

GA Foods

Alabama 5 Day Frozen Breakfast Menu

<p style="text-align: center;">WEEK 1 TMS001036</p>	<p>4 oz. Orange Juice ½ c. Mixed Fruit Cup 3 oz. Western Style Omelet ½ c. Potatoes O'Brien ½ c. Strawberry Applesauce Crisp 1 sl. Whole Grain Bread 1 Margarine Cup 8 oz. Low Fat Milk</p>	<p>4 oz. Orange Juice ½ c. Citrus Fruit Cup 1 Oatmeal Packet Breakfast Sandwich (1.5 oz. Egg Patty, & 1 sl. Cheese on WG Bun) 1 Margarine Cup x 2 1 Bran Muffin 8 oz. Low Fat Milk</p>	<p>4 oz. Orange Juice ½ c. Pineapple Cup ½ c. Honey Scooters 2 sl. Whole Wheat Bread 2 oz. Peanut Butter 1 Margarine Cup 4 oz. Fruited Yogurt 8 oz. Low Fat Milk 1 ea. Jelly</p>	<p>4 oz. Orange Juice ½ c. Peach Cup 1 Oatmeal Packet Turkey Ham and Cheese Biscuit (2 oz. Turkey Ham & 1 sl. Cheese on 1 oz. Biscuit) 1 ea. Jelly 1 Cereal Bar 8 oz. Low Fat Milk</p>	<p>4 oz. Orange Juice ½ c. Applesauce Cup 1 Oatmeal Packet Breakfast Sandwich (1.5 oz. Egg Patty, 1 sl. Cheese on WG English Muffin) 1 pkt. Apple Cinnamon Waffle Graham 1 Margarine Cup 8 oz. Low Fat Milk</p>
<p style="text-align: center;">WEEK 2 TMS001037</p>	<p>4 oz. Orange Juice ½ c. Peach Cup 1 Oatmeal Packet Breakfast Sandwich (2 oz. Turkey, 1 sl. Cheese on WG English Muffin) 1 pkt. Maple Waffle Graham 1 Margarine Cup x 2 8 oz. Low Fat Milk</p>	<p>4 oz. Orange Juice ½ c. Pear Cup 1.75 oz. Egg Patty, 1.25 oz. Turkey Sausage Links w/ Gravy ½ c. Hash Brown Potatoes ½ c. Maple-Pecan Cinnamon Apples 1 sl. Whole Grain Bread 1 pkt. WG Grahams 1 Margarine Cup x 2 8 oz. Low Fat Milk</p>	<p>4 oz. Orange Juice ½ c. Mandarin Orange Cup ½ c. Mini Wheats Cereal 1 WG Blueberry Bagel 2 oz. Peanut Butter 1 pkt. Strawberry Waffle Graham 8 oz. Low Fat Milk 1 ea. Jelly</p>	<p>4 oz. Orange Juice ½ c. Applesauce Cup ½ c. Scooters Breakfast Sandwich (1.5 oz. Egg Patty, & 1 sl. Cheese on Biscuit) 1 WG Blueberry Muffin 8 oz. Low Fat Milk</p>	<p>4 oz. Orange Juice ½ c. Mandarin Orange Cup 3 oz. Cheese Omelet ½ c. Parsley Roasted Potatoes ½ c. Fruit and Granola 1 sl. Whole Grain Bread 1 Margarine Cup 8 oz. Low Fat Milk</p>
<p style="text-align: center;">WEEK 3 TMS001038</p>	<p>4 oz. Orange Juice ½ c. Pear Cup 1 ea. Whole Grain Bagel 2 oz. Peanut Butter 1 Margarine Cup 1 Cereal Bar 4 oz. Fruited Yogurt 8 oz. Low Fat Milk 1 ea. Jelly</p>	<p>4 oz. Orange Juice ½ c. Mandarin Orange Cup 3 oz. Egg Patty and Turkey Sausage 2 WG Pancakes ½ c. Strawberry Compote 1 sl. Whole Grain Bread 1 Margarine Cup 8 oz. Low Fat Milk</p>	<p>4 oz. Orange Juice ½ c. Applesauce Cup 1 Oatmeal Packet Breakfast Sandwich (1.5 oz. Egg Patty, 1 sl. Cheese on WG English Muffin) 1 pkt. Apple Cinnamon Waffle Graham 1 Margarine Cup 8 oz. Low Fat Milk</p>	<p>4 oz. Orange Juice ½ c. Mixed Fruit Cup 3 oz. Scrambled Egg, Cheese and Chorizo ½ c. Pinto Beans and Pepper ½ c. Cranberry Pears 1 sl. Whole Grain Bread 1 Margarine Cup 8 oz. Low Fat Milk</p>	<p>4 oz. Orange Juice ½ c. Pineapple Cup 1 pk. Grits Breakfast Sandwich (2 oz. Turkey, & 1 sl. Cheese on Biscuit) 1 sl. Whole Grain Bread 1 Margarine Cup 1 ea. Jelly 8 oz. Low Fat Milk</p>

Menus have been analyzed with computer software programming using HORIZON ONE SOURCE SOFTWARE. These menus meet the ADSS dietary planning standards derived from the DRI tables.

- These menus provide 33 1/3% of the Daily Reference Intakes/Adequate Intakes per meal using the the highest listed value in the DRI tables under OAA Standards 1/3 RDA/AI. Analysis includes: Adequate amounts of Calories, Protein, Calcium, Iron, Vitamin A, Vitamin C, Vitamin B12 and Fiber. Sodium has been averaged over one week to be less than 1200 mg and Fat averaged over one week aimed at 32-34% of calories per meal.