

Name of AAA:

WESTMORELAND COUNTY

MENU SUBMISSION FORM

Week Of: Feb. 20-24, 2017

Name of Food Provider/Caterer: NUTRITION, INC.

FOOD GROUP	Monday February 20, 2017 Presidents Day 2017	Tuesday February 21, 2017	Wednesday February 22, 2017	Thursday February 23, 2017	Friday February 24, 2017
Entree - Protein Source: 3oz Edible Portion or Equivalent	Centers Closed	8oz Chicken Stew w/ 3oz Chicken, 1oz Gravy, 2oz Potatoes, 1/2oz Celery & 1-1/2oz Mixed Vegetables	4oz Beef Patty w/ 3oz Meat 1oz Stuffing & 2oz Gravy (Veal Bird)	4oz Rigatoni (cold) & 5oz Meat & Cheese Sauce w/ 1 1/2 oz Mozzarella, 1 1/2oz Ground Beef	4oz Sloppy Joe w/ 3oz Beef & 1oz Sauce
Fruits & Vegetables: 2 Servings at Least 1/2c Each Vitamin C Source: Minimum 20 mg/meal		1/2c Potatoes, Celery & Mixed Vegetables in Entrée	1/2c Whipped Potatoes	1/2c Tossed Salad w/ Lettuce, Carrots, Cucumbers & Romaine	1/2c Peas
(Fruit & Vegetables) Vitamin A Source** Min Average of 250 micrograms		1/2c Tossed Salad w/ Lettuce, Tomatoes, Carrots & Leaf Lettuce	1/2c Sliced Carrots	1/2c Italian Green Beans	1/2c Sweet Potatoes
Enriched Bread and/or Alternate: 2 Servings Daily		1 Slice Pumpernickel Bread 1/2c Rice	1 Slice Wheat Bread	1 Slice Italian Bread 1/2c Pasta send cold & separate	1 Multi Grain Bun
Butter or Margarine 1Tsp Daily of Substitute		1 Teaspoon	1 Teaspoon	1 Teaspoon	1 Teaspoon
Dessert: 1/2c or Equivalent		1-2"Square Yellow Cake w/ Frosting	1/2c Pineapple	1 Apple-Filled Cookie	1/2c Pears
Milk - 1/2 Pint of Calcium Equivalent		1/2 Pint Milk	1/2 Pint Milk	1/2 Pint Milk	1/2 Pint Milk
Miscellaneous Foods and Beverages		French Dressing		Italian Dressing	

***Center Prepared
Resource(s) used for this
Nutritional Analysis:
ESHA

Amount of:	Amount of:	Amount of:	Amount of:	Amount of:
Protein (gm)	Protein (gm) 43	Protein (gm) 30	Protein (gm) 38	Protein (gm) 40
Vitamin C (mg)	Vitamin C (mg) 21	Vitamin C (mg) 23	Vitamin C (mg) 77	Vitamin C (mg) 38
Vitamin A (re)	Vitamin A (re) 1016	Vitamin A (re) 431	Vitamin A (re) 493	Vitamin A (re) 622
Calories	Calories 691	Calories 625	Calories 656	Calories 639
Sodium	Sodium 782	Sodium 971	Sodium 1023	Sodium 345
Carbohydrates	Carbohydrates 71	Carbohydrates 70	Carbohydrates 71	Carbohydrates 75