

Menu and Serving Guidelines



Meat or Meat Alternate
2 Eggs and 2 Strips of Bacon



Side dish - 1 serving
Breakfast Potatoes



Fruit- Choice of 2 servings
1/2 cup juice
1 piece of fresh fruit
1/2 cup fresh fruit cup



Bread- 1 serving
Toast



Beverage - 1 serving
Choice of one:
8 oz.
Milk | Coffee | Tea



No exceptions | No substitutes



Meat or Meat Alternate - 1 serving
Choice of one:
1 piece Fried or Baked Chicken
2 Chicken Strips



Side dish - 2 servings
Choice of two:
1/2 cup potatoes, macaroni & cheese
1/2 cup hot vegetable



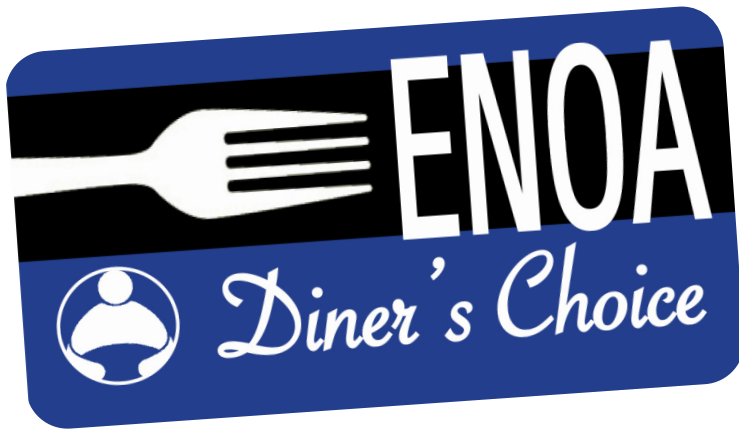
Bread- 1 serving
Choice of one:
1 Dinner Rol | 1 Bun | 1 slice Bread

Fruit- 1 serving
available at Kitchen Counter
Choice of one:
apple or banana
1 Fruit Cup packed in Juice



Beverage - 1 serving
Choice of one:
8 oz. Milk | Coffee | Tea





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Meat or Meat Alternate - 1 serving



1 serving of Meat & Vegetable Bowl
(Choice of available entrées)
(Does not include Sweet & Sour Chicken,
Orange Chicken or Sesame Chicken)

Bowl Served with 1 of the following:



Choice of one:
1/2 cup Steamed Rice
1/2 cup Fried Rice
1/2 cup Lo Mein Noodles



Bread- 1 serving

Choice of one:
1 Eggroll | 1 Crab Rangoon | 2 Spring Rolls

Fruit- 1 serving

available at Kitchen Counter

Choice of one:

apple or banana

1 Fruit Cup packed in Juice

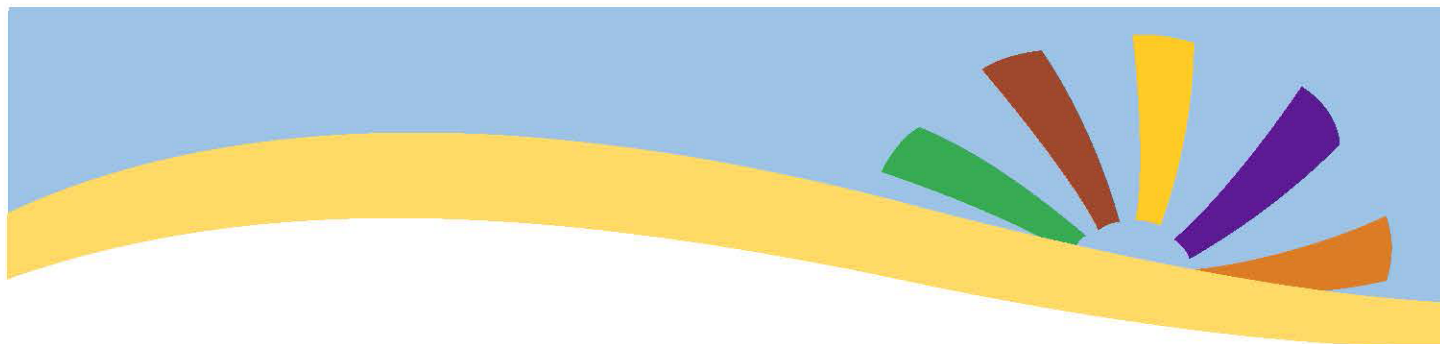


Beverage - 1 serving

Choice of one:

8 oz. Milk | Coffee | Tea





TAQUERÍA CHANGO

MEXICAN & SALVADORIAN
CUISINE

**Menu and Serving Guidelines
For Program Participants
Please Sign & Date Voucher**



**ENOA Diner's Choice
Menu ~ Dine-In Only**

Diner's Choice Menu

Meat or Meat Alternative

Choice of : 1 Serving

Combo 1 : Beef Taco

Combo 2: Chicken taco

Combo 3: Tamale

Combo 4: Quesadilla

**All options include 1 serving of Bread*



Side Dish

Choice of : 2 Servings

Rice

Beans

Salad

Vegetable

**All choices are subject to
availability**

Fruit — 1 Serving

Beverage—1 Serving

Choice of :

**8 oz. Milk or
Coffee**



**For any additional items or larger
portions there will be an additional**

**Diner's Choice menus
have been written and
approved by ENOA's**

**Dietary Director to meet
the required nutritional
guidelines of the Diner's
Choice Program. All
choices are subject to
availability.**