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| **1% milk Served at meals** |  |  |  | **FRIDAY Sept 1, 2021****“Labor Day Celebration”****3oz Lean LS Brisket****1c Capri Vegetables****1/2c Reduced Sodium Red Cabbage Slaw****1/2c Potato Salad****WW Roll Pecan Tart** **1c strawberries**  |
| **MONDAY 4, 2021****CENTER CLOSED****Labor Day** | **TUESDAY 5, 2021****3oz. Beef Tips****1/2c Egg Noodles w/** **2oz. Low Sodium Gravy****1c California Blend****1 WW Bread w/ 1tsp. Margarine****1/2c Pineapple**  | **WEDNESDAY 6, 2021****Sour Cream Enchilada****(1oz. Cheese, 2 Corn Tortillas, 2 oz. Green Chile)****1/2c Lettuce & Tomato****3/4c Spinach****1/2c Spanish Rice****1c Pinto Beans** **1/2c Fruit Cocktail** | **THURSDAY 7, 2021****Beef Steak Ranchero****(3 oz. Beef, 1oz cheese,1/2c Onion &** **Green Chile)****1/2c Roasted Zucchini****1/2c LS Ranch Style Beans****1 Flour Tortilla** | **Friday 8, 2022** **3 oz. Orange Chicken****.5oz Sauce****1/2c Wild Rice****1c stir Fry Vegetables** **1/2c Apricots** |
| **MONDAY 11, 2021****Chicken Fajita****(3 oz. Chicken, 1/2c Pepper & Onion,.5oz Shredded Cheese)** **1 6 in Flour Tortilla)****1/2c chuckwagon vegetables** **1/2c LS Spanish Rice** **1/2c Lettuce & Tomato****1/2c Peaches** | **TUESDAY 12, 2021****3 oz. Country Fried Steak****1/2c Mashed Potatoes** **1oz Ls Country Gravy****1c Winter Blend Vegetables** **1 WW Bread w/ 1 tsp. Margarine****1/2oz. Pears** | **WEDNESDAY 13, 2021****4 oz. Pork Stir Fry****(3oz Pork, 1oz Sauce)****1c Stir Fry Vegetables****1c Brown Rice** **1 Wheat Roll w/** **1 tsp. Margarine****1/2c Mandarin Oranges** | **THURSDAY 14, 2021****GCC Burger****(3 oz. Beef, 1 oz. Green Chile,** **.5oz. Cheese, 1 Bun)****1/2c Lettuce, 2 sliced red Tomato & 1 slice Onion****1/2c Tomato and cucumber salad****1/2c Herb Roasted Potatoes****1 c Watermelon** **Oatmeal cookie**  | **FRIDAY 15, 2021****1c Tossed Salad w/ 2 TBSP Light Italian Dressing****5oz. Beef Burgundy****(3oz Beef, 1oz Sauce, 1oz Mushrooms)****1/2c Egg Noodles****3/4c Roasted Brussel sprouts****1 WW Roll w/** **1 tsp. Margarine****1/2c Plums** |
| **MONDAY 18, 2021****GC Chicken Enchilada****(2 oz. Chicken, 1 oz. Cheese, 1 oz. Green Chile, 2 Corn Tortillas)****1/2c Lettuce & Tomato****1/2c LS Pinto Beans****1/2c Vegetable medley****1/2c LS Spanish Rice****1/2c SF Peaches in Cobbler** | **TUESDAY 19, 2021****3 oz. Swiss Steak W/2oz Tomato Gravy****1/2c Diced Potatoes****1c Tossed Salad w/ 2 TBSP Light Italian Dressing****1 WW Bread w/1 tsp Margarine****1c Cantaloupe** | **WEDNESDAY 20, 2021****Soft Beef Tacos****(3oz. Beef, 2 TBSP LS Salsa, 1/2c Lettuce & Tomato, 1 6in Flour Tortillas)****1/2c Calabacitas****1/2c Roasted Cauliflower** **1c tropical fruit salad** | **THURSDAY 21, 2021****4 oz. Meatloaf** **1 oz. Low Sodium Gravy****1/2c LS Mashed Potatoes****1c Mediterranean Blend****1 WW Roll** **1c Mandarin oranges and Strawberries**  | **FRIDAY 22, 2021****Lasagna****(2 oz. Beef, 1 oz. Cheese,****1oz. Sauce, 1/2c Noodles)****1 c Salad w/2t Low Fat Dressing****1/2c asparagus** **1 Wheat roll** **1/2c spiced pears** |
| **MONDAY 25, 2021****3 oz. Pepper Steak, 2oz Peppers and onions, 1 TBSP sesame seeds** **1/2c Herb-Roasted Potatoes** **1 oz. Low Sodium Gravy****3/4c Brussel Sprouts****1 sl. WW Bread w/ 1 tsp Margarine****1c Pineapple Tidbits** | **TUESDAY 26, 2021****3 oz. Baked Tilapia****2T Tartar Sauce****1c Coleslaw w/ 2 TBSP Dressing** **1/2c Green Beans****1 sl. Cornbread w/ 1 rap unsalted butter****1/2c Orange gelatin salad** | **WEDNESDAY 27, 2021****1c Garden Salad w/ 2 TBSP Light Italian Dressing****Pork Chop** **W/Gravy****(3oz lean LS pork chop, 1oz LS Gravy)****1/2c LS Rice Pilaf w/ 1/4c Mushrooms** **3/4c Broccoli Spears** **1 WW Dinner Roll****1c Grapes** | **Thursday 28, 2021****1c Garden Salad w/ 2 TBSP Light Italian Dressing****3/4c Wheat Spaghetti w/ 5 oz. Meat Sauce****(2oz NAS Marinara Sauce, 3oz meat)****1c Italian Vegetables** **1 sl. Garlic Bread****1/2c Mixed Fruit** | **Friday 29, 2022****3 oz. Chicken Strips****1oz. LS Country Gravy****1/2c LS Three Bean Salad****1/2c Potato Wedges****1/2c Carrots****1 slice wheat bread w/ 1 tsp unsalted butter** **1c Fruit Salad**  |

***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: |  | **Days in Week:****1** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 829.2 | 814.6 | 764.0 | 740.0 | 774.4 |
| % Carbohydrates from Calories | 45-55% | 45.6 | 52.9 | 49.3 | 50.5 | 51.6 |
| % Protein from Calories | 15-25% | 22.0 | 19.4 | 21.3 | 22.6 | 21.6 |
| % Fat from Calories | 25-35% | 32.3 | 27.7 | 29.2 | 27.0 | 26.8 |
| Saturated Fat | less than 8g | 6.9 | 8.0 | 8.0 | 8.0 | 7.4 |
| Fiber | 10g or more | 12.2 | 20.3 | 10.1 | 11.9 | 10.2 |
| Vitamin B-12 | .8ug or more | 3.3 | 2.6 | 2.3 | 2.6 | 2.9 |
| Vitamin A | 300ug RAE or more | 339.5 | 584.4 | 440.9 | 546.3 | 563.4 |
| Vitamin C | 30mg or more | 169.4 | 38.4 | 98.9 | 84.5 | 81.5 |
| Iron | 2.6mg or more | 5.6 | 7.4 | 5.5 | 6.0 | 5.5 |
| Calcium | 400mg or more | 483.6 | 626.4 | 503.1 | 549.7 | 474.3 |
| Sodium | less than 766mg | 632.9 | 669.9 | 762.9 | 746.0 | 722.9 |

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