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| 1% Milk served at meals |  |  |  | Friday, September 1st  FROZEN MEAL |
| Closed for Labor Day | Tuesday, September 5th  FROZEN MEAL | Wednesday, September 6th  3oz Lean Boneless Country Style Ribs  1 TBSP Barbecue Sauce  1/2c LS Baked Beans  1/2c Broccoli  1c Spinach Salad  (1c Spinach, 1/4c red onion, 1/2c Strawberries, 1/4c pecans)  2 TBSP lite Raspberry Vinaigrette  Cornbread  1/2c SF Gelatin | Thursday, September 7th  4 oz LS Paprika Cod Fish  3/4c Asparagus  1/3c Au Gratin Potatoes,  1 Wheat Roll  ½ c spiced Pears | Friday, September 8th  FROZEN MEAL |
| MONDAY 11  3oz Beef Tips and brown Gravy  (3oz LS Beef tips, w/ 2oz LS Gravy, 1/3c Mushrooms )  3/4c egg Noodles  1c California Vegetables  1 Slice Wheat Bread w/ 1 tsp unsalted butter  ½ 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 oranges  1/2c Nonfat Vanilla Greek Yogurt | THURSDAY 14  3 oz Chicken Fried Chicken  1oz LS Cream Gravy  ½ c LS Mashed Potatoes  1/2c LS Stewed okra w/ tomatoes and onions  1 Wheat Roll w/ 1 tsp magarine  1c Green Salad  w/ 2 TBSP Light Italian Dressing  1c Cantaloupe | FRIDAY  Frozen Meal |
| MONDAY 18  6 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 Dressing  1 slice of Garlic Bread  1c Grapes | TUESDAY  Frozen Meal | WEDNESDAY 20  5oz Hawaiian Pork  (3oz Pork, 2oz Sauce)  1/2c green salad w/ 1 TBSP Light Italian Dressing  1c Bok Choy & Spinach w/ garlic  1c brown Rice  1/2c Pineapple Chunks | THURSDAY 21  BBQ Boneless Chicken Breast  (3oz Chicken, 2 TBSP BBQ sauce)  1c coleslaw w/ 2 TBSP Dressing  1/2c Cucumber and tomato salad  1 slice wheat bread w/ 1 tsp margarine  Orange | FRIDAY  Frozen Meal |
| MONDAY 25  (Breakfast for Lunch)  1oz Reduced Fat Sausage Patty,  1 Scrambled Eggs  ½ c diced potatoes  1/2c Peppers and onions  ½ c LS Pinto beans  1c Fruit Salad  1 slice wheat Toast | TUESDAY  Frozen 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 Dressing  1c Italian Blend Vegetables  1 Slice Garlic Bread  ½ c Tropical Fruit | THURSDAY 28  Pigs in the Blanket  1oz 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 Carrots  ½ c nonfat vanilla Greek yogurt with ½ c Blackberries | FRIDAY  Frozen 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.

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