

Name of AAA:

WESTMORELAND COUNTY

MENU SUBMISSION FORM

Week Of: FEB. 6 - 10, 2017

Name of Food Provider/Caterer: NUTRITION, INC.

FOOD GROUP	Monday February 6, 2017	Tuesday February 7, 2017	Wednesday February 8, 2017	Thursday February 9, 2017	Friday February 10, 2017
Entree - Protein Source: 3oz Edible Portion or Equivalent	Ham & Cheese Sandwich w/ 2-1/2oz Cooked Ham & 1/2oz Swiss Cheese	3oz Pork Roast w/ 1oz Gravy	3oz Beef Hamburger w/1/2oz American Cheese (1 slice)	1/2 Stuffed Pepper w/ 3oz Ground Beef & 1oz Pepper in 2oz Tomato Soup	4oz Tuna Salad w/ 3oz Tuna, Egg & 1oz Dressing
Fruits & Vegetables: 2 Servings at Least 1/2c Each Vitamin C Source: Minimum 20 mg/meal	6oz Cream of Broccoli Soup w/ 1/2c Broccoli See Dessert send Bowls	1/2c Diced Potatoes	1/2c French Fries***	1/2c Whipped Potatoes	6oz Vegetable Soup w/ 1/2c Vegetables send Bowls
(Fruit & Vegetables) Vitamin A Source** Min Average of 250 micrograms	1/2c Beets	1/2c Carrots	1/2c Mixed Vegetables	1/2c Green Beans & Wax Beans	1/2c Cole Slaw
Enriched Bread and/or Alternate: 2 Servings Daily	2 Slices Rye Bread	1 Wheat Roll	1 BBQ Bun	1 Slice Rye Bread	1 Multi Grain Bun
Butter or Margarine 1Tsp Daily of Substitute	1 Teaspoon	1 Teaspoon	1 Teaspoon	1 Teaspoon	1 Teaspoon
Dessert: 1/2c or Equivalent	1/2c Pineapple Tidbits	1 Tangerine	1 Pear	1 Chocolate Chip Cookie	1 Banana
Milk - 1/2 Pint of Calcium Equivalent	1/2 Pint Milk	1/2 Pint Milk	1/2 Pint Milk	1/2 Pint Milk	1/2 Pint Milk
Miscellaneous Foods and Beverages	Salad Dressing Packet		1 Mustard Packet 1 Ketchup Packet		1 Dressing Packet
***Center Prepared Resource(s) used for this Nutritional Analysis: ESHA	Amount of:	Amount of:	Amount of:	Amount of:	Amount of:
	Protein (gm) 38	Protein (gm) 40	Protein (gm) 39	Protein (gm) 38	Protein (gm) 40
	Vitamin C (mg) 57	Vitamin C (mg) 24	Vitamin C (mg) 34	Vitamin C (mg) 88	Vitamin C (mg) 27
	Vitamin A (re) 161	Vitamin A (re) 446	Vitamin A (re) 216	Vitamin A (re) 297	Vitamin A (re) 293
	Calories 601	Calories 639	Calories 659	Calories 691	Calories 618
	Sodium 1550	Sodium 584	Sodium 534	Sodium mg 923	Sodium 1312
	Carbohydrates 62	Carbohydrates 75	Carbohydrates 75	Carbohydrates 70	Carbohydrates 65