

Northeast Iowa Area Agency on Aging May 2019

Monday 5/6/2019		Tuesday 5/7/2019		Wednesday 5/8/2019		Thursday 5/9/2019		Friday 5/10/2019 <i>Mother's Day</i>	
Carb Servings	Carb Servings	Carb Servings	Carb Servings	Carb Servings	Carb Servings	Carb Servings	Carb Servings	Carb Servings	Carb Servings
Tuna Noodle Casserole Sliced Carrots Paprika Garlic Cauliflower Cinnamon Sugar Cookie Milk	1.5 CHO 0 0 1 CHO 1 CHO	Roast Beef Brown Gravy Mashed Red Potatoes Herbed Green Peas Wheat Roll Cake with Frosting Milk Margarine	0 0 1.5 CHO 1 CHO 1 CHO 1.5 CHO 1 CHO 0	Baked Chicken Breast Savory Apricot Sauce Baked Sweet Potato Italian Vegetable Blend Fresh Seasonal Fruit Milk Margarine (2)	0 0.5 CHO 2 CHO 0.5 CHO 1 CHO 1 CHO 0	Beef Spaghetti Casserole California Vegetable Blend Multi-Grain Bread Hot Cinnamon Applesauce Milk Margarine	1.5 CHO 0 0.5 CHO 1 CHO 1 CHO 0	Homemade Meatloaf Onion Gravy Baked Sweet Potato Capri Vegetable Blend Multi-Grain Bread Chocolate Chip Cookie Chocolate Milk Margarine (2)	0.5 CHO 0 2 CHO 0 0.5 CHO 1.5 CHO 2 CHO 0
Calories - 538 Sodium - 683 Carbohydrate - 69.2 Fat - 23.4%		Calories - 776 Sodium - 783 Carbohydrate - 50.8 Fat - 28.6%		Calories - 579 Sodium - 273 Carbohydrate - 84.4 Fat - 15.7%		Calories - 570 Sodium - 566 Carbohydrate - 68.9 Fat - 26.1%		Calories - 729 Sodium - 1946 Carbohydrate - 96.3 Fat - 27.8%	
Monday 5/13/2019		Tuesday 5/14/2019		Wednesday 5/15/2019		Thursday 5/16/2019		Friday 5/17/2019	
Cranberry Chicken Salad Crackers Three Bean Salad Peaches Milk	1.5 CHO 0.5 CHO 2 CHO 1.5 CHO 1 CHO	Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn Fresh Seasonal Fruit Milk	1 CHO 0 1.5 CHO 1 CHO 1 CHO 1 CHO	Honey Baked Chicken Baby Red Potatoes Mixed Vegetables Fruited Gelatin Chocolate Milk Margarine	1 CHO 1 CHO 1 CHO 2 CHO 2 CHO 0	Potato Crusted Fish Baked Potato Broccoli Sugar Cookie Milk Margarine (2) Sour Cream Tartar Sauce	1 CHO 1.5 CHO 0 1 CHO 1 CHO 0 0 0	Salisbury Beef Mashed Red Potatoes Glazed Carrots Strawberry Applesauce Milk	0.5 CHO 1.5 CHO 1 CHO 1.5 CHO 1 CHO
Calories - 786 Sodium - 438 Carbohydrate - 99.6 Fat - 28.7%		Calories - 720 Sodium - 799 Carbohydrate - 96.1 Fat - 29.6%		Calories - 611 Sodium - 662 Carbohydrate - 106.0 Fat - 7.9%		Calories - 637 Sodium - 500 Carbohydrate - 76.0 Fat - 34.8%		Calories - 578 Sodium - 552 Carbohydrate - 78.5 Fat - 27.4%	
Monday 5/20/2019		Tuesday 5/21/2019		Wednesday 5/22/2019		Thursday 5/23/2019		Friday 5/24/2019 <i>Memorial Day</i>	
Chicken Noodle Casserole Mixed Vegetables Diced Beets Peaches Chocolate Milk	1.5 CHO 1 CHO 0.5 CHO 1.5 CHO 2 CHO	Beef Chili with Beans Baked Potato Mixed Green Salad Cornbread Pears Milk Margarine (2) Sour Cream Italian Dressing	1.5 CHO 1.5 CHO 0 1.5 CHO 1.5 CHO 1 CHO 0 0 0	Garlic Rosemary Chicken Mashed Red Potatoes Brown Gravy Corn O'Brien Raspberry Cheesecake Pudding Milk	0 1.5 CHO 0 1.5 CHO 1.5 CHO 1 CHO	Pork Loin Brown Gravy Macaroni & Cheese Green Beans Tropical Fruit Milk	0 0 1 CHO 1 CHO 2 CHO 1 CHO	Hamburger Patty Lettuce & Tomato Baked Beans Potato Salad Hamburger Bun Peach Cobbler Milk Ketchup	0 0 2 CHO 1.5 CHO 1.5 CHO 2.5 CHO 1 CHO 0
Calories - 746 Sodium - 657 Carbohydrate - 107.8 Fat - 19.1%		Calories - 706 Sodium - 770 Carbohydrate - 109.0 Fat - 21.2%		Calories - 740 Sodium - 614 Carbohydrate - 82.9 Fat - 35.1%		Calories - 662 Sodium - 6468 Carbohydrate - 83.6 Fat - 26.2%		Calories - 948 Sodium - 1823 Carbohydrate - 137.5 Fat - 26.1%	
Monday 5/27/2019 <i>Closed</i>		Tuesday 5/28/2019		Wednesday 5/29/2019		Thursday 5/30/2019		Friday 5/31/2019	
		BBQ Pork Rib Patty Baked Beans Glazed Carrots Hamburger Bun Fresh Banana Milk	0 2 CHO 1 CHO 1.5 CHO 1.5 CHO 1 CHO	Beef Goulash Green Beans Tossed Salad Hot Sliced Peaches Milk Salad Dressing	1 CHO 0 0 1.5 CHO 1 CHO 0	Roast Beef Brown Gravy Whipped Potatoes Green Peas Pie Milk	0 0 1 CHO 1 CHO 2 CHO 1 CHO	Cranberry Dijon Chicken Baby Red Potatoes Mixed Vegetables Applesauce Milk	1 CHO 1 CHO 1 CHO 1 CHO 1 CHO
		Calories - 753 Sodium - 734 Carbohydrate - 110.1 Fat - 21.7%		Calories - 650 Sodium - 480 Carbohydrate - 68.8 Fat - 34.9%		Calories - 646 Sodium - 561 Carbohydrate - 66.5 Fat - 33.8%		Calories - 556 Sodium - 459 Carbohydrate - 77.7 Fat - 15.9%	

Fat - % Calories from Fat

Carbohydrate - Grams of Carbohydrates

Sodium - mg of Sodium



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