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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 Beans1/2c Calabacitas1/2c Pineapple |
| Closed for Labor Day | Tuesday, September 5thCarne Adovada Burritow/Red Chile(3oz Pork, 2oz Sauce, 1 6in flour tortilla, 1oz RC sauce)1/2c LS Refried Beans1c California Blend 1/2c Sherbet | Wednesday, September 6thHot Roast Beef SandwichAu Jus Sauce(3oz Beef, 1oz Au Jus, hot dog bun)1/2c Green Beans1/2c Baked No added Salt French Fries1c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c Apple Slices  | Thursday, September 7thFrito Pie(1oz Corn Chips, 2oz Beef, 2oz RC, 1/2c Lettuce and tomato, .5oz Cheese)1/2c Pinto Beans1/2c Spanish Slaw1/2c Cherries in Cobbler | Friday, September 8thChicken Salad Croissant(3oz Chicken, 1oz celery, grapes, walnuts, 1 croissant, 1/2c lettuce)1/2c LS 3 Bean Salad1/2c Carrot Sticks1c Fruit Salad |
| Monday, September 11thBaked Ziti w/ Meaty Marinara(1/4c Pasta, 3oz beef, .5oz cheese)1c Italian VeggiesWheat roll w/ 1 tsp unsalted butter 1/2c Baked Cinnamon Apples | Tuesday, September 12thTurkey Sandwich (2 slices wheat bread, 2oz turkey, 1/2c Lettuce)1c Pasta Salad(1/2c Pasta, 1/2c Vegetables)1/2c LS LF Broccoli Salad1/2c Mixed Fruit 1/2c Greek nonfat vanilla yogurt  | Wednesday, September 13thGreen Chile Chicken Enchiladas(3oz Chicken, 2 corn tortilla, 1oz Cheese, 1oz GC, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1c Vegetable medley1/2c Diced Mango | Thursday, September 14thSloppy Joe(1bun, 3oz beef, 1oz sauce, 1/2c peppers and onions)1/2c Herb Roasted Potatoes1/2c Coleslaw w/ 1 TBSP dressingFresh Orange | Friday, September 15th3oz LS Baked Fish2 TBSP tartar Sauce1/2c Beets 1/2c Cucumber and Tomato SaladWheat Roll w/ 1 tsp unsalted butter  |
| Monday, September 18th3oz Chicken Tenders1oz LS Country Gravy1/2c Green Beans1/2c Stewed okra with tomato and onionsBiscuit1/2c Pineapple Tidbits | Tuesday, September 19thHawaiian Chicken(3oz chicken thigh, .5oz Sauce)1/2c Brown Steamed Rice1c Stir Fry Vegetables Hawaiian Roll1/2cTropical Fruit | Wednesday, September 20th3oz Lean Boneless Country Style Ribs1/2c LS Baked Beans3/4c Broccoli Spear1c Spinach Salad(1c Spinach, 1/4c red onion, 1/4c Strawberries, 1/4c pecans, 1/4c blackberries)2 TBSP lite Raspberry VinaigretteCornbread | Thursday, September 21st 4oz Salmon Patty (3oz Salmon)½ Tomato and onion salad add 1/2c macaroni1/2c AsparagusWheat RollLemon Bar | Friday, September 22ndPork Posole w/ Red Chile Sauce(3oz pork, 1/2c hominy, 1oz RC)1/2c LS Spanish Rice1c Tossed salad w/ 2 TBSP light Italian Dressing6 in Tortilla1/2c Spiced peaches |
| Monday, September 25th Beef Ravioli w/ 2oz NAS Marinara Sauce1c Italian Veggies w/ 1 tsp unsalted butter Garlic Toast1/2c Plums1c Nonfat vanilla Greek yogurt | Tuesday, September 26thSoft Fish Taco (2 corn tortilla, 3oz LS Baked Bod, 1/2c Cilantro Lime Slaw, 2 TBSP LS Salsa)1/2c Black Beans1/2c Diced Mango | Wednesday, September 27th3oz Pork Roast2oz LS Pork Gravy1/2c Parsley Potatoes1/2c Glazed Carrots1c Green Salad w/ 2 TBSP Light Italian DressingWheat Roll w/ 1 tsp unsalted butter Fresh Pear | Thursday, September 28thGreen 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 Chips1c Watermelon | Friday, September 29thHam & 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 butter1/2c Diced Peaches1/2c 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.

 Constance Rudnicki MS, RDN, LD