

SECOND HARVEST COLD SUPPER MENUS & VENDOR INVOICE

ELDER CARE SERVICES

FALL/WINTER: October 2020-April 2021

Week I

DAY	+	SUPPER FOOD ITEM	AGE 3-5 PORTION SIZE	AGE 6-18 AND OLDER PORTION SIZE	Daily Food Vendor Invoice (Complete Daily at Time of Delivery)
M O N D A Y	1 4 2 3 6	Peanut Butter & Jelly • On 100% Whole Wheat Bread * Celery & Carrot Sticks Fresh Orange 1% Low Fat Milk Ranch Dressing	3 T + 1 T (= ½ sandwich) 1 slice (=26 gm) ¼ c (1 celery+2 carrots) ¼ c or ½ of Whole Fruit 8 oz (@ least 6 oz required) 1 indiv pkg	4 T + 1 T(= Whole Sandwich) 2 slices ½ c (2 celery + 4 carrots) ¼ c or ½ of Whole Fruit 8 oz 1 indiv pkg	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ _____ Food Acct Receiver Signature _____
T U E S	1 4 2 3 6	Turkey & Low Fat American Cheese Sandwich On 100% WG Tortilla Wrap* (3.2 oz each) Cucumber Slices Pineapple 1% Low Fat Milk Ranch Dressing/Mayo/Mustard	1.6 oz + ½ oz ¼ Wrap (= .75 oz eq) ¼ c = 4 ea (1/8" thick/slice) ¼ c 8 oz (@ least 6 oz required) 1 indiv pkg each	1.6 oz + 1 oz ½ Wrap (= 1.5 oz eq) ½ c = 8 ea (1/8" thick/slice) ¼ c 8 oz 1 indiv pkg each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ _____ Food Acct Receiver Signature _____
W E D N E S	1 4 2 3 6	Bologna (all beef) + Low Fat Am. Cheese Sand. On 100% WW Hamburger Bun * Sliced Tomatoes on Lettuce Mandarin Oranges 1% Low Fat Milk Ranch Dressing/Ketsup/Mustard	½ oz + 1 oz ½ Bun (= .75 oz eq) 2 sl on 2 Leafs (= ¼ c tomatoes) ¼ c 8 oz (@ least 6 oz required) 1 indiv pkg each	1 oz + 1 oz 1 Whole Bun (= 1.75 oz eq) 4 sl on 2 Leafs (= ½ c tomatoes) ¼ c 8 oz 1 indiv pkg each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ _____ Food Acct Receiver Signature _____
T H U R S	1 4 2 3 6	Ham Roll-up 100% WG Tortilla Chips *(not flavored) Salsa Fresh Apple 1% Low Fat Milk Mayo/Mustard	1.83 oz .5 oz ¼ c ¼ c or ½ of Whole Fruit 8 oz (@ least 6 oz required) 1 indiv pkg each	2.44 oz 1 oz ½ c ¼ c or ½ Whole Fruit 8 oz 1 indiv pkg each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ _____ Food Acct Receiver Signature _____
F R I D A Y	1 4 2 3 6	Turkey, Ham, & Low Fat Swiss Cheese Club On 100% Whole Wheat Hamburger Bun * Sliced Tomatoes Fresh Banana 1% Low Fat Milk Ranch Dressing/Mayo/Mustard	.8 oz + .61 oz + ½ oz ½ Bun (= .75 oz eq) ¼ c ¼ c or ½ of Whole Fruit 8 oz (@ least 6 oz required) 1 indiv pkg each	.8 oz + .61 oz + 1oz 1 Whole Bun (= 1.75 oz eq) ½ c ¼ c or ½ Whole Fruit 8 oz 1 indiv pkg each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ _____ Food Acct Receiver Signature _____

+ Meal Component: 1=Meat/Meat Alt; 2 =Veg; 3=Fruit; 4 & 5=Grains; 6=Milk (Supper must have all 5 components w/ 2 differ from frt/veg per DOH requirements)

Please note: All canned fruit is juice packed; 1% Low Fat Milk is unflavored.

• Encourage children to put some peanut butter on celery sticks.

Mon: Celery Sticks = ½ " thick x 4"; Carrot Sticks = 4" long each

Fri: 1 Whole Fresh Banana (~ 7- 7 7/8") = ½ c fruit serving

* Denotes one daily serving requirement of 100% Whole Wheat (= WW) or Whole Grain (= WG); WGR= Whole Grain Rich

Menus Developed By: June James, MS RD, LD

Title: ECS Consultant Dietitian

Date Menus Implemented: 10/5/20

SECOND HARVEST COLD SUPPER MENUS & VENDOR INVOICE

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Week II

DAY	+	SUPPER FOOD ITEM	AGE 3-5 PORTION SIZE	AGE 6-18 AND OLDER PORTION SIZE	Daily Food Vendor Invoice (Complete Daily at Time of Delivery)
M O N D A Y	1 4 2 3 6	Ham & Low Fat Swiss Cheese Sandwich On 100% Whole Wheat Hamburger Bun * Carrot Sticks Fresh Apple 1% Low Fat Milk Ranch Dressing/Mayo/Mustard	1.22 oz + ½ oz ½ Bun (= .75 oz eq) ¼ c = 3 ea (4" long each) ¼ c or ½ Whole Fruit 8 oz (@ least 6 oz required) 1 indiv pkg each	1.22 oz + 1 oz 1 Whole Bun (= 1.75 oz eq) ½ c = 6 ea (4" long each) ¼ c or ½ Whole Fruit 8 oz 1 indiv pkg each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
T U E S	1 4 2 3 6	Bologna (all beef) + Low Fat American Cheese On 100% Whole Wheat Bread* Tossed Salad Fresh Orange 1% Low Fat Milk Italian Dressing/Ketsup/Mustard	½ oz + 1 oz 1 slice (= 26 gm) ½ c (¼ c lettuce/tomato each) ¼ c or ½ Whole Fruit 8 oz (@ least 6 oz required) 1 indiv pkg each	1 oz + 1 oz 2 slices 1 c (½ c lettuce/tomato each) ¼ c or ½ Whole Fruit 8 oz 1 indiv pkg each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
W E D N E S	1 4 2 3 6	Turkey + Low Fat American Cheese in 100% WG Tortilla Wrap * (3.2 oz each) Cucumber Slices Fruit Cocktail 1% Low Fat Milk Ranch Dressing/Mayo/Mustard	1.6 oz + ½ oz ¼ (= .75 oz eq) ¼ c = 4 ea (1/8" thick/slice) ¼ c 8 oz (@ least 6 oz required) 1 indiv pkg	1.6 oz + 1 oz ½ (= 1.75 oz eq) ½ c = 8 ea (1/8" thick/slice) ¼ c 8 oz 1 indiv pkg	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
T H U R S	1 4 2 3 6	Peanut Butter + Jelly • On 100% Whole Wheat Bread * Celery Sticks Fresh Banana 1% Low Fat Milk Ranch Dressing	3 T + 1 T (= ½ Sandwich) 1 slice (= 26 gm) ¼ c = 3 ea (1/2" thick x 4") ¼ c or ½ Whole Fruit 8 oz (@ least 6 oz required) 1 indiv pkg	4 T + 1 T (= Whole Sandwich) 2 slices ½ c = 6 ea (1/2" thick x 4") ¼ c or ½ Whole Fruit 8 oz 1 indiv pkg	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
F R I D A Y	1 4 2 3 6	Turkey, Ham, & Low Fat Am Cheese Club On 100% Whole Wheat Hamburger Bun * Sliced Tomatoes on Lettuce Mandarin Oranges 1% Low Fat Milk Ranch Dressing/Mayo/Mustard	.8 oz + .61 oz + ½ oz ½ Bun (= .75 oz eq) 2 sl on 2 Leafs (=¼ c tomato) ¼ c 8 oz (@ least 6 oz required) 1 indiv pkg each	.8 oz + .61 oz + 1 oz 1 Whole Bun (= 1.75 oz eq) 4 sl on 2 Leafs (=½ c tomato) ¼ c 8 oz 1 indiv pkg each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____

+ Meal Component: 1=Meat/Meat Alt; 2=Veg; 3=Fruit; 4 & 5=Grain; 6=Milk (Supper must have all 5 components w/ 2 differ from frt/veg per DOH requirements)

Please note: All canned fruit is juice packed; 1% Low Fat Milk is unflavored.

• Encourage children to put some peanut butter on celery sticks.

* Denotes one daily serving requirement of 100% Whole Wheat (= WW) or Whole Grain (= WG); WGR= Whole Grain Rich

Thurs: 1 Whole Fresh Banana (~ 7- 7 7/8") = ½ c fruit serving

Menus Developed By: Lynn James MS, RD, LDN

Title: ECS Consultant Dietitian

Date Menus Implemented: 10/5/20

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Week III

DAY	+	SUPPER FOOD ITEM	AGE 3-5 PORTION SIZE	AGE 6-18 AND OLDER PORTION SIZE	Daily Food Vendor Invoice (Complete Daily at Time of Delivery)
M O N D A Y	1 4 2 3 6	Peanut Butter + Jelly ● On 100% Whole Wheat Bread * Celery Sticks Mandarin Oranges 1% Low Fat Milk Ranch Dressing	3 T + 1 T (= ½ Sandwich) 1 slice (= 26 gm) ¼ c = 3 ea (1/2" thick x 4") ¼ c 8 oz (@ least 6 oz required) 1 indiv pkg	4 T + 1T(= Whole Sandwich) 2 slices ½ c = 6 ea (1/2" thick x 4") ¼ c 8 oz 1 indiv pkg	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
T U E S	1 4 2 3 6	Turkey, Ham, & Low Fat Swiss Cheese Club On 100% Whole Wheat Hamburger Bun * Sliced Tomatoes on Lettuce Fresh Orange 1% Low Fat Milk Ranch Dressing /Mayo/Mustard	.8 oz + .61 oz + ½ oz ½ Bun (= .75 oz eq) 2 sl on 2 Leafs (= ¼ c tomatoes) ¼ c or ½ Whole Fruit 8 oz (@ least 6 oz required) 1 indiv pkg each	.8 oz + .61 oz + 1oz 1 Whole Bun (= 1.75 oz eq) 4 sl on 2 Leafs (= ½ c tomatoes) ¼ c or ½ Whole Fruit 8 oz 1 indiv pkg each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
W E D N E S	1 4 2 3 6	Turkey & Low Fat American Cheese Sandwich On 100% WG Tortilla Wrap * (= 3.2 oz) Cucumber Slices Pineapple 1% Low Fat Milk Ranch Dressing /Mayo/Mustard	1.6 oz + ½ oz ¼ Wrap (= .75 oz eq) ¼ c = 4 ea (1/8" thick/slice) ¼ c 8 oz (@ least 6 oz required) 1 indiv pkg each	1.6 oz + 1 oz ½ Wrap (= 1.5 oz eq) ½ c = 8 ea (1/8" thick/slice) ¼ c 8 oz 1 indiv pkg each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
T H U R S	1 4 2 3 6	Ham + Low Fat Swiss Cheese On 100% Whole Wheat Bread * Tossed Salad Fresh Banana 1% Low Fat Milk Italian Dressing /Mayo/Mustard	1.22 oz + ½ oz 1 slice (= 26 gm) ½ c (¼ c lettuce/tomato ea) ¼ c or ½ Whole Fruit 8 oz (@ least 6 oz required) 1 indiv pkg each	1.22 oz + 1 oz 2 slices 1 c (½ c lettuce/tomato ea) ¼ c or ½ Whole Fruit 8 oz 1 indiv pkg each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
F R I D A Y	1 4 2 3 6	Turkey Roll-up 100% WG Tortilla Chips *(not flavored) Salsa Peaches 1% Low Fat Milk Mayo/Mustard	2.4 oz .5 oz ¼ c ¼ c 8 oz (@ least 6 oz required) 1 indiv pkg each	3.2 oz 1 oz ½ c ¼ c 8 oz 1 indiv pkg each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____

+ Meal Component: 1=Meat/Meat Alt; 2=Veg; 3=Fruit; 4 & 5=Grains; 6=Milk (Supper must have all 5 components w/ 2 differ from frt/veg per DOH requirements)

Please note: All canned fruit is juice packed; 1% Low Fat Milk is unflavored.

● Encourage children to put some peanut butter on celery sticks.

* Denotes one daily serving requirement of 100% Whole Wheat (= WW) or Whole Grain (= WG); WGR= Whole Grain Rich

Thurs: 1 Whole Fresh Banana (~ 7- 7 7/8") = ½ c fruit serving

Menus Developed By: Lynn James MS RD LDN

Title: ECS Consultant Dietitian

Date Menus Implemented: 10/5/20

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Week IV

DAY	+	SUPPER FOOD ITEM	AGE 3-5 PORTION SIZE	AGE 6-18 AND OLDER PORTION SIZE	Daily Food Vendor Invoice (Complete Daily at Time of Delivery)
M	1	Ham + Low Fat Am Cheese Sand.	1.22 oz + ½ oz	1.22 oz + 1 oz	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
O	4	On 100% Whole Wheat Bread *	1 slice (= 26 gm)	2 slices	
N	2	Carrot Sticks	¼ c = 3 ea (4" long each)	½ c = 6 ea (4" long each)	
D	3	Fresh Apple	¼ c or ½ Whole Fruit	¼ c or ½ Whole Fruit	
A	6	1% Low Fat Milk	8 oz (@ least 6 oz required)	8 oz	
Y		Ranch Dressing/Ketsup/Mustard	1 indiv pkg each	1 indiv pkg each	
T	1	Turkey Roll-up	2.4 oz	3.2 oz	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
U	4	100% WG Tortilla Chips *(not flavored)	.5 oz	1 oz	
E	2	Salsa	¼ c	½ c	
S	3	Fresh Orange	¼ c or ½ Whole Fruit	¼ c or ½ Whole Fruit	
	3	1% Low Fat Milk	8 oz (@ least 6 oz required)	8 oz	
	6	Mayo/Mustard	1 indiv pkg each	1 indiv pkg each	
W	1	Peanut Butter + Jelly •	3 T + 1 T (= ½ Sandwich)	4 T+1T (= Whole Sandwich)	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
E	4	On 100% Whole Wheat Bread *	1 slice (= 26 gm)	2 slices	
D	2	Celery Sticks	¼ c = 3 ea (1/2" thick x 4")	½ c = 6 ea (1/2" thick x 4")	
N	3	Applesauce w/Cinnamon	¼ c	¼ c	
E	6	1% Low Fat Milk	8 oz (@ least 6 oz required)	8 oz	
S		Ranch Dressing	1 indiv pkg	1 indiv pkg	
T	1	Turkey + Low Fat American Cheese	1.6 oz + ½ oz	1.6 oz + 1 oz	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
H	4	In 100% WG Tortilla Wrap * (3.2 oz each)	¼ (= .75 oz eq)	½ (= 1.5 oz eq)	
U	2	Cole Slaw	¼ c	½ c	
R	3	Pineapple	¼ c	¼ c	
S	6	1% Low Fat Milk	8 oz (@ least 6 oz required)	8 oz	
		Mayo/Mustard	1 indiv pkg	1 indiv pkg	
F	1	Ham & Low Fat Swiss Cheese Sandwich	1.22 oz + ½ oz	1.22 oz + 1 oz	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____ Food Acct Receiver Signature _____
R	4	On 100% Whole Wheat Hamburger Bun *	½ Bun (= .75 oz eq)	1 Whole Bun (= 1.75 oz eq)	
I	2	Tossed Salad	½ c (¼ c lettuce/tomato ea)	1 c (½ c lettuce/tomato ea)	
D	3	Fresh Banana	¼ c or ½ Whole Fruit	¼ c or ½ Whole Fruit	
A	6	1% Low Fat Milk	8 oz (@ least 6 oz required)	8 oz	
Y		Italian Dressing /Mayo/Mustard	1 indiv pkg each	1 indiv pkg each	

+ Meal Component: 1=Meat/Meat Alt; 2=Veg; 3= Fruit; 4 & 5=Grains; 6=Milk (Supper must have all 5 components w/ 2 differ from frt/veg per DOH requirements)

Please note: All canned fruit is juice packed; 1% Low Fat Milk is unflavored.

• Encourage children to put some peanut butter on celery sticks.

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Fri: 1 Whole Fresh Banana (~ 7- 7 7/8") = ¼ c fruit serving

Menus Developed By: Lynn James MS RD LDN

Title: ECS Consultant Dietitian

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