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| 1% Milk served at meals |  |  |  | Friday, September 1st FROZEN MEAL |
| Closed for Labor Day | Tuesday, September 5thFROZEN MEAL | Wednesday, September 6th 3oz Lean Boneless Country Style Ribs1 TBSP Barbecue Sauce1/2c LS Baked Beans1/2c Broccoli 1c Spinach Salad(1c Spinach, 1/4c red onion, 1/2c Strawberries, 1/4c pecans)2 TBSP lite Raspberry VinaigretteCornbread1/2c SF Gelatin | Thursday, September 7th4 oz LS Paprika Cod Fish3/4c Asparagus 1/3c Au Gratin Potatoes, 1 Wheat Roll½ c spiced Pears | Friday, September 8thFROZEN MEAL |
| MONDAY 113oz Beef Tips and brown Gravy(3oz LS Beef tips, w/ 2oz LS Gravy, 1/3c Mushrooms )3/4c egg Noodles1c California Vegetables1 Slice Wheat Bread w/ 1 tsp unsalted butter½ c Sliced Peaches |  TUESDAY Frozen Meal | WEDNESDAY 13(German Plate) 2 oz Lite Smoked Sausage, ½ c steamed Cabbage, 1/2c peas and carrots Wheat Bread w/ 1 tsp unsalted butter 1/2c Mandarin oranges1/2c Nonfat Vanilla Greek Yogurt  |  THURSDAY 143 oz Chicken Fried Chicken1oz LS Cream Gravy ½ c LS Mashed Potatoes1/2c LS Stewed okra w/ tomatoes and onions1 Wheat Roll w/ 1 tsp magarine1c Green Saladw/ 2 TBSP Light Italian Dressing1c Cantaloupe | FRIDAYFrozen Meal  |
|  MONDAY 186 oz Meat Lasagna(3oz beef,1oz cheese, 1oz sauce & 1/2c noodles)1c Green Beans 1c Caesar Salad (1c Romaine lettuce, 1/2c tomatoes 1 tsp parm cheese, 1/4c plain croutons)2 TBSP Light Caesar Dressing1 slice of Garlic Bread 1c Grapes | TUESDAYFrozen Meal | WEDNESDAY 205oz Hawaiian Pork (3oz Pork, 2oz Sauce)1/2c green salad w/ 1 TBSP Light Italian Dressing1c Bok Choy & Spinach w/ garlic 1c brown Rice1/2c Pineapple Chunks  |  THURSDAY 21BBQ Boneless Chicken Breast (3oz Chicken, 2 TBSP BBQ sauce)1c coleslaw w/ 2 TBSP Dressing1/2c Cucumber and tomato salad 1 slice wheat bread w/ 1 tsp margarineOrange   | FRIDAYFrozen Meal  |
| MONDAY 25(Breakfast for Lunch)1oz Reduced Fat Sausage Patty, 1 Scrambled Eggs½ c diced potatoes 1/2c Peppers and onions ½ c LS Pinto beans1c Fruit Salad1 slice wheat Toast  |  TUESDAYFrozen Meal |  WEDNESDAY 27(Italian Plate) Cheese Ravioli (1/3c Cheese Ravioli, 4 oz Meat marinara Sauce (2oz beef, 2oz NAS Marinara Sauce)1/2c Caesar Salad (1/2c Romaine lettuce, 1/2c tomatoes 1 tsp parm cheese, 1/4c plain croutons)1 TBSP Light Caesar Dressing1c Italian Blend Vegetables1 Slice Garlic Bread ½ c Tropical Fruit | THURSDAY 28Pigs in the Blanket1oz beef & pork hotdog with .5oz American cheese slice wrapped in a crescent roll 1c Pasta Salad ½ c Pasta, ½ c Vegetables, ¼ c Garbanzo beans 1/2c Carrots½ c nonfat vanilla Greek yogurt with ½ c Blackberries | FRIDAYFrozen Meal |

***Nutrient Table***

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| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****n/a** | **Days in Week:****2** | **Days in Week:****3** | **Days in Week:****3** | **Days in Week:****3** |
| Calories | 700 or more |  | 740.8 | 713.6 | 704.5 | 707.2 |
| % Carbohydrates from Calories | 45-55% |  | 41.8 | 47.2 | 49.3 | 53.7 |
| % Protein from Calories | 15-25% |  | 25.6 | 21.2 | 23.9 | 20.6 |
| % Fat from Calories | 25-35% |  | 32.6 | 31.6 | 26.2 | 25.7 |
| Saturated Fat | less than 8g |  | 7.1 | 7.9 | 7.0 | 7.9 |
| Fiber | 10g or more |  | 12.3 | 10.7 | 10.0 | 13.1 |
| Vitamin B-12 | .8ug or more |  | 3.3 | 2.6 | 1.9 | 2.4 |
| Vitamin A | 300ug RAE or more |  | 391.8 | 667.1 | 666.2 | 549.1 |
| Vitamin C | 30mg or more |  | 70.4 | 93.7 | 66.9 | 50.0 |
| Iron | 2.6mg or more |  | 5.4 | 5.1 | 5.9 | 5.4 |
| Calcium | 400mg or more |  | 527.6 | 513.3 | 591.2 | 538.5 |
| Sodium | less than 766mg |  | 746.4 | 765.9 | 745.3 | 764.9 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, fiber and sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

 Constance Rudnicki MS, RDN, LD