

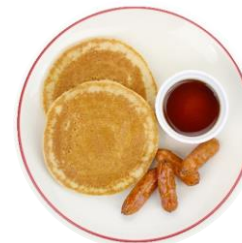
# Sample menu for Medicaid senior meals: breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Banana Muffin with Hard-Boiled Egg (V) Fresh Apple	Pancakes with Sausage Patty & Syrup Fresh Orange	Egg & Cheese Bagel Sandwich (V) Fresh Banana	Yogurt & Granola (V) Fresh Apple	Waffle with Scrambled Eggs & Syrup (V) Fresh Pear
Blueberry Bagel with Cream Cheese & Hard-Boiled Egg (V) Fresh Orange	Biscuits & Gravy (V) Fresh Pear	Buenos Dias Breakfast Burrito (V) Fresh Apple	Waffle with Scrambled Eggs & Syrup (V) Fresh Pear	Pancakes with Sausage Patty & Syrup Fresh Banana
Strawberry Parfait (V) Fresh Pear	Egg & Cheese English Muffin Sandwich (V) Fresh Apple	Yogurt & Granola (V) Fresh Orange	Biscuits & Gravy (V) Fresh Banana	Buenos Dias Breakfast Burrito (V) Fresh Apple












All meals served with 1% or fat-free milk.

**Fruit of the Day** Vegetarian (V)

Menus are designed to meet 1/3 of the Dietary Reference Intake and Dietary Guidelines for Americans. Nutrient requirements are averaged over one week.



# Sample menu for Medicaid senior meals: lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie Chili with Cornbread (V) Fresh Orange Steamed Corn	Spaghetti & Meatballs Fresh Pear Garden Salad with Dressing 	Jerk Chicken Drumstick with Pineapple Rice Fresh Apple Glazed Carrots 	Salisbury Steak with Gravy Fresh Banana Braised Greens 	Chicken Enchilada Applesauce Coleslaw 
Bean & Cheese Burrito (V) Fresh Apple Braised Greens 	BBQ Chicken Plate Fresh Banana BBQ Beans	Penne Pasta with Meat Sauce Fresh Orange Garden Salad with Dressing 	Ranchero Chicken con Queso Fresh Apple Steamed Corn	Beef Shepherd's Pie Fresh Pear Glazed Carrots 
Cheese Ravioli (V) Applesauce Garden Salad with Dressing 	Cheeseburger Fresh Apple Coleslaw 	Chicken Gumbo with Brown Rice Fresh Banana Steamed Corn	Beef & Bean Burrito Fresh Pear Glazed Carrots 	Creamy Chicken & Biscuit Fresh Orange Braised Greens 

All meals served with 1% or fat-free milk.

**Fruit of the Day**   **Vegetable of the Day**   **Vegetarian (V)**

Menus are designed to meet 1/3 of the Dietary Reference Intake and Dietary Guidelines for Americans. Nutrient requirements are averaged over one week.



= Daily menu high in Vitamin A



## Weekly Average Targets

Calories: 650-950  
Total Fat < 35% of kcals  
Saturated Fat: <10% of kcals  
Sodium: 1200 mg or less  
Calcium: 400mg or higher  
Vitamin A: 1000 IU or higher  
Vitamin C: 30 mg or higher