

## SECOND HARVEST SNACK MENUS & VENDOR INVOICE

ELDER CARE SERVICES

FALL/WINTER: October 2020-April 2021

Week I & III

DAY	+	SNACK 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 3	Low Fat Yogurt (<15 gm sugar per 4 oz) Fruit Cocktail	4 oz (2 oz min) ½ c	4 oz ¼ c	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____  Food Acct Receiver Signature _____
T U E S D A Y	3 4	Pears Hard Pretzels (Group A)	½ c 6 each (= .4 oz)	¾ c 12 each (= .8 oz)	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____  Food Acct Receiver Signature _____
W E D N E S	3 4	Peaches Goldfish Crackers (Group A)	½ c ½ oz	¾ c 1 oz	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____  Food Acct Receiver Signature _____
T H U R S D A Y	3 4	Orange Wedges Sun Chips: Plain/Original (Group B)	½ c (= 1 Whole Orange) ½ oz	¾ c (= 1 ½ Oranges) 1 oz	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____  Food Acct Receiver Signature _____
F R I D A Y	4 6	Blueberry Muffin (Group D) (1 ea = 2.25 oz) 1 % Low Fat Milk	½ ea 4 oz	1 ea 8 oz	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____  Food Acct Receiver Signature _____

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

No site gets snacks only, therefore, supper menus meet the one daily serving requirement of 100% Whole Grain.

+ Meal Component: 1=Meat/Meat Alt; 2=Veg; 3=Fruit; 4 & 5=Grain; 6=Milk (Snack must have 2 components per DOH requirements)

Menus Developed By: Ryan James MS, RD, LD

Title: ECS Consultant Dietitian

Date Menus Implemented: 10/5/20

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Week II & IV

DAY	+	SNACK 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	4	Banana Muffin (Group D) (1 each = 2.25 oz)	½ each	1 each	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____
	6	1 % Low Fat Milk	4 oz	8 oz	Food Acct Receiver Signature _____
T U E S D A Y	1	Low Fat Cheese Stick(s)	1 ea (= .75 oz)	2 ea (= 1.5 oz)	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____
	4	Saltine Crackers (Group A: 1 serving min = .8 oz))	2 pkg (= .5 oz)	4 pkg (= 1.0 oz)	Food Acct Receiver Signature _____
W E D N E S	3	Pineapple	½ c	¾ c	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____
	4	Sun Chips: Plain/Original (Group B)	½ oz	1 oz	Food Acct Receiver Signature _____
T H U R S D A Y	1	Low Fat Yogurt (<15 gm sugar per 4 oz)	4 oz ( 2 oz min)	4 oz	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____
	3	Orange Wedges	½ c (= 1 Whole Orange)	¾ c (= 1 ½ Oranges)	Food Acct Receiver Signature _____
F R I D A Y	3	Applesauce	½ c	¾ c	Date/Time of Delivery _____ Number of Meals Delivered _____ ECS Delivery Driver Signature _____
	4	Goldfish Crackers (Group A)	½ oz	1 oz	Food Acct Receiver Signature _____

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

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+ Meal Component: 1=Meat/Meat Alt; 2=Veg; 3= Fruit; 4 & 5=Grains; 6=Milk (Snack must have 2 components per DOH requirements)

Menus Developed By: *Suzanne Jones MS RD LDN*

Title: ECS Consultant Dietitian

Date Menus Implemented: 10/5/20