

Name of AAA:

WESTMORELAND COUNTY

MENU SUBMISSION FORM

Week Of: FEB. 27- MAR. 3, 2017

Name of Food Provider/Caterer: NUTRITION, INC.

FOOD GROUP	Monday February 27, 2017	Tuesday February 28, 2017	Wednesday March 1, 2017 Ash Wednesday	Thursday March 2, 2017	Friday March 3, 2017
Entree - Protein Source: 3oz Edible Portion or Equivalent	8oz Chili Con Carne w/ 2 1/2oz Ground Turkey, 1/2c Tomatoes & Kidney Beans 1/2oz Shredded Cheddar Cheese	3oz Swiss Steak w/ 2oz Gravy	1 4x6 Pizza Slice*** w/ 3oz Cheese	6oz Stuffed Cabbage w/ 3oz Beef & 1oz Rice 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	1/2c Tossed Salad w/ Leaf Lettuce, Spinach, Radishes & Carrots	See Dessert	3/4c Mixed Green Salad w/ Lettuce, Romaine & Spinach	1/2c Whipped Potatoes	1/2c Three Bean Salad
(Fruit & Vegetables) Vitamin A Source** Min Average of 250 micrograms	See Dessert	1/2c Candied Carrots	1/4c Peppers, Onions & Mushrooms	1/2c Green & Wax Beans	6oz Cream of Cauliflower Soup w/ 1/2c Cauliflower send Bowls
Enriched Bread and/or Alternate: 2 Servings Daily	1-2" Square Corn Bread 1/2c Rice	1 Slice White Bread 1/2c Noodles	see entrée	1 Slice Rye Bread	1 Wheat BBQ Bun
Butter or Margarine 1Tsp Daily of Substitute	1 Teaspoon	1 Teaspoon	1 Teaspoon	1 Teaspoon	1 Teaspoon
Dessert: 1/2c or Equivalent	1 Fresh Apple	1 Orange	1 Banana	1 Chocolate Chip Cookie	1/2c Applesauce
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	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) 29	Protein (gm) 34	Protein (gm) 26	Protein (gm) 32	Protein (gm) 33
	Vitamin C (mg) 41	Vitamin C (mg) 58	Vitamin C (mg) 48	Vitamin C (mg) 21	Vitamin C (mg) 37
	Vitamin A (re) 368	Vitamin A (re) 454	Vitamin A (re) 891	Vitamin A (re) 5	Vitamin A (re) 137
	Calories 621	Calories 669	Calories 600	Calories 670	Calories 742
	Sodium mg 1207	Sodium 703	Sodium 1502	Sodium 536	Sodium 1594
	Carbohydrates 74	Carbohydrates 72	Carbohydrates 75	Carbohydrates 65	Carbohydrates 74