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| 2% Milk served at meals |  |  |  | FRIDAY SEPTEMBER 1  CLOSED  |
| MONDAY SEPTEMBER 4CLOSED LABOR DAY | Tuesday September 5 LS Beef Pot Pie(1oz Crust, 3oz Beef, 1/2c Mixed Vegetables)1c Tossed Salad w/ 2 TBSP Light Italian DressingBaked Apple | Wednesday September 61c Tossed Salad w/ 2 TBSP light Italian Dressing3oz Oven Baked Chicken1/2c Parsley Potatoes1c California Blend vegetablesWheat roll w/ 1 tsp margarine1/2c Pears  | Thursday September 71c Tossed Salad w/ 2 TBSP Light Italian Dressing1c LS Green Chile Pork Stew(1oz GC, 3oz Pork, 1/3c potatoes, tomatoes ,onion)1/2c Cauliflower Elote(.5 oz Cheese, 1/2c Cauliflower)Cornbread1/2c Mixed fruit  | FRIDAY SEPTEMBER 8 CLOSED  |
| Monday September 111c Tossed Salad w/ 2 TBSP Light Italian Dressing3/4c Beef Goulash (3oz beef, 1/4c macaroni)Wheat rollorange | Tuesday September 121c Tossed Salad-add 1/4c Garbanzo beans w/ 2 TBSP Light Italian Dressing1/8th Veggie Quiche, w/ sweet potato crust(1oz crust, 1/4c Vegetables, ½ egg, .5 oz Cheese)Wheat roll1c Fruit Salad w/ 1/2c Greek nonfat vanilla yogurt | Wednesday September 131c Tossed Salad w/ 2 TBSP Light Italian Dressing1c Corn Zucchini chowder(3oz Chicken 1/2c corn and zucchini)Wheat roll w/ 1 tsp margarine1/2c Tropical fruit salad | Wednesday September 141/2c Tossed Salad w/ 1 TBSP Light Italian Dressing3oz LS Roast Turkey2oz LS Gravy1/2c Yam1/2c CabbageWheat roll w/ 1 tsp margarine½ c SF gelatin w/ 1/2c Peaches  | CLOSED  |
| Monday September 18Loaded Broccoli Baked Potato(1 potato, 1tsp margarine, 1 tsp chive, 2 TBSP sour cream, 1oz Cheese, 1/2c Broccoli Wheat roll1/2c Strawberries1c Greek Nonfat Vanila yogurt1/2c Tossed salad w/ 1 TBSP light Italian Dressing | Tuesday September 191/2c Tossed Salad w/ 1 TBSP Light Italian Dressing3/4c Ham and Beans(2oz Ham, 1/2c Pinto Beans)1/2c Spinach1/2c Beets1 slice wheat bread w/1 tsp margarine6 Wheat crackers | Wednesday September 201/2c Tossed Salad w/ 1 TBSP Light Italian Dressing w/ HB Egg and , 1/2 LS Garbanzo BeansPasta Primavera (1/3c Bow Tie pasta, 1c Roasted Vegetables (carrots, zucchini, yellow squash, red onion, bell peppers, ½ TBSP olive oil), 4 Wheat Crackers w/ 1 tsp margarine1c Pineapple  | Thursday September 211c Tossed Salad w/ 2 TBSP Light Italian Dressing1oz Kielbasa1c Cabbage and CarrotsCornbread w/ 1 tsp margarine1c Greek Nonfat Vanilla Yogurt1c Grapes  | CLOSED  |
| Monday September 25 1c Tossed Salad w/ 2 TBSP Light Italian DressingBeef Broccoli(3oz Beef, 1/2c Broccoli)1/2c Brown Rice1/2c Fruit cocktail1 Fortune cookie | Tuesday September 261/2c Chili Relleno Casserole(1 pepper, .5oz Cheese)1/2c Pinto beans1c Tossed Salad w/ 2 TBSP Light Italian Dressing6 Wheat crackers 1/2c Plums | Wednesday September 271c Tossed Salad w/ 2 TBSP Light Italian Dressing3oz LS Roast Pork2oz LS Gravy1/2c Broccoli Spears w/ 1 tsp magarine1/2c Roasted herb PotatoesWheat roll w/ 1 tsp margarine1c Watermelon  | Thursday September 281c Tossed Salad w/ 2 TBSP Light Italian Dressing1c Beef stew(3oz Beef, 1/2c Vegetables)1 slice Irish soda bread w/ 1 tsp margarine3/4c Fruit Salad | CLOSED  |

***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:****3** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****4** |
| Calories | 700 or more |  | 758.9 | 747.3 | 777.0 | 703.3 |
| % Carbohydrates from Calories | 45-55% |  | 47.3 | 51.7 | 56.4 | 51.2 |
| % Protein from Calories | 15-25% |  | 21.8 | 22.5 | 18.3 | 23.8 |
| % Fat from Calories | 25-35% |  | 30.8 | 25.8 | 25.3 | 25.0 |
| Saturated Fat | less than 8g |  | 8.0 | 7.9 | 8.0 | 7.7 |
| Fiber | 10g or more |  | 11.0 | 13.0 | 13.7 | 11.0 |
| Vitamin B-12 | .8ug or more |  | 2.0 | 2.6 | 2.3 | 2.9 |
| Vitamin A | 300ug RAE or more |  | 695.2 | 817.8 | 1077.9 | 877.6 |
| Vitamin C | 30mg or more |  | 66.4 | 81.5 | 93.8 | 46.6 |
| Iron | 2.6mg or more |  | 4.3 | 5.3 | 5.5 | 5.7 |
| Calcium | 400mg or more |  | 487.4 | 532.5 | 674.0 | 482.7 |
| Sodium | less than 766mg |  | 672.9 | 751.0 | 748.8 | 763.7 |

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.

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