

Jewish Community Services of South Florida Inc. Kosher Shelf-Stable					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 c. Special K Cereal ½ c. Fruit Cocktail 4 oz. Fruit Juice 1 ea. Fruit & Grain Bar 1 ea. Vanilla Crème Cookies 8 oz. Milk (powdered)	6 oz. Tuna 1 tsp. ea. Mayonnaise/ Relish ½ c. Applesauce 4 oz. Fruit Juice 1 ea. Crackers 1 ea. Fruit & Grain Bar 8 oz. Milk (powdered)	1 c. Beans 1 ea. Raisins 4 oz. Tomato Juice 1 ea. Crackers 8 oz. Milk (powdered)	6 oz. Sardines ½ c. Mandarin Oranges 4 oz. Fruit Juice 1 ea. Goldfish Crackers 1 ea. Crackers 1 ea. Fruit & Grain Bar 8 oz. Milk (powdered)	Macaroni and Cheese 1 ea. Raisins 4 oz. Orange Juice 1 ea. Crackers 1 ea. Fruit & Grain Bar 8 oz. Milk (powdered)	1 c. Chicken Noodle Soup ½ c. Citrus Fruit Cup 4 oz. Fruit Juice 1 ea. Raisins 1 ea. Crackers 1 ea. Fruit & Grain Bar 8 oz. Milk (powdered)

Meals provide a minimum of 1/3 RDA for 70+ Female. Meal Pattern Requirements are as follows: Meat or Meat Alternative: 3 oz Cooked Edible Portion; Vegetables and/or Fruit: 2 ½ c serving; Bread or Bread. Alternate: 2 Serving; Butter or Fortified Margarine: 1 teaspoon; Dessert: ½ c. All juice is 100% juice. Project Title: JCS Kosher Shelf-Stable. Director Ellie Shapiro. Prepared 04/28/10 Peggy O'Neill MS, RD, LD/N # ND4490 for 07/01/10-12/31/10.