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| All meals served with 1% milk | August 1, Tuesday  3oz. Hamburger Steak w/1/4c Grilled  1/4c Onions & 1oz LS Gravy  1/2c Mashed Potatoes  1/2c Carrots  Cornbread w/ 1 TBSP honey  1/2c Peaches | August 2, Wednesday  Sour Cream Enchiladas  (1 oz. Cheese, 1T Light Sour Cream, 1/4c Green Chile,  2 Corn Tortillas)  1/2c Lettuce & Tomato  1/2c Roasted Zucchini  1/2c yellow squash  1/2c Pinto Beans  1/2c Fruit Cocktail | August 3, Thursday  3oz. Lean Baked Pork Chop  In Mushroom Gravy (1/4c mushrooms, 2oz LS gravy)  1/2c Green Beans  1/2c Corn  1 WW Roll  1/2c Mixed Fruit | August 4, Friday  2 oz. Bratwurst Dog W/  1/4cSauerkraut, 1/4c onions1 hot dog bun)  1/2c Black-eyed-Peas  1/2c LS LF Broccoli Salad  1/2c Applesauce |
| August 7, Monday  4 oz Beef Tips  (3oz Beef, 2oz Gravy)  1/2c Noodles  1/2c Roasted Cauliflower  1c Sliced Carrots  1/2c Peas & Onions  1/2c Pears | August 8, Tuesday  Chicken Parmesan  (3oz parm crusted Chicken Breast, 1oz no added salt Marinara Sauce, .5oz Mozzarella cheese)  1c Brown Rice  1c Italian Vegetables  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  3/4c Fruit Salad | August 9, Wednesday  Beef Fajitas  (3 oz. Lean Beef, 1/2c Peppers & Onion, .5oz. Cheese)  1/2c Lettuce & Tomatoes  1/2c Spanish Rice  1c California Blend vegetables  1 6in Flour Tortilla  1/2c Chocolate Pudding | August 10, Thursday  3 oz. Salisbury Steak  1/3c Potatoes Au gratin  3/4c LS 3 Bean Salad  1 WW Roll w/ 1 tsp. Margarine  1/2c Spiced Peaches | August 11, Friday  7oz Shepard’s Pie  (3oz Ground Turkey, 1/4c Mashed potatoes, 1/4c Peas, tomatoes)  1/2c Beets  1c Tossed Salad w/ 2 TBSP light Italian Dressing  Wheat Dinner Roll  1/2c SF Gelatin w/ ½ mandarin oranges |
| August 14, Monday  3oz. Beef Burgundy  1/2c. Scalloped Potatoes  ¾ c Roasted Brussel Sprouts  1 sl. Cornbread W/1 tsp. Margarine  1/2c apple slices | August 15, Tuesday  Green Chile Chicken Enchiladas  (3 oz. Chicken, 1 oz. Cheese, 1/4c Green Chili, 2 Corn Tortillas)  1/2c Lettuce & Tomato  3/4c Pinto Beans  1/2c Cucumber Salad  1/2c Apricots | August 16, Wednesday  3 oz. Country Fried Steak  1/2c LS Mashed Potatoes w/  1 oz. low Sodium Gravy  1/2c Italian beans  1 WW Roll w/ 1 tsp. Margarine  1c Watermelon | August 17, Thursday  3 oz. Chicken Strips  1/2c Herb Roasted Potatoes  1/2c Spinach w/ 1 tsp margarine  1 Wheat roll w/ 1tsp Margarine  1/2c berries, w/ 2 TBSP whipped topping | August 18, Friday  Pepper Steak  (3 oz. Beef, 2oz peppers and onions  1/2c Steamed Brown Rice  1c stir fry vegetable  Wheat roll w/ 1tsp margarine  1c mandarin oranges and pineapples |
| August 21, Monday  1/2c Spaghetti w/  5 oz. Meat Sauce  1c Italian Blend Vegetables  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  4 LS Crackers  1/2c Peaches in Crisp | August 22, Tuesday  Stuffed Chicken Breast  (3oz. Chicken, 1/4c Cornbread Dressing)  1/2c Parsley Potatoes  1/2c vegetable medley  Wheat roll w/ 1 tsp margarine  1c Strawberries | August 23, Wednesday  Stuffed Peppers  (3oz Beef, 1 pepper, 1/3c Rice)  1/3c LS Black Beans  3/4c Broccoli Spears  1 WW Roll w/ 1 tsp margarine  1/2c Tropical Fruit | August 24, Thursday  Chicken Fajitas  (3oz. Chicken, 1oz. Cheese  1/2c Bell Pepper & Onions  1/2c Calabacitas  1/2c Spanish Rice  1/2c pears in 1/2c SF Gelatin | August 25, Friday  4oz Meatloaf  2oz Low Sodium Gravy  1/2c LS Mashed Potatoes  1/2c Mixed Vegetables  1 WW Roll w/ 1 tsp. Margarine  1/2c Spiced Apples |
| August 28, Monday  Soft Beef Tacos  (3oz Beef, 1/2c Lettuce and tomato, 2 TBSP Salsa, 6 in flour tortilla)  1/2c LS Pinto Beans  1/2c Spinach  1/2c LS Spanish Rice  1c Grapes | August 29, Tuesday  Cheeseburger/Bun  (3 oz. Beef, .5oz. Cheese,  1 Bun)  ½ Lettuce-2 slices Tomato-1 slice Onion)  1c Capri Vegetables  1/2c No added salt French fries  1/2c Applesauce | August 30, Wednesday  Red Beef Enchiladas  (3 oz. Beef,.5 oz Cheese, 2 oz. Red Chile, 2 Corn Tortillas)  1/2c Lettuce & Tomato  1c Zucchini w/ diced tomatoes  1/2c Spanish Rice  3/4c Fruit salad | August 31, Thursday  4 oz. Baked Lemon Pepper Chicken  1/2c LS Rice Pilaf  1/2c Asparagus  1c tossed Salad w/ 2 TBSP Light Italian Dressing  1 WW Roll w/  1 tsp. Margarine  1c Honeydew |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 715.5 | 763.4 | 712.9 | 761.2 | 764.5 |
| % Carbohydrates from Calories | 45-55% | 51.2 | 48.6 | 46.3 | 48.1 | 51.3 |
| % Protein from Calories | 15-25% | 20.6 | 21.5 | 25.4 | 22.2 | 22.9 |
| % Fat from Calories | 25-35% | 28.1 | 30.0 | 28.0 | 29.7 | 25.8 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 7.7 | 8.0 | 7.8 |
| Fiber | 10g or more | 11.1 | 10.0 | 10.3 | 11.4 | 11.4 |
| Vitamin B-12 | .8ug or more | 2.4 | 3.0 | 2.9 | 2.6 | 3.0 |
| Vitamin A | 300ug RAE or more | 428.5 | 500.0 | 456.1 | 437.9 | 560.6 |
| Vitamin C | 30mg or more | 37.7 | 60.1 | 42.1 | 100.5 | 40.4 |
| Iron | 2.6mg or more | 4.4 | 4.9 | 5.9 | 5.5 | 6.5 |
| Calcium | 400mg or more | 547.6 | 508.6 | 552.0 | 487.3 | 531.3 |
| Sodium | less than 766mg | 688.6 | 669.0 | 760.3 | 686.4 | 689.7 |

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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