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| --- | --- | --- | --- | --- |
| 2% Milk served at meals | Tuesday August 15oz Chicken Salad w/ grape and walnuts)(3oz Chicken, 2oz Grape/walnuts)1/2c Carrots1/2c LS Stewed TomatoesWheat roll1c Watermelon | Wednesday August 27oz Taco Salad(1/2c Lettuce, 1/4c Diced Tomato, 1oz Tortilla Chips, 3oz Ground beef1/2c LS Pinto Beans3/4c SquashOrange  | Thursday August 31c Tossed Salad w/ 2 TBSP Light Italian Dressing4oz Meatloaf1/2c LS Mashed Potatoes w/ 2oz LS Gravy1/2c Green BeansWheat roll w/ 1 tsp margarine1c Grapes | Friday August 4CLOSED |
| Monday August 7 BBQ Pork Sandwiches(3oz LS Lean Pork, 1oz LS BBQ Sauce, 1 WW bun)1c Coleslaw w/ 2 TBSP dressing½c Tomato Onion salad 1/2c Pears  | Tuesday August 8Spaghetti w/ meat sauce(1/2c Spaghetti, 3oz ground Beef, 1oz NAS Marinara Sauce)1c Tossed Salad w/ 2 TBSP light Italian Dressing1c Italian blend vegetablesWheat bread½ c Spiced peaches | Wednesday August 91c Tossed Salad w/ 2 TBSP Light Italian Dressing3oz LS Baked Lemon Pepper Cod1/2c Herb Roasted Potatoes1/2c LS Three Bean SaladWheat roll w/ 1 tsp margarine1c Tropical Fruit Salad | Thursday August 106oz Goulash(3oz Beef, 1/4c Pasta, 1oz Tomatoes)1/2c Beets1/2c LS Stewed Tomatoes w/ 1 oz GC 1c Tossed Saladw/ 2TBSP Light Italian Dressing4 WW crackers1c Cantaloupe | Friday August 11CLOSED |
| Monday August 14Red Chile Beef Enchiladas(3oz Beef, 2oz RC Sauce, 2 Corn Tortilla, 1oz Cheese, 1/2c Lettuce and tomato)1c Monte Carlo Blend Vegetables 1/2c Pinto Beans1/2c LS Spanish Rice1/2c Diced Mango | Tuesday August 15Egg Salad Sandwich(4oz egg salad (1 egg, 2 slices wheat bread)1/2c Sweet Potatoes½ LS LF Broccoli Salad1c Strawberries and Bananas1c nonfat vanilla Greek yogurt | Wednesday August 166oz LS Chicken and Noodles(3oz Chicken, 1/4c Noodles, 1oz Sauce)1c Tossed Salad w/ 2 TBSP Light Italian DressingOrangeWheat roll | Thursday August 178oz Red Chile Pork Posole(2oz RC, 3oz Pork, 1/2c Hominy)1c Tossed Salad w/ 2 TBSP Light Italian Dressing1 6in Flour tortilla1/2c SF Gelatin  | Friday August 18CLOSED |
| Monday August 21Chile Dogs(1/2 Beef frank, 1bun, 3oz Chile sauce)1c Honeydew1/2c Cucumber and tomato salad1/2c Roasted Zucchini | Tuesday August 223oz LS Lean Roast Beef1c California Blend Vegetables1 Baked Potato w/ 1 tsp margarine, 1 tsp chives)Wheat Roll 1/2c Baked Apple slices | Wednesday August 235oz Tater Tot Casserole(3oz Beef 1oz Tater Tots, 1oz Sauce)1/2c Mixed Vegetables Wheat Roll1c Tossed Salad w/ 2 TBSP Light Italian Dressing 1c Mixed Fruit  | Thursday August 246oz Mexican Chicken Salad(3oz Chicken, 1ozGreek yogurt/sour cream, 2oz potatoes, carrots, green peas, corn)3/4c LS Pinto Beans1c Vegetable medley6 Low sodium wheat crackers1/2c Fruit Cocktail w/ 1/2c Sugar free gelatin | Friday August 25CLOSED  |
| Monday August 28Cheeseburger(3oz Beef Patty, .5oz cheese, 1bun, 1/2c Lettuce, 2 slices tomato, 1 slices onion)1/2c Potato Salad1/2c No added salt French style Green Beans1/2c Berries in 1/2c SF gelatin | Tuesday August 29Chicken Taco(3oz Chicken, 1/2c Lettuce and tomato, 1 6in Flour tortilla, 1oz Salsa)1/2c LS Pinto Beans1/2c LS Spanish Rice1c Calabacitas 1/2c Mandarin Oranges  | Wednesday August 30Sloppy Joes(3oz Beef, 1bun, 1/2c Peppers and Onions)3/4c Roasted Brussel Sprouts1/2c Corn salad 1 slice angel food cake w/ 2 TBSP cherry topping and 1 TBSP whipped topping | Thursday August 313oz LS Lean Pork Chop1/2c LS Rice Pilaf w/ ¼ c Mushrooms and 1/4c Spinach1c Capri VegetablesWheat bread w/ 1 tsp margarine1 banana |  |

***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:****3** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****4** |
| Calories | 700 or more | 702.5 | 733.7 | 734.9 | 709.0 | 711.8 |
| % Carbohydrates from Calories | 45-55% | 47.3 | 49.9 | 49.9 | 50.7 | 48.9 |
| % Protein from Calories | 15-25% | 23.5 | 21.9 | 23.6 | 20.6 | 24.7 |
| % Fat from Calories | 25-35% | 29.2 | 28.2 | 26.4 | 28.6 | 26.4 |
| Saturated Fat | less than 8g | 7.9 | 7.3 | 7.9 | 8.0 | 7.9 |
| Fiber | 10g or more | 11.8 | 10.0 | 14.0 | 13.0 | 10.0 |
| Vitamin B-12 | .8ug or more | 2.9 | 2.9 | 2.6 | 2.7 | 2.7 |
| Vitamin A | 300ug RAE or more | 535.5 | 482.8 | 886.6 | 335.4 | 376.1 |
| Vitamin C | 30mg or more | 50.1 | 63.0 | 85.7 | 55.1 | 62.5 |
| Iron | 2.6mg or more | 5.2 | 4.9 | 5.2 | 5.3 | 6.0 |
| Calcium | 400mg or more | 484.2 | 451.0 | 607.3 | 454.0 | 498.8 |
| Sodium | less than 766mg | 530.5 | 760.5 | 759.9 | 667.3 | 737.3 |

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