkey Gravy ½ c. Butternut Squash ½ c. Flat Beans 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Mixed Fruit Cup 8 oz. 1% Low Fat Milk 47139	3 oz. Batter Dipped Fish Nuggets ½ c. Garlic Mashed Potatoes ½ c. Carrots 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Mandarin Orange Cup 8 oz. 1% Low Fat Milk 47141	Arroz Con Pollo (3 oz. Chicken) ½ c. Yellow Rice ½ c. Mexicali Corn 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Pear Cup 8 oz. 1% Low Fat Milk 47143	4 oz. 100% Orange Juice 3 oz. Western Style Omelet ½ c. Potatoes O'Brien ½ c. Strawberry Cinnamon Apples 1 sl. Whole Grain Bread 1 pkg. Peanut Butter (½ oz.) 8 oz. 1% Low Fat Milk 47145	4 oz. 100% Grape Juice 3 oz. Chargrilled Beef Patty w/ Pizzaioli Sauce ½ c. Pineapple Mandarin Fruit ½ c. Green Beans 1 sl. Whole Grain Bread 1 Margarine Cup 8 oz. 1% Low Fat Milk 47147	1/7-1/11 2/4-2/8 3/4-3/8 4/1-4/5 4/29-5/3 5/27-5/31 6/24-6/28
	FRZ000078	FRZ000097	FRZ000063	FRZ000120	FRZ000034	
WEEK 3	3 oz. Hot Dog w/ Chili Sauce ½ c. Baked Beans ½ c. Corn w/ Diced Tomato 1 Whole Grain Hot Dog Bun 1 pk. Mustard ½ c. Applesauce Cup 1 pkg. Graham Crackers (2ct) 8 oz. 1% Low Fat Milk 47187	3 oz. Beef Patty w/Brown Gravy ½ c. Mashed Potatoes ½ c. Rutabaga/Red Pepper 1 sl. Whole Grain Bread 1 Margarine Cup 1 pkg. Raisin (1oz) 8 oz. 1% Low Fat Milk 47155	4 oz. 100% Orange Juice 3 oz. Honey Mustard Chicken Breast ½ c. Potatoes Florentine ½ c. Mixed Vegetables 1 sl. Whole Grain Bread 1 Margarine Cup 8 oz. 1% Low Fat Milk 47183	8 oz. Macaroni and Beef Casserole ½ c. Spinach ½ c. California Vegetables 1 sl. Whole Grain Bread 1 pkg. Graham Crackers (2 ct) ½ c. Applesauce Cup 8 oz. Low Fat Milk 47159	3 oz. Turkey Sliced w/ Country Pepper Gravy ½ c. Mashed Potatoes ½ c. Green Beans w/ Almonds 1 sl. Whole Grain Bread 2 Margarine Cup ½ c. Pear Cup 8 oz. 1% Low Fat Milk 47161	1/14-1/18 2/11-2/15 3/11-3/15 4/8-4/12 5/6-5/10 6/3-6/7
	FRZ000710	FRZ000030	FRZ000524	FRZ000091	FRZ000083	
WEEK 4	3 oz. NY Steak Beef Patty w/ Herbed Mushroom Gravy ½ c. Garlic Mashed Potatoes ½ c. Squash & Green Beans 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Citrus Fruit Cup 8 oz. Low Fat Milk 47167	4 oz. 100% Apple Juice 3 oz. Baked Chicken ½ c. Yellow Rice w/ ½ c. Tomatoes and Chives ½ c. Green Beans w/ Red Pepper 1 sl. Whole Grain Bread 1 Margarine Cup 8 oz. Low Fat Milk 47169	3 oz. Meatloaf w/ Sofrito ½ c. Diced Potatoes ½ c. Butternut Squash 2 Corn Tortillas 1 Fig Bar 8 oz. Low Fat Milk 47171	4 oz. 100% Blended Juice 3 oz. Roast Beef w/ Gravy ½ c. Spring Peas ½ c. Crinkle Cut Carrots 1 sl. Whole Grain Bread 1 Margarine Cup 8 oz. Low Fat Milk 47179	3 oz. Whole Grain Fish Fillet ½ c. Cheesy Mashed Potatoes ½ c. Mixed Vegetables 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Mandarin Orange Cup 8 oz. Low Fat Milk 47175	1/21-1/25 2/18-2/22 3/18-3/22 4/15-4/19 5/13-5/17 6/10-6/14
	FRZ000036	FRZ000060	FRZ0000299	FRZ000726	FRZ000653	

Menus have been analyzed with computer software programming using HORIZON ONE SOURCE SOFTWARE. These menus meet the Department of Elder Affairs guidelines as outlined in the DOE Programs and Services Handbook, July 2013 Meal and Nutrient Analysis Requirements with the following specifics - These menus provide 33 1/3% of the Dietary Reference Intakes (DRI/AI) per meal. Analysis includes: Calories, Protein, Fat, Fiber, Calcium, Zinc, Magnesium, Sodium, Vitamins B₆, B₁₂, C, and Vitamin A and Potassium. Adequate amounts of Calories, Protein, Fat, Fiber, Calcium, Vitamin B₆, and Vitamin C are provided in daily amounts. Vitamin A, B₁₂, Zinc, Magnesium, Sodium and Potassium have been averaged over one week; however no individual meal shall exceed

MENUS PREPARED BY: GA FOODS Elizabeth Keegan MS, RD, LDN
 APPROVED BY (PROJECT NUTRITIONIST): *Shirley Clark, RD*
 DATE OF APPROVAL: 12-27-18

CYCLE IMPLEMENTATION DATE January - June 2019
 PROJECT TITLE: PORT ST LUCIE Menu Cycle I 2019
 PROJECT DIRECTOR: _____