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| 2% Milk served at meals |  |  |  | **FRIDAY SEPTEMBER 1** |
| MONDAY SEPTEMBER 4  CLOSED 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 6  Hamburger  (1bun, .3oz Patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c NAS Baked Beans  1/2c Cucumber Salad  1c Watermelon | Thursday September 7  3oz Baked Chicken Breast  1 Baked potato w/ 1 tsp margarine, 1 tsp chives  1c Tossed salad w/ 2 TBSP Light Italian Dressing  Wheat roll  3/4c Roasted Brussel sprouts  1/2c Plums | FRIDAY SEPTEMBER 8  CLOSED |
| Monday September 11  Beef Taco  (3oz beef, 1 6in flour tortilla, 1/2c Lettuce and tomato, 1/4c onion)  1/2c Cilantro Lime Brown Rice & 1/2c Black beans  1c Zucchini and Tomatoes  1/2c Diced Mango | Tuesday September 12  Grilled Cheese  (1oz Cheese, 2 slices wheat bread)  3/4 c LS Vegetable Soup  1c tossed Salad w/ 2 TBSP Light Italian Dressing  1c Grapes  1c Greek Vanilla nonfat yogurt | Wednesday September 13  3oz Meatloaf  1/2c LS Mashed Potatoes  1oz LS Gravy  1/2c Green Beans  Wheat roll  1 Banana | Wednesday September 14  3oz LS Lemon Pepper Cod  3/4c wild rice  1/2c Asparagus  1c Coleslaw w/ 2 TBSP Dressing  1c mandarin oranges and strawberries  Wheat roll | CLOSED |
| Monday September 18  3oz LS Boneless Pork Chops  1/2c Glazed Carrots  1/2c Broccoli  1/2c LS Rice Pilaf  1/2c Apricots | Tuesday September 19  BBQ Chicken  (3oz chicken breast , 1oz LS BBQ Sauce)  1/2c LS Ranch Beans  1c Vegetable medley  Cornbread  1c Fruit Salad | Wednesday September 20  Baked 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 crackers  1/2c Peaches  4oz Greek Nonfat vanilla Yogurt | Thursday September 21  Bean and Cheese Burrito  (3/4c LS Pinto beans, .5oz Cheese, 1 8n flour tortilla)  1/2c Spinach  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/2c 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 Vegetables  1/2c Pears  1c Green nonfat vanilla yogurt | Tuesday September 26  Chicken taco  (3oz Chicken, 1/2c Lettuce and tomato, 2 TBSP Salsa, 1/4c Onion, 1 6in Flour tortilla)  1/2c Beets  1/2c Calabacitas  1/2c Mixed Fruit | Wednesday September 27  3oz Roast Beef  1/2c Cabbage  1/2c Parsley Potatoes  1c Tossed salad w/ 2 TBSP Light Italian Dressing Wheat roll w/ 1 tsp margarine  1 baked apple | Thursday September 28  Mexican 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 Beans  1/2c 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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