

PORT ST LUCIE 5 DAY FROZEN MASTER

CYCLE 2

EFFECTIVE JULY - DECEMBER 2021

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DATES OF SERVICE
WEEK 1	4 oz. 100% Orange Juice 3 oz. Honey Mustard Chicken Breast ½ c. Potatoes Florentine ½ c. Mixed Vegetables 1 sl. Whole Wheat Bread 1 Margarine Cup 1 Oatmeal Raisin Cookie 8 oz. 1% Milk CAT029526	8 oz. Vegetarian Chili ½ c. Pinto & Carrot Blend 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Applesauce 8 oz. 1% Milk CAT029527	3 oz. Chicken Parmesan ½ c. Rosemary Potatoes ½ c. Green Beans 1 Whole Wheat Dinner Roll 1 Margarine Cup ½ c. Pineapples 8 oz. 1% Milk CAT029528	8 oz. Macaroni & Cheese ½ c. Carrot Cuts ½ c. Green Peas 1 sl. Whole Grain Bread 2 Margarine Cups ½ c. Mandarin Oranges 8 oz. 1% Milk CAT029529	4 oz. 100% Orange-Pineapple Juice 3 oz. Beef Patty w/ Teriyaki Sauce ½ c. Steamed Rice ½ c. Mushroom, Pepper, & Onion Medley 1 sl. Whole Grain Bread 8 oz. 1% Milk CAT029530	Cycle II Begins* 7/5-7/9 8/2-8/6 8/30-9/3 9/27-10/1 10/25-10/29 11/22-11/26 12/20-12/24
	FRZ000524	FRZ000105	FRZ000655	FRZ000106	FRZ000763	
WEEK 2	8 oz. Cavatappi Bolognese ½ c. Italian Vegetables 1 sl. Whole Grain Bread 1 Margarine Cup Graham Crackers (2 ct. pkg.) ½ c. Applesauce 8 oz. 1% Milk CAT029531	3 oz. Sliced Turkey with CranRaspberry Sauce ½ c. Diced Sweet Potatoes ½ c. Corn w/ Red Peppers 1 sl. Whole Grain Bread 1 Margarine Cup 1 pkt. Peanuts (1 oz) 8 oz. 1% Milk CAT029532	4 oz. 100% Orange-Pineapple Juice 3 oz. Western Style Omelet ½ c. Potatoes O'Brien ½ c. Strawberry Applesauce Crisp 1 sl. Whole Grain Bread 1 Margarine Cup 8 oz. 1% Milk CAT029533	4 oz. 100% Pineapple Juice 8 oz. Cuban Black Beans w/ Rice ½ c. Whole Kernel Corn ½ c. Red Peppers & Parslied Carrots 1 Whole Wheat Dinner Roll 1 Margarine Cup 8 oz. 1% Milk CAT029534	8 oz. Cheese Lasagna Florentine ½ c. Spinach ½ c. Zucchini & Yellow Squash 1 sl. Whole Wheat Bread 2 Margarine Cups ½ c. Pineapples 8 oz. 1% Milk CAT029535	7/12-7/16 8/9-8/13 9/6-9/10 10/4-10/8 11/1-11/5 11/29-12/3 12/27-12/31
	FRZ000565	FRZ000072	FRZ000120	FRZ000108	FRZ000764	
WEEK 3	4 oz. 100% Pineapple Juice 3 oz. Hamburger Au Jus ½ c. Mashed Potatoes ½ c. Carrots 1 pkt. Ketchup 1 pkt. Mustard 1 Whole Grain Hamburger Bun 8 oz. 1% Milk CAT029536	Chicken Garden Casserole (Chicken, Rice Pilaf, Garden Vegetables) ½ c. Summer Blend Vegetables 1 Whole Wheat Dinner Roll 2 Margarine Cups ½ c. Strawberry Applesauce 8 oz. 1% Milk CAT029537	4 oz. 100% Orange Juice 3 oz. Huevos Rancheros ½ c. Breakfast Potatoes ½ c. Cranberry Pears 1 sl. Whole Grain Bread Graham Crackers (2 ct.) 8 oz. 1% Milk CAT029538	3 oz. Whole Grain Southern Style Pollack Fingers ½ c. Cheesy Country Style Potatoes ½ c. Steamed Carrots 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Mixed Fruit 8 oz. 1% Milk CAT029539	3 oz. Pork Chop Patty w/ Homestyle Gravy ½ c. Sweet Potatoes ½ c. Brussels Sprouts 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Applesauce 8 oz. 1% Milk CAT029540	7/19-7/23 8/16-8/20 9/13-9/17 10/11-10/15 11/8-11/12 12/6-12/10
	FRZ000712	FRZ000715	FRZ000116	FRZ000102	FRZ000654	
WEEK 4	3 oz. Hot Dog w/ Chili Topping ½ c. Baked Beans ½ c. Corn w/ Diced Tomato 1 Whole Grain Hot Dog Bun ½ c. Pineapples 8 oz. 1% Milk CAT029541	3 oz. Beef Patty w/ Onion Gravy ½ c. Mashed Potatoes ½ c. Rutabaga 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Pears 8 oz. 1% Milk CAT029542	8 oz. Turkey Pot Pie ½ c. Succotash 1 sl. Whole Grain Bread 1 Margarine Cup ½ c. Mandarin Oranges 1 Oatmeal Crème Pie 8 oz. 1% Milk CAT029543	3 oz. Chicken w/ Thai Ginger Curry Sauce ½ c. Flat Beans ½ c. Carrots 1 sl. Whole Grain Bread 1 pkt. Peanuts (1 oz) ½ c. Strawberry Applesauce 8 oz. 1% Milk CAT029544	3 oz. Meatloaf w/ Apple Brown Gravy ½ c. Skin on Potatoes ½ c. Stewed Tomatoes 1 sl. Whole Grain Bread 1 Margarine Cup 1 pkt. Raisins 8 oz. 1% Milk CAT029545	7/26-7/30 8/23-8/27 9/20-9/24 10/18-10/22 11/15-11/19 12/13-12/17
	FRZ000710	FRZ000030	FRZ000817	FRZ000564	FRZ000044	

All menus are planned and analyzed with Enterprise Resource Planning (ERP) Software, a proprietary software using the USDA database FoodData Central. These menus meet the Department of Elder Affairs guidelines as outlined in the DOE Programs and Services Handbook. Holidays and birthday celebration meals (two or fewer meal types per calendar month) may be excluded from a computer generated nutrient analysis. 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 1000 mg of Sodium.

MENUS PREPARED BY: GA FOODS Jess Britten, MA, RD, LDN
 DATE OF APPROVAL: 6-23-2021
 CYCLE IMPLEMENTATION DATE: July - December 2021
 PROJECT TITLE: PSL 5 DAY FLFRZ MASTER MENU CYCLE II 2021
 PROJECT DIRECTOR: Sharon Boyle MS RD LDN