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| 1% Milk served at meals |  |  |  | Friday, September 1st  Chicken Soft Taco  (3oz Chicken, 1/2c Lettuce and tomato, 1 6in flour tortilla, 1 TBSP LS Salsa, .5 oz reduced sodium cheese)  1/2c LS Chile Beans  1/2c Calabacitas  1/2c Pineapple |
| Closed for Labor Day | Tuesday, September 5th  Carne Adovada Burrito  w/Red Chile  (3oz Pork, 2oz Sauce, 1 6in flour tortilla, 1oz RC sauce)  1/2c LS Refried Beans  1c California Blend  1/2c Sherbet | Wednesday, September 6th  Hot Roast Beef Sandwich  Au Jus Sauce  (3oz Beef, 1oz Au Jus, hot dog bun)  1/2c Green Beans  1/2c Baked No added Salt French Fries  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/2c Apple Slices | Thursday, September 7th  Frito Pie  (1oz Corn Chips, 2oz Beef, 2oz RC, 1/2c Lettuce and tomato, .5oz Cheese)  1/2c Pinto Beans  1/2c Spanish Slaw  1/2c Cherries in Cobbler | Friday, September 8th  Chicken Salad Croissant  (3oz Chicken, 1oz celery, grapes, walnuts, 1 croissant, 1/2c lettuce)  1/2c LS 3 Bean Salad  1/2c Carrot Sticks  1c Fruit Salad |
| Monday, September 11th  Baked Ziti w/ Meaty Marinara  (1/4c Pasta, 3oz beef, .5oz cheese)  1c Italian Veggies  Wheat roll w/ 1 tsp unsalted butter  1/2c Baked Cinnamon Apples | Tuesday, September 12th  Turkey Sandwich  (2 slices wheat bread, 2oz turkey, 1/2c Lettuce)  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1/2c LS LF Broccoli Salad  1/2c Mixed Fruit  1/2c Greek nonfat vanilla yogurt | Wednesday, September 13th  Green Chile Chicken Enchiladas  (3oz Chicken, 2 corn tortilla, 1oz Cheese, 1oz GC, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1c Vegetable medley  1/2c Diced Mango | Thursday, September 14th  Sloppy Joe  (1bun, 3oz beef, 1oz sauce, 1/2c peppers and onions)  1/2c Herb Roasted Potatoes  1/2c Coleslaw w/ 1 TBSP dressing  Fresh Orange | Friday, September 15th  3oz LS Baked Fish  2 TBSP tartar Sauce  1/2c Beets  1/2c Cucumber and Tomato Salad  Wheat Roll w/ 1 tsp  unsalted butter |
| Monday, September 18th  3oz Chicken Tenders  1oz LS Country Gravy  1/2c Green Beans  1/2c Stewed okra with tomato and onions  Biscuit  1/2c Pineapple Tidbits | Tuesday, September 19th  Hawaiian Chicken  (3oz chicken thigh, .5oz Sauce)  1/2c Brown Steamed Rice  1c Stir Fry Vegetables  Hawaiian Roll  1/2cTropical Fruit | Wednesday, September 20th  3oz Lean Boneless Country Style Ribs  1/2c LS Baked Beans  3/4c Broccoli Spear  1c Spinach Salad  (1c Spinach, 1/4c red onion, 1/4c Strawberries, 1/4c pecans, 1/4c blackberries)  2 TBSP lite Raspberry Vinaigrette  Cornbread | Thursday, September 21st  4oz Salmon Patty (3oz Salmon)  ½ Tomato and onion salad add 1/2c macaroni  1/2c Asparagus  Wheat Roll  Lemon Bar | Friday, September 22nd  Pork Posole w/ Red Chile Sauce  (3oz pork, 1/2c hominy, 1oz RC)  1/2c LS Spanish Rice  1c Tossed salad w/ 2 TBSP light Italian Dressing  6 in Tortilla  1/2c Spiced peaches |
| Monday, September 25th  Beef Ravioli w/ 2oz NAS Marinara Sauce  1c Italian Veggies w/ 1 tsp unsalted butter  Garlic Toast  1/2c Plums  1c Nonfat vanilla Greek yogurt | Tuesday, September 26th  Soft Fish Taco  (2 corn tortilla, 3oz LS Baked Bod, 1/2c Cilantro Lime Slaw, 2 TBSP LS Salsa)  1/2c Black Beans  1/2c Diced Mango | Wednesday, September 27th  3oz Pork Roast  2oz LS Pork Gravy  1/2c Parsley Potatoes  1/2c Glazed Carrots  1c Green Salad w/ 2 TBSP Light Italian Dressing  Wheat Roll w/ 1 tsp unsalted butter  Fresh Pear | Thursday, September 28th  Green Chile Cheeseburger  (1bun, 1oz GC, .5oz Cheese, 3oz beef, 1/2c lettuce, 2 sliced red tomato, 1 slice onion)  1c Capri Vegetables w/ 1 tsp unsalted butter  1oz potato Chips  1c Watermelon | Friday, September 29th  Ham & Cheese Sandwich  (1oz LS Ham, 1oz Swiss cheese, 2 slices wheat bread, 1/2c Lettuce, 2 sliced tomato)  3/4c LS Vegetable Soup  1/2c Spinach w/ 1 tsp unsalted butter  1/2c Diced Peaches  1/2c Greek nonfat vanilla yogurt |

***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 | 756.85 | 764.4 | 739.0 | 751.6 | 702.2 |
| % Carbohydrates from Calories | 45-55% | 45.9 | 48.7 | 49.8 | 49.3 | 50.4 |
| % Protein from Calories | 15-25% | 27.2 | 23.8 | 25.2 | 20.5 | 23.1 |
| % Fat from Calories | 25-35% | 25.9 | 27.7 | 25.0 | 30.2 | 26.5 |
| Saturated Fat | less than 8g | 7.5 | 7.3 | 7.7 | 6.7 | 8.0 |
| Fiber | 10g or more | 15.9 | 11.3 | 11.4 | 10.8 | 10.9 |
| Vitamin B-12 | .8ug or more | 1.5 | 2.5 | 2.8 | 2.7 | 2.6 |
| Vitamin A | 300ug RAE or more | 349.8 | 458.9 | 322.2 | 383.3 | 531.3 |
| Vitamin C | 30mg or more | 51.3 | 35.0 | 56.7 | 49.5 | 39.3 |
| Iron | 2.6mg or more | 7.7 | 5.0 | 5.3 | 4.9 | 4.3 |
| Calcium | 400mg or more | 577.8 | 468.9 | 561.2 | 545.8 | 585.9 |
| Sodium | less than 766mg | 738.2 | 752.8 | 765.9 | 764.8 | 752.6 |

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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