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| **1% Milk served at meals** |  |  |  | 1  Cod  3 OZ LS Herbed Cod  1 TBSP TARTAR SAUCE  4 OZ Broccoli spears w/ 1 tsp unsalted butter w/ 1/2c Garbanzo Beans  4 OZ COLE SLAW  1 TBSP DRESSING  1 OZ Wheat roll w/ 1 tsp margarine  ½ SL ANGEL FOOD CAKE/  3 TBSP CHERRIES,  2 TBSP  WHIPPED TOPPING  1/2c Cantaloupe |
| 4  Closed  Labor Day | 5  BEEF TACOS  (3 OZ BEEF, .5OZ CHEESE  2 CORN TORTILLAS  2 OZ LETTUCE, 2 OZ DICED  TOMATOES)  4 OZ PINTO BEANS  4 OZ KICKN RICE  4 OZ SF GELATIN/  1/2c APRICOTS | 6  CHICKEN FAJITAS  (1 6 in FLOUR TORTILLAS, 3OZ CHICKEN,  4 OZ PEPPERS & ONIONS)  8 OZ CAPRI VEGETABLES  2 TBSP PICO DE GALLO  1 SL PUMPKIN CAKE | 7  FISH Sticks  3 OZ FISH sticks  4 OZ CORN  4 OZ SPINACH  CORNBREAD w/ 1 tsp margarine  8 OZ DICED MANGO/PINEAPPLE/FRESH  MINT | 8  MEATLOAF  4 OZ MEATLOAF  6 OZ BRUSSELS SPROUTS  1 MED BAKED POTATOE/  1 TSP MARAGRINE  8 OZ TOSSED SALAD w/ 2 TBSP light Italian Dressing  WW ROLL  4 OZ Cherries in COBBLER |
| 11  SALISBURY STEAK  3 OZ BEEF PATTY  4 OZ CREAMED POTATOES  2 OZ LS BROWN GRAVY  4 OZ MUSHROOMS  4 OZ glazed carrots  WW ROLL  4 OZ sliced apples | 12  CHICKEN TACOS  (3 OZ CHICKEN, .5 OZ CHEESE, 2 CORN TORTILLAS, 4OZ LETTUCE  & TOMATOE)  1/2c LS Refried Beans  1/2c LS Mexican Roasted Vegetables  3 OZ PINEAPPLE CHUNKS | 13  BBQ BONANZA  (3 OZ BBQ Brisket , 2 TBSP BBQ SAUCE)  3/4C NAS BAKED BEANS  4 OZ LS ROASTED TOMATOES  1 OZ CORNBREAD  8 OZ WATERMELON | 14  CHICKEN STRIPS  3 OZ CHICKEN STRIPS  4 OZ Parsley potatoes  4 OZ OKRA/  TOMATOES/ONIONS  WW ROLL  SPICE CAKE/  1 TBLS CREAM CHEESE ICING | 15  3oz LS BAKED FISH  1/2c Wild rice  1/2c Asparagus  SPINACH SALAD  (8 OZ BABY SPINACH.  1/4c SLICED RED ONION,  SLICED 1/4c STRAWBERRIES,1/4c PECAN  1/4c BLACKBERRIES)  2 TBSP Lite Raspberry Vinaigrette  1c Fruit salad |
| 18  Turkey SANDWICH  (2 OZ Lower sodium Turkey  2 SLICES WHEAT BREAD,  4 OZ LETTUCE, 2 OZ ONIONS, 2 slices TOMATOES)  1 oz GARDEN SALSA  CHIPS  4 OZ CALABACITAS  3/4c LS Vegetable soup  4 OZ BERRIES/1/2c NONFAT  VANILLA GREEK YOGURT | 19  SMOTHERED BURRITO  1/4c LS GC Sauce, 3 OZ BEEF/ 4oz POTAOES/ 2 TBSP GREEN CHILIS, 1 8 in flour tortilla)  ½ C PINTO BEANS  1/2c Cilantro lime Slaw  ½ C BLUEBERRIES | 20  CHICKEN STIR FRY  (3 OZ CHICKEN breast, 1OZ SAUCE,  4oz ORIENTAL CABBAGE, 2oz BROCCOLI, 2pz RED PEPPER, 1 GREEN ONION)  4 OZ BROWN RICE  1 WW ROLL w/ 1 tsp unsalted butter  6 OZ MANDARIN ORANGES | 21  BBQ PULLED PORK  (3 OZ PORK, 1OZ BBQ  SAUCE)  8 OZ PASTA SALAD  (4O Z PASTA, 4OZ VEGETABLES)  4 OZ CUCUMBER &  TOMATOE SALAD  WW ROLL  1/2c Spiced Peaches | 22  CHICKEN FRIED STEAK  3 OZ CHICKEN FRY  1 OZ LS PEPPERED GRAVY  4 OZ MUSTARD GREENS w/ 1 tsp unsalted butter  4 OZ 3 BEAN SALAD  WW ROLL w/ 1 tsp unsalted butter  4 OZ STRAWBERRIES &  1/3c BANANAS |
| 25  TRAILBLAZER  3 OZ Lean BEEF PATTY  1 OZ AU JUS  8 OZ CALIFORNIA NORMANDY  4 OZ LS RANCH STYLE BEANS  WW ROLL  4oz Mixed Fruit | 26  PEPPERONI PIZZA  (4 slices peperoni, 1oz crust, 1oz Pizza Sauce, .5oz Mozz. Cheese)  3oz CHICKEN WINGS  1c Tossed SALAD w/ 2 TBSP Light Italian Dressing  4 LS WW Crackers  1 banana | 27  6oz GREEEN CHILI CHICKEN ENCHILADAS  (3 OZ CHICKEN, 1 OZ GC,  2 CORN TORTILLA,  2 OZ ECHILADA SAUCE,  .5 OZ CHEESE)  4 OZ PINTO BEANS  1c Tossed SALAD w/ 2 TBSP Light Italian Dressing  4 OZ TROPICAL FRUIT | 28  MEATBALL SUB  (3oz Turkey Meatballs, 1oz Sauce, .5 Mozz. cheese, 1 hot dog bun, 1oz NAS Marinara Sauce, ½ pepper and onions)  1c Tossed SALAD w/ 2 TBSP Light Italian Dressing  1/2c GREEN BEANS  1/2c Pears | 29  ROAST BEEF  (3 OZ ROAST BEEF,  2 OZ LS GRAVY)  4 OZ BUTTERED NEW POTATOES  8 OZ ROASTED BROCCOLI SPEARS  WW ROLL  8 OZ GRAPES |

***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:**  **1** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 783.2 | 812.7 | 794.5 | 700.8 | 730.5 |
| % Carbohydrates from Calories | 45-55% | 50.5 | 50.4 | 47.8 | 49.0 | 23.0 |
| % Protein from Calories | 15-25% | 21.6 | 20.0 | 21.6 | 24.8 | 46.5 |
| % Fat from Calories | 25-35% | 26.0 | 29.5 | 30.7 | 26.2 | 30.4 |
| Saturated Fat | less than 8g | 7.6 | 7.9 | 7.9 | 7.1 | 8.0 |
| Fiber | 10g or more | 12.4 | 11.2 | 12.6 | 12.0 | 12.1 |
| Vitamin B-12 | .8ug or more | 2.0 | 2.4 | 2.4 | 2.1 | 2.7 |
| Vitamin A | 300ug RAE or more | 451.4 | 599.5 | 390.9 | 349.0 | 422.3 |
| Vitamin C | 30mg or more | 74.5 | 56.5 | 67.4 | 59.6 | 63.4 |
| Iron | 2.6mg or more | 4.4 | 6.7 | 5.7 | 5.3 | 4.5 |
| Calcium | 400mg or more | 493.8 | 525.2 | 546.9 | 486.1 | 510.1 |
| Sodium | less than 766mg | 756.4 | 687.8 | 719.6 | 760.2 | 701.7 |

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