

# RIVERSIDE-SAN BERNARDINO COUNTY INDIAN HEALTH, INC.

## SENIOR NUTRITION WINTER CYCLE 2020/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK #1 10-05: 10-10 11-16 : 11-21 12-28 :1-02 2-08:2-13 3-22 : 3-27	BAKED CHICKEN ROASTED POTATOES POTATOES CARROT COINS WHOLE WHEAT ROLL TROPICAL FRUIT CUP MILK	ORANGE JUICE ROASTED HAM POTATOES AUGRATIN COLLARD GREENS & PIMENTO WHOLE WHEAT BISCUIT PEAR MILK *	SLOPPY JOES (TURKEY MEAT) ON WHOLE WHEAT BUN SWEET POTATO WEDGES CAULIFLOWER APPLE MILK	LASAGNA ROLL ITALIAN VEG SPRINGMIX SALAD GARLIC BREAD BANANA MILK	BEEF STEW MIXED 5 WAY VEG IN STEW CORN BREAD SPRING MIX SALAD TANGERINE MILK	ORANGE JUICE SPAGHETTI W/ TURKEY MEAT SAUCE BROCCOLI CUTS GARLIC BREAD COOKIE MILK
WEEK #2 10-12 : 10-17 11-23 : 11-28 1-04 : 1-09 2-15 : 2-20 3-29 : 4-03	OPEN FACED TURKEY MEAT BALL SUB W/CHEESE PEAS CARROT & PINEAPPLE SLAW WHEAT ROLL PEACH CUP MILK	MEATLOAF MASHED POTATOES W/GRAVY GREEN BEANS WHEAT DINNER ROLL PEAR MILK	CHICKEN FETTUCCINI SPINACH & PIMENTOS WHOLE WHEAT ROLL TANGERINE MILK	TERIYAKI CHICKEN RICE PILAF STIR-FRYBLEND VEGIES ASIAN SALAD W/CHOW MEIN NOODLES CHINESE COOKIE BANANA MILK *	FRESH ZUCCHINI & TURKEY CASSEROLE VEGETABLE IN CASSEROLE CAULIFLOWER SPRING MIX SALAD WHOLE WHEAT ROLL APPLE MILK	BEEF STEW MIXED 5 WAY VEG IN STEW CORN BREAD FRUIT CUP CHOCOLATE CHIP COOKIE MILK
WEEK #3 10-19 : 10-24 11-30 : 12-05 1-11 : 1-16 2-22 : 2-27 4-05 : 4-10 End of cycle	PORK CHOP MAC & CHEESE GREEN BEANS WHOLE WHEAT BISCUIT CHUNKY APPLESAUCE MILK	BEEF NOODLE SOUP CARROTS SQUASH WHOLE WHEAT ROLL TROPICAL FRUIT CUP CHOCOLATE PUDDING MILK	BBQ CHICKEN BAKED BEANS COLLARD GREENS WHOLE WHEAT ROLL COLE SLAW PINEAPPLE CHUNKS MILK *	2 BEEF TACOS ON FLOUR TORTILLAS PINTO BEANS LETTUCE, TOMATO & CHEESE 5 WAY VEG ORANGE MILK	HOT TURKEY SANDWICH MASHED POTATOES CALIFORNIA MIXED VEGETABLES WHOLE WHEAT BUN SPRING MIX SALAD BANANA MILK	FRESH ZUCCHINI & TURKEY CASSEROLE VEGETABLE IN CASSEROLE BROCCOLI WHOLE WHEAT ROLL FRUIT CUP MILK
WEEK #4 10-26 : 10-31 12-07 : 12-12 1-18 : 1-23 3-01 : 3-06	COUNTRY FRIED STEAK MASHED POTATOES GREEN BUTTER BEANS W/PIMENTO/CA RROTS WHOLE WHEAT ROLL APPLE MILK	ENCHILADA CASSEROLE PINTO BEANS ZUCCHINI & TOMATOS NOPALES SALAD PEAR MILK *	HAM & BEAN SOUP GREEN BEANS SPRING MIX SALAD GARLIC BREAD ORANGE MILK	CHILI BEANS W/TURKEY MEAT PEAS & CARROTS SPRING MIX SALAD CORNBREAD BANANA MILK	BAKED FISH RICE PILAF COLESLAW WHOLE WHEAT ROLL CALIFORNIA MIXED VEGGIES COTTAGE CHEESE & APRICOT CUP MILK	ORANGE JUICE CHILI BEANS W/TURKEY MEAT PEAS & CARROTS CORNBREAD COOKIE MILK
WEEK #5 11-2 : 11-07 12-14 : 12-19 1-25 : 1-30 3-08 : 3-13	LEMON HERB BAKED CHICKEN SCALLOPED POTATOES BROCCOLI WHOLE WHEAT ROLL PEAR MILK	ORANGE JUICE BEEF STROGANOFF NOODLES CHEF MIXED VEGGIES WHOLE WHEAT ROLL APPLE MILK	CHILI VERDE RICE BABYCARROTS FLOUR TORTILLA BERRY PARFAIT MILK	CHEESE BURGER LETTUCE/TOMA TO/ONION GREEN BEANS WHOLE WHEAT BUN SWEET POTATO WEDGES BANANA MILK	CHICKEN ENCHILADA CASSEROLE SPANISH RICE LIMA BEANS, CARROTS & PIMENTO SPRING MIX SALAD ORANGE MILK	CHICKEN ENCHILADA CASSEROLE SPANISH RICE SPINACH FRUIT CUP MILK
WEEK#6 11-09: 11-14 12-21: 12-26 2-01 : 2-06 3-15 : 3-20	CHILI BURGER W/ CHEESE & ONIONS CHEF MIXED VEGGIES WHOLE WHEAT BUN FOR BURGER CARROT SLAW COTTAGE CHEESE & PEACH CUP MILK	SPAGHETTI W/ TURKEY MEAT BALLS ITALIAN VEG GARLIC BREAD WHOLEWHEAT HOAGIE ROLL ORANGE MILK	BEEF & BEAN BURRITOS CAULIFLOWER/ BROCCOLI NOPALES SALAD SALSA CUP PEAR MILK	CHICKEN STEW 5 WAY VEGGIE SPINACH CARROT COINS SPRING MIX SALAD WHOLE WHEAT ROLL BERRY PARFAIT MILK	COD FISH TACO CORN TORTILLA WILD LONG GRAIN RICE BRUSSEL SPROUTS SHREDDED CABBAGE LIME WEDGE TROPICAL FRUIT CUP MILK	SPAGHETTI W/ TURKEY MEAT BALLS ITALIAN VEG WHOLE WHEAT GARLIC HOAGIE ROLL FRUIT CUP MILK

\* Denotes meals high in sodium (sodium content over 1000 mg)