

Northeast Iowa Area Agency on Aging

April 2019

Monday 4/1/2019		Tuesday 4/2/2019		Wednesday 4/3/2019		Thursday 4/4/2019		Friday 4/5/2019	
		Carb Servings		Carb Servings		Carb Servings		Carb Servings	
Salisbury Beef	0.5 CHO	Cranberry Chicken Salad	1.5 CHO	Country Fried Steak	1 CHO	Honey Baked Chicken	1 CHO	Potato Crusted Fish	1 CHO
Mashed Red Potatoes	1.5 CHO	Crackers	0.5 CHO	Country Gravy	0	Baby Red Potatoes	1 CHO	Baked Potato	1.5 CHO
Glazed Carrots	1 CHO	Three Bean Salad	2 CHO	Whipped Potatoes	1.5 CHO	Mixed Vegetables	1 CHO	Broccoli	0
Strawberry Applesauce	1.5 CHO	Peaches	1.5 CHO	Whole Kernel Corn	1 CHO	Fruited Gelatin	2 CHO	Sugar Cookie	1 CHO
Milk	1 CHO	Milk	1 CHO	Fresh Seasonal Fruit	1 CHO	Chocolate Milk	2 CHO	Milk	1 CHO
				Milk	1 CHO	Margarine	0	Margarine (2)	0
								Sour Cream	0
								Tartar Sauce	0
Calories - 578 Sodium - 552		Calories - 786 Sodium - 438		Calories - 720 Sodium - 799		Calories - 611 Sodium - 662		Calories - 637 Sodium - 500	
Carbohydrate - 78.5 Fat - 27.4%		Carbohydrate - 99.6 Fat - 28.7%		Carbohydrate - 96.1 Fat - 29.6%		Carbohydrate - 106.0 Fat - 7.9%		Carbohydrate - 76.0 Fat - 34.8%	
Monday 4/8/2019		Tuesday 4/9/2019		Wednesday 4/10/2019		Thursday 4/11/2019		Friday 4/12/2019	
		Carb Servings		Carb Servings		Carb Servings		Carb Servings	
Baked Chicken Breast	0	Roast Beef	0	Beef Spaghetti Casserole	1.5 CHO	Loose Meat Sandwich	0	Tuna Noodle Casserole	1.5 CHO
Savory Apricot Sauce	0.5 CHO	Brown Gravy	0	California Vegetable Blend	0	Baked Beans	2 CHO	Sliced Carrots	0
Baked Sweet Potato	2 CHO	Mashed Red Potatoes	1.5 CHO	Multi-Grain Bread	0.5 CHO	Hot Potato Salad	1.5 CHO	Paprika Garlic Cauliflower	0
Italian Vegetable Blend	0.5 CHO	Herbed Green Peas	1 CHO	Hot Cinnamon Applesauce	1 CHO	Wheat Hamburger Bun	1 CHO	Cinnamon Sugar Cookie	1 CHO
Fresh Seasonal Fruit	1 CHO	Wheat Roll	1 CHO	Milk	1 CHO	Fruit Cocktail	1.5 CHO	Milk	1 CHO
Milk	1 CHO	Cake with Frosting	1.5 CHO	Margarine	0	Milk	1 CHO		
Margarine (2)	0	Milk	1 CHO			Ketchup	0		
		Margarine	0						
Calories - 579 Sodium - 273		Calories - 776 Sodium - 783		Calories - 570 Sodium - 566		Calories - 856 Sodium - 828		Calories - 538 Sodium - 683	
Carbohydrate - 84.4 Fat - 15.7%		Carbohydrate - 50.8 Fat - 28.6%		Carbohydrate - 68.9 Fat - 26.1%		Carbohydrate - 109.7 Fat - 25.2%		Carbohydrate - 69.2 Fat - 23.4%	
Monday 4/15/2019		Tuesday 4/16/2019		Wednesday 4/17/2019		Thursday 4/18/2019		Friday 4/19/2019	
		Carb Servings		Carb Servings		Carb Servings		Carb Servings	
Smothered Meatballs	0.5 CHO	Garlic Rosemary Chicken	0	Pork Loin	0	Chicken Noodle Casserole	1.5 CHO	Closed	
Bow Tie Pasta	0.5 CHO	Mashed Red Potatoes	1.5 CHO	Brown Gravy	0	Mixed Vegetables	1 CHO		
Broccoli	0	Brown Gravy	0	Macaroni & Cheese	1 CHO	Diced Beets	0.5 CHO		
Pineapple Tidbits	1.5 CHO	Corn O'Brien	1.5 CHO	Green Beans	1 CHO	Peaches	1.5 CHO		
Milk	1 CHO	Raspberry Cheesecake Pudding	1.5 CHO	Tropical Fruit	2 CHO	Chocolate Milk	2 CHO		
		Milk	1 CHO	Milk	1 CHO				
Calories - 516 Sodium - 766		Calories - 740 Sodium - 614		Calories - 662 Sodium - 6468		Calories - 746 Sodium - 657			
Carbohydrate - 60.9 Fat - 32.8%		Carbohydrate - 82.9 Fat - 35.1%		Carbohydrate - 83.6 Fat - 26.2%		Carbohydrate - 107.8 Fat - 19.1%			
Monday 4/22/2019		Tuesday 4/23/2019		Wednesday 4/24/2019		Thursday 4/25/2019		Friday 4/26/2019	
		Carb Servings		Carb Servings		Carb Servings		Carb Servings	
Cranberry Dijon Chicken	1 CHO	BBQ Pork Rib Patty	0	Beef Goulash	1 CHO	Crustless Chicken Pot Pie	0.5 CHO	Roast Beef	0
Baby Red Potatoes	1 CHO	Baked Beans	2 CHO	Green Beans	0	Brown Rice	1.5 CHO	Brown Gravy	0
Mixed Vegetables	1 CHO	Glazed Carrots	1 CHO	Tossed Salad	0	Bussels Sprouts	0.5 CHO	Whipped Potatoes	1 CHO
Applesauce	1 CHO	Hamburger Bun	1.5 CHO	Hot Sliced Peaches	1.5 CHO	Oatmeal Cookie	1 CHO	Green Peas	1 CHO
Milk	1 CHO	Fresh Banana	1.5 CHO	Milk	1 CHO	Milk	1 CHO	Pie	2 CHO
		Milk	1 CHO	Salad Dressing	0			Milk	1 CHO
Calories - 556 Sodium - 459		Calories - 753 Sodium - 734		Calories - 650 Sodium - 480		Calories - 559 Sodium - 432		Calories - 646 Sodium - 561	
Carbohydrate - 77.7 Fat - 15.9%		Carbohydrate - 110.1 Fat - 21.7%		Carbohydrate - 68.8 Fat - 34.9%		Carbohydrate - 72.8 Fat - 24.1%		Carbohydrate - 66.5 Fat - 33.8%	
Monday 4/29/2019		Tuesday 4/30/2019							
		Carb Servings							
Parmesan Chicken	1 CHO	Turkey Breast	0						
Garlic Red Pepper Rotini	1.5 CHO	Turkey Gravy	0						
Broccoli	0	Mashed Red Potatoes	1.5 CHO						
Mandarin Oranges	1 CHO	Green Bean Bake	0.5 CHO						
Milk	1 CHO	Multi-Grain Bread	0.5 CHO						
		Fresh Seasonal Fruit	1 CHO						
		Margarine	0						
Calories - 574 Sodium - 680		Calories - 585 Sodium - 571							
Carbohydrate - 673.8 Fat - 29.1%		Carbohydrate - 75.9 Fat - 23.1%							

Fat - % Calories from Fat

Carbohydrate - Grams of Carbohydrates

Sodium - mg of Sodium



- High Sodium Meal