

**Lake & Mendocino County
SENIOR NUTRITION PROGRAM**

site: Redwood Coast Seniors week: 1 year: 2018 month: February

day				Thursday	Friday
date				Feb 1	Feb 2
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein				beef	egg, cheese
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)				buns	rice, beans
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)				beans	mixed vegetables
FRUIT 1 serving (1/2 cup/serving)				bread pudding	oranges/rice pudding
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute				always 3 ways	always 3 ways

...and here we can say anything we like!

Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 2 year: 2018 month: February

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	ham	beef	fish	beef	beef
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	bread	potatoes	potatoes	potatoes, gravy	potatoes, gravy
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	potatoes,mixed vegetables	kale & peas		vegetable soup	
FRUIT 1 serving (1/2 cup/serving)	fruit salad(grapes,stra wberries)	apple, pumkin pie	choc.cake,vanilla ice cream	white cake w/huckleberry frostin	
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	always 3 ways	always 3 ways	always 3 ways	always 3 ways	always 3 ways

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site: Redwood Coast Seniors week: 3 year: 2018 month: February

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	chicken	turkey	beef	pork,gravy	egg, cheese
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	rice	stuffing	bread	bread	cheese, onion
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	minestrone soup	carrots,squash,ma shed potatoes	green beans & carrots	carrots w/ green beans,potatoes	
FRUIT 1 serving (1/2 cup/serving)	truffles	fruit salad,white cake	pineapple cake	strawberry sponge cake	
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	always 3 ways	always 3 ways	always 3 ways	always 3 ways	always 3 ways

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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 4 year: 2018 month: February

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein		Beef	beef	chicken	fish
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)					potatoes
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)					
FRUIT 1 serving (1/2 cup/serving)				fruit/dessert	
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute		always 3 ways	always 3 ways	always 3 ways	always 3 ways

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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 5 year: 2018 month: February

day	Monday	Tuesday	Wednesday		
date	Feb 26	Feb 27	Feb 28		
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef	beans		
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	pasta	potatoes, gravy	rice		
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)					
FRUIT 1 serving (1/2 cup/serving)					
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	always 3 ways	always 3 ways	always 3 ways		

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