

JCS KOSHER HOLIDAY MENU			
July 4th	Thanksgiving	Hanukkah	Christmas
3 oz. BBQ Boneless Chicken Quarter ½ Corn ½ c. Baked Beans 1 sl. Strawberry Shortcake 4 oz. Apple Juice 1 sl. Whole Wheat Bread w/ Marg.	3 oz. Roasted Turkey Breast w/ Gravy and Stuffing (1/4 c. stuffing) ¼ c. Cranberry Sauce ½ c. Mashed Sweet Potatoes ½ c. Green Bean Casserole 1 sl. Apple Pie 1 ea. Cornbread w/ Marg.	3 oz. Beef Brisket ½ c. Potato Latkes (Potato Pancakes) ½ c. Roasted Green Beans 1 ea. Hanukkah Doughnuts (Sufganiot) ½ c. Applesauce	3 oz. Traditional Roast Beef ½ c. Mashed Potatoes w/ Gravy ½ c. Sweet Corn 1 ea. Biscuit w/ Marg. 1 sl. Fruitcake

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 4/28/10 by Peggy O'Neill MS, RD, LD/N # ND4490 for 07/01/2010-12/31/2010.

ND 4490



04/28/10

Registered Dietitian Name and Date signed