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| 2% Milk served at meals |  |  |  | **FRIDAY SEPTEMBER 1**  |
| MONDAY SEPTEMBER 4CLOSED LABOR DAY | Tuesday September 5 Spaghetti(1/2c Pasta, 5oz Meat sauce (3oz meat, 2oz NAS Marinara Sauce)1c Italian Blend vegetables Wheat roll 1/2c Applesauce  | Wednesday September 6Hamburger(1bun, .3oz Patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c NAS Baked Beans1/2c Cucumber Salad 1c Watermelon  | Thursday September 73oz Baked Chicken Breast1 Baked potato w/ 1 tsp margarine, 1 tsp chives1c Tossed salad w/ 2 TBSP Light Italian DressingWheat roll3/4c Roasted Brussel sprouts1/2c Plums | FRIDAY SEPTEMBER 8 CLOSED  |
| Monday September 11Beef Taco(3oz beef, 1 6in flour tortilla, 1/2c Lettuce and tomato, 1/4c onion)1/2c Cilantro Lime Brown Rice & 1/2c Black beans1c Zucchini and Tomatoes1/2c Diced Mango | Tuesday September 12Grilled Cheese(1oz Cheese, 2 slices wheat bread)3/4 c LS Vegetable Soup1c tossed Salad w/ 2 TBSP Light Italian Dressing1c Grapes1c Greek Vanilla nonfat yogurt | Wednesday September 133oz Meatloaf1/2c LS Mashed Potatoes1oz LS Gravy1/2c Green BeansWheat roll1 Banana | Wednesday September 143oz LS Lemon Pepper Cod3/4c wild rice1/2c Asparagus 1c Coleslaw w/ 2 TBSP Dressing1c mandarin oranges and strawberriesWheat roll  | CLOSED  |
| Monday September 183oz LS Boneless Pork Chops1/2c Glazed Carrots1/2c Broccoli1/2c LS Rice Pilaf 1/2c Apricots | Tuesday September 19BBQ Chicken(3oz chicken breast , 1oz LS BBQ Sauce)1/2c LS Ranch Beans1c Vegetable medleyCornbread1c Fruit Salad | Wednesday September 20Baked Potatoes(1 potato, 1 tsp margarine, 1 tsp chives, 1 TBSP Sour Cream, 1 slice bacon, 1oz cheese)1c Tossed Salad w/ 2 TBSP Light Italian Dressing add 1 HB Egg,6 Wheat crackers1/2c Peaches4oz Greek Nonfat vanilla Yogurt | Thursday September 21Bean and Cheese Burrito(3/4c LS Pinto beans, .5oz Cheese, 1 8n flour tortilla)1/2c Spinach1c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c Tropical Fruit Salad | CLOSED  |
| Monday September 25 Chile Cheese Dog(1/2 Beef and pork hot dog, 2oz chili, 1 bun, .5 oz Cheese)1c Capri Vegetables1/2c Pears1c Green nonfat vanilla yogurt  | Tuesday September 26Chicken taco(3oz Chicken, 1/2c Lettuce and tomato, 2 TBSP Salsa, 1/4c Onion, 1 6in Flour tortilla)1/2c Beets1/2c Calabacitas 1/2c Mixed Fruit | Wednesday September 273oz Roast Beef1/2c Cabbage 1/2c Parsley Potatoes1c Tossed salad w/ 2 TBSP Light Italian DressingWheat roll w/ 1 tsp margarine1 baked apple | Thursday September 28Mexican Chicken Salad(3oz LS Diced Chicken,1oz tortilla chips, .5oz cheese, 1/4c tomatoes, 1.5c lettuce, 2 TBSP LS salsa, 1 TBSP Cilantro, 1/3c peppers and onions)1/2c LS Pinto Beans1/2c Diced mango | 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 |  | 708.5 | 708.1 | 741.8 | 713.9 |
| % Carbohydrates from Calories | 45-55% |  | 49.2 | 52.1 | 53.1 | 50.6 |
| % Protein from Calories | 15-25% |  | 24.9 | 21.3 | 21.7 | 23.7 |
| % Fat from Calories | 25-35% |  | 25.9 | 26.0 | 25.3 | 25.7 |
| Saturated Fat | less than 8g |  | 8.0 | 8.0 | 8.0 | 7.7 |
| Fiber | 10g or more |  | 11.8 | 11.2 | 12.9 | 11.3 |
| Vitamin B-12 | .8ug or more |  | 3.0 | 2.9 | 2.0 | 2.7 |
| Vitamin A | 300ug RAE or more |  | 439.1 | 423.4 | 646.5 | 471.2 |
| Vitamin C | 30mg or more |  | 69.8 | 57.7 | 40.7 | 56.3 |
| Iron | 2.6mg or more |  | 5.7 | 5.1 | 5.6 | 4.7 |
| Calcium | 400mg or more |  | 466.5 | 567.2 | 590.6 | 533.7 |
| Sodium | less than 766mg |  | 516.9 | 692.5 | 721.1 | 748.2 |

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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