

Plan \_\_\_\_\_

FY 2012 SEASON Summer/Spring NUTRITION PROGRAM FOR THE ELDERLY MENU PLAN (Revised 02/22/2011)

WEEK 1 OF 6

Menu #	1.	2.	3.	4.	5.
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Cubed Steak with Gravy (3 oz. Meat)	Pork Roast w/gravy	Spaghetti (8 oz. Serving of 2 oz. Meat (gr. Turkey)	Baked Chicken Breast with Gravy (3 oz. Meat)	Cheeseburger (2 oz. Meat) (1 oz. Cheese) +
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	3/4 c Turnip Greens @* (Vinegar)  <u>6 oz Orange Juice</u>	Green Peas with pearl onions  Carrot-Raisin Salad	Tossed Salad with Cucumbers and <u>Tomatoes @</u> (1 c. Salad)  <u>Orange Juice</u>	Broccoli Casserole @  <u>Citrus Salad</u>	<u>Sliced Tomatoes (3) @</u> on Lettuce  Sliced Peaches @
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	1/2 c Rice  Whole Wheat Roll	Whipped Potatoes  Roll	***  Garlic Bread	Whipped Potatoes  Roll	1/2 c Baked Beans Bun
<b>FAT</b>			Ranch Dressing (Reduced Fat)		
<b>DESSERT 1/2 CUP SERVING</b>	Gingerbread (with or without whipped topping)	Pineapple Chunks	Apple Cobbler	Fruit Nutri-grain bar (1.3 oz)	2 Graham Crackers
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>	Stanly, Cab- 2 choc chip cookie	^Pork chops-Stanly, Rowan	Parmesan Cheese (1 T.)		Ketchup, Mustard, Lite Mayo

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H  
 County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ April – Sept 2013  
 April – Sept 2014 Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*  
 Dietitian/Nutritionist

Approved by : \_\_\_\_\_ Date Approved: \_\_\_\_\_  
 AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT  
ON FILE AT AAA**

Menu #	6.	7.	8.	9.	10.
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Turkey Smoked Sausage (Louis Rich) (light) (3 oz. Meat)	Barbecued Chicken (Breast) (3 oz. Meat)	Pepper Steak with peppers and onions w/gravy @ (3 oz. Meat)	Hot Dog with Chili and Chopped Raw Onions (2 oz. Meat - All Beef) (Kahn's/Oscar Mayer)	1 Hard Cooked Egg 2 Sausage Patties
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	<u>Steamed Cabbage @</u>  Fruit Cocktail	Squash Casserole @  6 oz. <u>Orange Juice</u>	Green Beans  ***	<u>Creamy Coleslaw with Shredded Carrots @</u> <u>6 oz Apple Juice</u> (100% Vit. C)	<u>1 c Mixed Fruit</u>
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	Sliced New Potatoes  Cornbread	Lima Beans  Roll	Rice  1 biscuit	Baked Beans  Bun	½ c Grits  1 Medium Biscuit
<b>FAT</b>			Margarine		
<b>DESSERT 1/2 CUP SERVING</b>	Chocolate Pudding	Melon Cubes	½ c Peaches	Sugar Cookies (2)	<u>6 oz. Pineapple Juice</u>
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>				Mustard, Ketchup	1 Packet Jelly

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ April – Sept 2013  
 April – Sept 2014 Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*  
 Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_  
 AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT ON  
FILE AT AAA**

Menu #	11.	12.	13.	14.	15.
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Chicken Salad on lettuce leaf & tomato (3 oz. Serving) (2 oz. meat)	Hot Sliced Ham in Pineapple Juice (3 oz. Meat)	Beef-A-Roni (2 oz. Meat) (1/2 c. Macaroni) (8 oz serving)	Large salad with 2 oz turkey and 1 oz shredded cheese, tomatoes, carrot, chopped green peppers, cucumbers	Chicken Parmesan (roasted chicken breast cooked marina sauce)
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	1 c Veggie pasta salad (1/2 c veggies, fat free Italian dressing)	Tossed Salad with <u>Tomatoes @</u> and Cucumbers (1 c. Salad) Hot Spiced Peaches @ ^	Green beans <u>6 oz. Orange Juice</u> Baked Apples	*** <u>6 oz. Pineapple Juice</u>	Tossed salad with Tomato, Onion, Celery and Green Pepper
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	Whole Wheat Bread (2 Slices)	Hashed Brown Potato Casserole  Roll	***  Italian Bread	Croutons package  6 wheat saltine crackers low sodium (wrapped )	Garlic bread  1/2 c spaghetti noodles
<b>FAT</b>		Thousand Island Dressing (Reduced Fat)		Lowfat Ranch Dressing	Fat free Italian or Ranch Dressing
<b>DESSERT 1/2 CUP SERVING</b>	Banana pudding w/bananas and wafers	Chocolate Cake with Chocolate Icing	Peanut Butter Cookies (2)	Brownie w/nuts (No Icing)	Melon Cubes
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>		^ Cabarrus, Rowan, Union – Cold Sliced Peaches @ Cole slaw-Union	1 T. Parmesan Cheese	Cheeseburger meal- Rowan, Union, Stanly	1 T. Parmesan Cheese

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ April – Sept 2013  
 April – Sept 2014 Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*

Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_

AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT ON  
FILE AT AAA**

Menu #	16.	17.	18.	19.	20.
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Chicken Pot Pie (at least 2 oz chicken, ¼ c veggies) (6oz)	Lasagna (8 oz. Serving of 2 oz. Meat and 1 oz. Cheese) +	Baked Chicken with Gravy (Leg & Thigh) (3 oz. Meat)	Sloppy Joe (3 oz. Meat) ( 4oz serving)	Ham and Cheese on Bun (2 oz. Ham) (1 oz. Cheese) +
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	<u>Broccoli and Cauliflower @</u> (1c)	Tossed Salad with <u>Green Pepper @</u> , Carrot and <u>Tomatoes @</u> (1 c. Salad)  <u>6 oz Orange juice</u>	Mixed Greens @  <u>6 oz Orange Juice</u>	<u>Coleslaw with Carrots @</u> (light on Mayo) ***  6 oz. <u>Pineapple Juice</u>	<u>Sliced Tomatoes (3) @</u> on Lettuce  Sliced Peaches
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	***  Whole Wheat Roll	***  Parmesan Cheese/ Garlic breadstick	Whipped Potatoes  Roll	Baked Lays Potato Chips (Individual bags)  Bun	Potato Salad with <u>Green Pepper @</u>  Whole Wheat Bun
<b>FAT</b>		Ranch/Thousand Island (Reduced Fat)			Mayonnaise (Reduced Fat)
<b>DESSERT 1/2 CUP SERVING</b>	<u>Strawberries * (1/2 c.) on Shortcake w/1 T. Low Fat Whipped Topping ^</u>	½ c Fruited Gelatin	Chocolate Chip Cookies (2)	Applesauce	Nutri-grain Fruit Bar
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>			Vinegar	<sup>^</sup> Onion, Stanly, Rowan- cube steak menu (See Thur Wk 5 F/W)	Mustard

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ April – Sept 2013  
 Program Director Signature \_\_\_\_\_  
 Certified By \_\_\_\_\_ RD# \_\_\_\_\_ April – Sept 2014  
 Dietitian/Nutritionist \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_  
 AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT  
ON FILE AT AAA**

Menu #	21.	22.	23.	24.	25.
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Oven Fried Chicken Breast (3 oz. Meat)	Egg Salad on Lettuce (3 oz. Meat) (4 oz serving)	Meat Loaf with Brown Gravy (2 oz. Meat) (3 oz serving)	Chicken Alfredo (3 oz diced chicken)	Barbecued Boneless Pork Rib (2 oz. Meat)
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	Creamy Cole slaw  Carrots @	<u>Sliced Tomatoes on lettuce @</u>  <u>Melon Cubes</u>	French Style Green Beans  6 oz. <u>Apple Juice</u>	1 C <u>Broccoli, Cauliflower and Carrots @</u>  6 oz <u>Pineapple Juice</u>	Steamed <u>Cabbage @</u>  6 oz <u>Cranberry-Grape Juice</u>
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	Corn (Mixture of 1/2 Whole Kernel and 1/2 Creamed)  Biscuit	Macaroni Salad  1/2 whole wheat pita bread	Whipped Potatoes  Whole Wheat Roll	1 c Bowtie Noodles  Dinner Roll	Hashed Brown Potato Casserole  Cornbread
<b>FAT</b>	Margarine		Margarine		
<b>DESSERT 1/2 CUP SERVING</b>	Fruit Cocktail	Vanilla Pudding	Pears (2 Halves)	Fruited Jello with Mandarin Oranges	1/2 C Mandarin Oranges
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>		^Cabarrus, Rowan- 2 sl whole wheat bread			Cabarrus –pork chop

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ April – Sept 2013  
 April – Sept 2014 Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*  
 Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_  
 AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT  
ON FILE AT AAA**

Menu #	26.	27.	28.	29.	30.
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Turkey and Cheese Sandwich (3 oz. Turkey) (1 oz. Cheese) +	Baked Chicken Breast w/Gravy (2.5 oz. Meat)	Salisbury Steak in Gravy (3 oz Meat)	Pork Roast with Gravy (3 oz. Meat)	Turkey Salad (2 oz. Chicken in 3 oz. Serving)
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	<u>Sliced Tomatoes (3) @</u> on Lettuce  <u>Melon Cubes</u>	<u>Turnip Greens @</u>  <u>6 oz. Pineapple Juice</u>	1/2 c Peas  1/2c Carrots @	Green Beans  <u>6 oz. Apple Juice</u> (100% Vit. C. added)	<u>Sliced Tomatoes (3) @</u> on Lettuce  Fruit Cocktail
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	Potato Salad With <u>Green Pepper @</u>  Whole Wheat Bread 2 slices	Potatoes Aug Gratin  Whole Wheat Roll	Bowtie Noodles (1/2 cup)  Roll	½ c. Rice  Biscuit	Whole Wheat Bread (2 Slices)  *** Macaroni Salad
<b>FAT</b>	Mayonnaise (Reduced Fat)	Margarine			
<b>DESSERT 1/2 CUP SERVING</b>	One Large Fig Bar^	Oatmeal Cookies (2)	<u>Cherry Cobbler</u>	Pineapple Upside Down Cake (1 slice)	Carrot Cake w/ Low Fat Cream Cheese Icing
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>	Mustard  ^ Rowan, Stanly – Chocolate Chip Cookies (2)	Vinegar			

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ April – Sept 2013  
 April – Sept 2014 Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*  
 Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_  
 AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT  
ON FILE AT AAA**

Menu #	1.	2.	3.	4.	5.
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Cheeseburger (2 oz. Meat) (1 oz. Cheese) (Thursday's meal)	2 Turkey Sausage Links (2 Oz) 1 Hard Cooked Egg	Pinto Beans # (1 c.)	Baked Sliced Ham With pineapple juice(3 oz. Meat) (Monday's meal)	Chili Con Carne ^ (8 oz. Serving of 2 oz. Meat and 1/2 c. Kidney Beans)
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	<u>Sliced Tomatoes (3) @</u> On Lettuce  Hot Spiced or cold Peach Halves @ ^	Escaloped Apples  <u>6 oz Pineapple Juice</u>	<u>Okra &amp; Tomatoes</u>  <u>6 oz. Orange Juice</u>	<u>Collard Greens @</u>  Apple Juice (100% Vit. C Added)	<u>Coleslaw (light on mayo.)</u> <u>@</u>  ***
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	Baked Beans  Bun	Grits  Biscuit	Macaroni & Cheese  Cornbread	Great Northern Beans (1/2 c.)  Whole Wheat Roll	***  ^ Cornbread
<b>FAT</b>		Margarine		Margarine	Margarine
<b>DESSERT 1/2 CUP SERVING</b>	2 Sugar Cookies			Banana Pudding w/ Bananas and Wafers	Baked Apples
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>	Mustard/Ketchup Gaston, Iredell- Fig Bar	Jelly	Chopped Raw Onions (1 Tablespoon)	Chopped Raw Onions (1 Tablespoon) Vinegar	

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ Feb- March 2013 Oct 2013 - March 2014 Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ Must be approved at least two weeks prior to implementation.

Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_

AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT  
ON FILE AT AAA**

Menu #	6.	7.	8.	9.	10.
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Hamburger Steak with Mushroom Gravy (3 oz. Meat)	Oven Fried Chicken Breast (3 oz. Meat)	Stew Beef with Gravy (3 oz. Meat) (5 oz serving)	Chicken Filet (3 oz.)	BBQ Pork (3 oz. Meat) (3 oz serving)
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	<u>Collard Greens @</u>  <u>Pineapple Juice</u>	Mixed Squash @  <u>6 oz. Apple Juice</u> (100% Vit. C Added)	Peas & Carrots @  <u>6 oz. Orange Juice</u>	Lettuce and <u>Tomato</u> Slices (3)  Honey Glazed Carrots@  4 oz Cranberry Juice	BBQ Slaw (1/2 cup)  Harvard Beets
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	Whipped Potatoes  Roll	Crowder Peas  Biscuit	Rice  Whole Wheat Roll	Baked Beans (1/2 cup)  Bun	Baked Lays Potato Chips (Individual Packages) Bun
<b>FAT</b>	Margarine	Margarine	Margarine	Mayonnaise (Reduced Fat)	
<b>DESSERT 1/2 CUP SERVING</b>	Sliced Peaches @	Chocolate Pudding	Orange Cake with icing	Pears	Blueberry Cobbler
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>	Chopped Raw Onions (1 Tablespoon) Vinegar				

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

Feb- March 2013

County \_\_\_\_\_ Dates To Be Used Oct 2013 - March 2014 Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*  
Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_  
AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT  
ON FILE AT AAA**



Menu #	11.	12.	13.	14.	15.
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Turkey Smoked Sausage (Louis Rich) (light) (3 oz. Meat)	Spaghetti (8 oz. Serving of 2 oz. Meat (gr. Turkey)	Chicken Alfredo (3 oz diced chicken)	Pork Roast with gravy (3 oz. Meat)	Taco Salad (2 oz ground beef with low sodium taco seasoning, 1 oz shredded cheese, 1/3 c pinto beans)
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	<u>Cooked Cabbage @</u> (1 c.)  Mandarin Oranges	Tossed Salad with <u>Green Peppers,</u> <u>Tomato &amp; carrots @</u> (1 c. Salad)	1 C <u>Broccoli, Cauliflower and Carrots @</u>  <u>Pineapple Juice</u>	<u>Turnip Greens @</u>  <u>Pineapple Juice</u>	1 c shredded lettuce, 2 T diced tomatoes  <u>Orange Juice</u>
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	New potatoes  Cornbread	(1 c. Noodles)  Garlic Bread	1 c Bowtie Noodles  Dinner Roll	Macaroni and Cheese  Cornbread	½ c Spanish Rice  ½ c Tortilla Chips
<b>FAT</b>	Margarine	Ranch/Thousand Island (Reduced Fat)			
<b>DESSERT 1/2 CUP SERVING</b>	Rice Krispie Treat	Cherry Cobbler	Fruited Jello with Mandarin Oranges	Fruited Gelatin	Banana
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>		1 T Parmesan Cheese		Vinegar	2 oz mild salsa

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

Feb – March 2013

County \_\_\_\_\_ Dates To Be Used Oct 2013 – March 2014 Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*

Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_

AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT  
ON FILE AT AAA**

Menu #	16.	17.	18.	19.	20.
<b>MAIN ENTRÉE PROTEIN SOURCE 2 OZ.</b>	Chicken Pot Pie (6oz) (2 oz chicken)	Meatloaf with Tomato Sauce (2oz. Meat) (3 oz serving)	Beef Stroganoff (2 oz. Meat in 3 oz. Serving with Low Fat Sour Cream)	Grilled Chicken Breast with Gravy (3 oz. Meat)	Barbecued Boneless Pork Rib (2 oz. Meat)
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	Stewed Squash @  Brussels Sprouts	<u>Chopped Broccoli @</u>  <u>6 oz Orange Juice</u>	Peas and Carrots (1 c)	Green Beans (1 c)  <u>6 oz V-8 Juice @</u> (low sodium)	<u>Steamed Cabbage@</u>  Fruit Cocktail
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	***  Whole Wheat Roll	Corn (Mixture of 1/2 Whole Kernel and 1/2 Creamed)  Whole Wheat Roll	Egg Noodles  Roll	Whipped Potatoes  Biscuit	Crowder Peas  Roll
<b>FAT</b>			Margarine		Margarine
<b>DESSERT 1/2 CUP SERVING</b>	Strawberries * (1/2 c.) on Shortcake w/1 T. Low Fat Whipped Topping ^	Carrot Cake	Peach Yogurt Parfait with Granola Topping	Pound Cake	Oatmeal Raisin Cookies (2)
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>	Cab- Fig Bar				Stanly, Cab, Rowan- Baked pork chop

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H  
 Feb – March 2013  
 County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ Oct 2013 – March 2014 Program Director Signature \_\_\_\_\_  
 Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*  
 Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_  
 AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT  
ON FILE AT AAA**

Menu #	21.	22.	23.	24.	25.
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Beef Stew (3 oz. Meat) with ½ c. Mixed Vegetables in 1 c. serving	Sliced Roast Turkey Breast with Gravy (3 oz. Meat)	Pinto Beans # (1 c.)	Cube Steak with Gravy (3 oz. Meat)	Baked Chicken leg and thigh with gravy (3 oz. Meat)
<b>VEGETABLES AND FRUITS 2, ½ CUP SERVINGS</b>	***  <u>Harvard Beets</u>	<u>Coleslaw</u> ^ (Light on Mayo)  ***	Turnip Greens @*  <u>6 oz Orange Juice</u>	Green Beans  6 oz. <u>Pineapple Juice</u>	Broccoli @ Cauliflower Medley (Hot)  <u>6 oz Apple Juice</u> (Fortified)
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	Rice  Roll	Sweet Potato Soufflé @^  Roll	Macaroni and Cheese (1/2 c.)  Cornbread	Whipped Potatoes  Biscuit	Black-eyed Peas  Whole Wheat Roll
<b>FAT</b>	Margarine	Maragarine	Margarine	Margarine	Margarine
<b>DESSERT 1/2 CUP SERVING</b>	Brownie (no icing)	Baked Apple		Fruit Cocktail	Sugar Cookies (2)
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>		Cranberry Sauce (1/4 c.)	Chopped Raw Onions (1 T.) / Vinegar		^Stanly-using spaghetti meal Week 3

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

Feb – March 2013

County \_\_\_\_\_ Dates To Be Used Oct 2013 – March 2014 Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*

Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_

AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT  
ON FILE AT AAA**

Menu #	26.	27.	28.	29.	30.
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Lasagna (8 oz. Serving of 2 oz. Meat and 1 oz. Cheese) +	Chicken and Dumplings (2 oz. Meat) (1/2 c. Dumplings) (8 oz serving)	Baked Pork Chop With gravy (2 oz. Meat)	Barbecued Meatballs (6 1/2 oz Meatballs)	Sliced Roast Turkey Breast with Gravy (3 oz. Meat)
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	Tossed Salad with <u>Green Pepper @</u> Cucumber, Carrot, and <u>Tomato @</u> (1 c. Salad)	Mixed Greens (1c)  Stewed Apples	Brussels Sprouts @ (1 c)  Applesauce	Squash Casserole  <u>Apple Juice</u> (Fortified)	Green Beans  <u>6 oz Orange Juice</u>
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	***  Garlic breadstick	***  Roll	Rice  Roll	3/4 c Noodles  Whole Wheat Roll	Cornbread Dressing  Sweet Potato Soufflé @^
<b>FAT</b>	Ranch/Thousand Island (Reduced Fat)	Margarine	Margarine		Margarine
<b>DESSERT 1/2 CUP SERVING</b>	Fruited Jello w/ Mandarin Oranges	Fig Bar		Chocolate Chip Cookies (2)	Pineapple Upside-Down Cake
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>					
<b>MISCELLANEOUS</b>			^Rowan, Cab-cabbage		Cranberry Sauce (1/4 c.)

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ Feb – March 2013  
Oct 2013– March 2014 Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*  
Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_  
AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT  
ON FILE AT AAA**

Holiday Meals List	July 4th	Grandparents Day	Thanksgiving	Christmas	New Year's Day
<b>MAIN ENTREE PROTEIN SOURCE</b> 2 OZ.	Hot Dog with Chopped Onion (1 Tablespoon) & Chili (1 Tablespoon) (2 oz. Meat)	Sliced Baked Ham with Pineapple juice (3 oz. Meat)	Sliced Roast Turkey Breast with Gravy (3 oz. Meat)	Sliced Baked Ham in Fruit Sauce (3 oz. Meat)	Pork Loin with Gravy (3 oz. Meat)
<b>VEGETABLES AND FRUITS</b> 2, 1/2 CUP SERVINGS	<u>Coleslaw with Green Peppers and Carrots @</u>  ***	Broccoli Casserole @*  <u>Apple Juice</u> (Fortified)	Green Beans Almandine  <u>Orange Juice</u>	Green Peas with Pearl Onions  <u>Orange Juice</u>	Collard Greens @*  <u>Cranberry juice</u>
<b>BREAD &amp; COMPLEX CARBOHYDRATES</b> 2 SERVINGS	Baked Beans  Bun	Rice  Roll	Cornbread Dressing  Cloverleaf Roll	Sweet Potato Soufflé @  Dinner Roll	Black-eyed Peas  Cornbread
<b>FAT</b>				Margarine	Margarine
<b>DESSERT</b> 1/2 CUP SERVING	<u>Watermelon @</u>  2 sugar cookies	Strawberry Shortcake	Sweet Potato Pie @ (1/6 of 8") (1/8 of 10")	Red Velvet Cake	Escalloped Apples (1/2 c. Apples)
<b>2 % MILK OR CALCIUM</b> 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>	Iced Tea		Coffee	Coffee	
<b>MISCELLANEOUS</b>	Mustard, Ketchup		Cranberry Sauce (1/4 c.)		Vinegar

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ FY 13 – FY 15 \_\_\_\_\_ Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*

Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_

AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT ON FILE AT AAA**

Holiday Meals List	Valentine's Day	Easter			
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Oven Fried Chicken Breast (3 oz. Meat)	Honey Baked Ham with Pineapple juice (2 oz. Meat)			
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	Broccoli Spears with Cheese Sauce @ *  <u>Cranberry Juice</u>	Green Beans Almandine  <u>6 oz. Orange Juice</u>			
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	New Sliced Potatoes  Whole Wheat Roll	Scalloped Sweet Potatoes @ with Apples  Yeast Roll			
<b>FAT</b>	Margarine				
<b>DESSERT 1/2 CUP SERVING</b>	Sponge Cake with Whipped Topping and <u>Strawberries</u> * (1/4 c.)	Decorated Cupcakes			
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk			
<b>BEVERAGE</b>		Iced Tea			
<b>MISCELLANEOUS</b>					

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ FY 13 – FY 15 \_\_\_\_\_ Program Director Signature \_\_\_\_\_  
 Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*  
 Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_  
 AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT ON  
FILE AT AAA**

Seasonal	I	II	III	IV	V
<b>MAIN ENTREE PROTEIN SOURCE 2 OZ.</b>	Ham and Cheese on Bun (2 oz. Ham) (1 oz. Cheese) +	Hot Dog with Chili and Chopped Raw Onions (2 oz. Meat-All Beef) (Kahn's/Oscar Mayer)	Fried Chicken Breast (3 oz. Meat)	Sliced Turkey Sandwich (2 oz. Meat)	Cheeseburger with Chopped Raw Onions (2 oz. Meat)
<b>VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS</b>	<u>Sliced Tomatoes (3) @</u> on Lettuce  <u>Melon Cubes @</u>	<u>Creamy Coleslaw</u> with Carrots @  <u>Orange Juice</u>	Green Beans  <u>Whole Peach @</u>	<u>Sliced Tomatoes (3) @</u> on Lettuce  Potato Salad with <u>Green Pepper @</u>	<u>Sliced Tomatoes (3) @</u> on Lettuce  <u>Coleslaw</u> with Carrots @
<b>BREAD &amp; COMPLEX CARBOHYDRATES 2 SERVINGS</b>	Potato Salad with <u>Green Pepper @</u>  Bun	Baked Beans  Hot Dog Bun	Potato Salad  Whole Wheat Bread	***  Whole Wheat Bread (2 Slices)	Baked Beans  Bun
<b>FAT</b>	Mayonnaise (Reduced Fat)			Mayonnaise (Reduced Fat)	
<b>DESSERT 1/2 CUP SERVING</b>	Wrapped Cookies	<u>Melon Cubes @</u> 1 sugar cookie	2 Wrapped Cookies	2 chocolate chip cookies	<u>Melon Cubes @</u> 1 brownie
<b>2 % MILK OR CALCIUM 1/2 PINT</b>	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
<b>BEVERAGE</b>			Apple juice	Pineapple juice	
<b>MISCELLANEOUS</b>	Mustard	Mustard, Ketchup		Mustard	Mustard, Ketchup

KEY: Calcium + Cold Vitamin C \_\_\_ Vitamin A @ Frozen \* Dried # Appears in another category \*\*\* Change ^ Holiday Meal H

County \_\_\_\_\_ Dates To Be Used \_\_\_\_\_ FY 13 – FY 15 \_\_\_\_\_ Program Director Signature \_\_\_\_\_

Certified By \_\_\_\_\_ RD# \_\_\_\_\_ *Must be approved at least two weeks prior to implementation.*  
Dietitian/Nutritionist

Approved by: \_\_\_\_\_ Date Approved: \_\_\_\_\_  
AAA Administrator

**ORIGINALS WITH SIGNATURES KEPT ON FILE AT AAA**