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|  **1% Milk served at meals**  |    |  |  | 1  Cod3 OZ LS Herbed Cod 1 TBSP TARTAR SAUCE4 OZ Broccoli spears w/ 1 tsp unsalted butter w/ 1/2c Garbanzo Beans4 OZ COLE SLAW1 TBSP DRESSING1 OZ Wheat roll w/ 1 tsp margarine½ SL ANGEL FOOD CAKE/3 TBSP CHERRIES, 2 TBSP WHIPPED TOPPING1/2c Cantaloupe  |
| 4Closed Labor Day | 5BEEF TACOS(3 OZ BEEF, .5OZ CHEESE2 CORN TORTILLAS2 OZ LETTUCE, 2 OZ DICEDTOMATOES)4 OZ PINTO BEANS4 OZ KICKN RICE4 OZ SF GELATIN/ 1/2c APRICOTS  | 6  CHICKEN FAJITAS(1 6 in FLOUR TORTILLAS, 3OZ CHICKEN,4 OZ PEPPERS & ONIONS)8 OZ CAPRI VEGETABLES2 TBSP PICO DE GALLO1 SL PUMPKIN CAKE | 7 FISH Sticks3 OZ FISH sticks4 OZ CORN4 OZ SPINACHCORNBREAD w/ 1 tsp margarine8 OZ DICED MANGO/PINEAPPLE/FRESHMINT | 8 MEATLOAF4 OZ MEATLOAF6 OZ BRUSSELS SPROUTS1 MED BAKED POTATOE/1 TSP MARAGRINE8 OZ TOSSED SALAD w/ 2 TBSP light Italian DressingWW ROLL4 OZ Cherries in COBBLER |
| 11 SALISBURY STEAK3 OZ BEEF PATTY4 OZ CREAMED POTATOES2 OZ LS BROWN GRAVY4 OZ MUSHROOMS4 OZ glazed carrotsWW ROLL4 OZ sliced apples  | 12 CHICKEN TACOS(3 OZ CHICKEN, .5 OZ CHEESE, 2 CORN TORTILLAS, 4OZ LETTUCE & TOMATOE)1/2c LS Refried Beans1/2c LS Mexican Roasted Vegetables3 OZ PINEAPPLE CHUNKS  | 13 BBQ BONANZA(3 OZ BBQ Brisket , 2 TBSP BBQ SAUCE)3/4C NAS BAKED BEANS4 OZ LS ROASTED TOMATOES1 OZ CORNBREAD8 OZ WATERMELON | 14CHICKEN STRIPS3 OZ CHICKEN STRIPS4 OZ Parsley potatoes4 OZ OKRA/TOMATOES/ONIONSWW ROLLSPICE CAKE/1 TBLS CREAM CHEESE ICING | 15 3oz LS BAKED FISH1/2c 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 Vinaigrette1c Fruit salad |
| 18Turkey SANDWICH(2 OZ Lower sodium Turkey 2 SLICES WHEAT BREAD,4 OZ LETTUCE, 2 OZ ONIONS, 2 slices TOMATOES)1 oz GARDEN SALSACHIPS4 OZ CALABACITAS 3/4c LS Vegetable soup 4 OZ BERRIES/1/2c NONFAT VANILLA GREEK YOGURT  | 19SMOTHERED BURRITO1/4c LS GC Sauce, 3 OZ BEEF/ 4oz POTAOES/ 2 TBSP GREEN CHILIS, 1 8 in flour tortilla) ½ C PINTO BEANS1/2c Cilantro lime Slaw½ 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 RICE1 WW ROLL w/ 1 tsp unsalted butter 6 OZ MANDARIN ORANGES | 21 BBQ PULLED PORK(3 OZ PORK, 1OZ BBQSAUCE)8 OZ PASTA SALAD(4O Z PASTA, 4OZ VEGETABLES)4 OZ CUCUMBER &TOMATOE SALADWW ROLL1/2c Spiced Peaches  | 22 CHICKEN FRIED STEAK3 OZ CHICKEN FRY1 OZ LS PEPPERED GRAVY4 OZ MUSTARD GREENS w/ 1 tsp unsalted butter 4 OZ 3 BEAN SALADWW ROLL w/ 1 tsp unsalted butter 4 OZ STRAWBERRIES &1/3c BANANAS |
| 25 TRAILBLAZER3 OZ Lean BEEF PATTY 1 OZ AU JUS8 OZ CALIFORNIA NORMANDY4 OZ LS RANCH STYLE BEANSWW ROLL4oz Mixed Fruit  | 26PEPPERONI PIZZA(4 slices peperoni, 1oz crust, 1oz Pizza Sauce, .5oz Mozz. Cheese) 3oz CHICKEN WINGS1c Tossed SALAD w/ 2 TBSP Light Italian Dressing4 LS WW Crackers 1 banana | 276oz GREEEN CHILI CHICKEN ENCHILADAS(3 OZ CHICKEN, 1 OZ GC, 2 CORN TORTILLA,2 OZ ECHILADA SAUCE,.5 OZ CHEESE)4 OZ PINTO BEANS1c Tossed SALAD w/ 2 TBSP Light Italian Dressing4 OZ TROPICAL FRUIT  | 28MEATBALL 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 Dressing1/2c GREEN BEANS1/2c Pears | 29ROAST BEEF(3 OZ ROAST BEEF, 2 OZ LS GRAVY)4 OZ BUTTERED NEW POTATOES8 OZ ROASTED BROCCOLI SPEARSWW ROLL8 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