|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2% Milk served at meals |  |  |  | FRIDAY SEPTEMBER 1   CLOSED |
| MONDAY SEPTEMBER 4  CLOSED 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 Dressing  Baked Apple | Wednesday September 6  1c Tossed Salad w/ 2 TBSP light Italian Dressing  3oz Oven Baked Chicken  1/2c Parsley Potatoes  1c California Blend vegetables  Wheat roll w/ 1 tsp margarine  1/2c Pears | Thursday September 7  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c LS Green Chile Pork Stew  (1oz GC, 3oz Pork, 1/3c potatoes, tomatoes ,onion)  1/2c Cauliflower Elote  (.5 oz Cheese, 1/2c Cauliflower)  Cornbread  1/2c Mixed fruit | FRIDAY SEPTEMBER 8  CLOSED |
| Monday September 11  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  3/4c Beef Goulash (3oz beef, 1/4c macaroni)  Wheat roll  orange | Tuesday September 12  1c Tossed Salad-add 1/4c Garbanzo beans w/ 2 TBSP Light Italian Dressing  1/8th Veggie Quiche, w/ sweet potato crust  (1oz crust, 1/4c Vegetables, ½ egg, .5 oz Cheese)  Wheat roll  1c Fruit Salad w/ 1/2c Greek nonfat vanilla yogurt | Wednesday September 13  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c Corn Zucchini chowder  (3oz Chicken 1/2c corn and zucchini)  Wheat roll w/ 1 tsp margarine  1/2c Tropical fruit salad | Wednesday September 14  1/2c Tossed Salad w/ 1 TBSP Light Italian Dressing  3oz LS Roast Turkey  2oz LS Gravy  1/2c Yam  1/2c Cabbage  Wheat roll w/ 1 tsp margarine  ½ c SF gelatin w/ 1/2c Peaches | CLOSED |
| Monday September 18  Loaded Broccoli Baked Potato  (1 potato, 1tsp margarine, 1 tsp chive, 2 TBSP sour cream, 1oz Cheese, 1/2c Broccoli  Wheat roll  1/2c Strawberries  1c Greek Nonfat Vanila yogurt  1/2c Tossed salad w/ 1 TBSP light Italian Dressing | Tuesday September 19  1/2c Tossed Salad w/ 1 TBSP Light Italian Dressing  3/4c Ham and Beans  (2oz Ham, 1/2c Pinto Beans)  1/2c Spinach  1/2c Beets  1 slice wheat bread w/1 tsp margarine  6 Wheat crackers | Wednesday September 20  1/2c Tossed Salad w/ 1 TBSP Light Italian Dressing w/ HB Egg and , 1/2 LS Garbanzo Beans  Pasta 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 margarine  1c Pineapple | Thursday September 21  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1oz Kielbasa  1c Cabbage and Carrots  Cornbread w/ 1 tsp margarine  1c Greek Nonfat Vanilla Yogurt  1c Grapes | CLOSED |
| Monday September 25  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  Beef Broccoli  (3oz Beef, 1/2c Broccoli)  1/2c Brown Rice  1/2c Fruit cocktail  1 Fortune cookie | Tuesday September 26  1/2c Chili Relleno Casserole  (1 pepper, .5oz Cheese)  1/2c Pinto beans  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  6 Wheat crackers  1/2c Plums | Wednesday September 27  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  3oz LS Roast Pork  2oz LS Gravy  1/2c Broccoli Spears w/ 1 tsp magarine  1/2c Roasted herb Potatoes  Wheat roll w/ 1 tsp margarine  1c Watermelon | Thursday September 28  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c Beef stew  (3oz Beef, 1/2c Vegetables)  1 slice Irish soda bread w/ 1 tsp margarine  3/4c Fruit Salad | CLOSED |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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.

Constance Rudnicki MS, RDN, LD