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| All meals served with 1% milk  | August 1, Tuesday3oz. Hamburger Steak w/1/4c Grilled1/4c Onions & 1oz LS Gravy1/2c Mashed Potatoes1/2c CarrotsCornbread w/ 1 TBSP honey1/2c Peaches | August 2, WednesdaySour Cream Enchiladas(1 oz. Cheese, 1T Light Sour Cream, 1/4c Green Chile, 2 Corn Tortillas)1/2c Lettuce & Tomato1/2c Roasted Zucchini1/2c yellow squash1/2c Pinto Beans1/2c Fruit Cocktail | August 3, Thursday3oz. Lean Baked Pork ChopIn Mushroom Gravy (1/4c mushrooms, 2oz LS gravy)1/2c Green Beans1/2c Corn 1 WW Roll 1/2c Mixed Fruit | August 4, Friday2 oz. Bratwurst Dog W/1/4cSauerkraut, 1/4c onions1 hot dog bun)1/2c Black-eyed-Peas1/2c LS LF Broccoli Salad 1/2c Applesauce |
| August 7, Monday4 oz Beef Tips(3oz Beef, 2oz Gravy)1/2c Noodles1/2c Roasted Cauliflower 1c Sliced Carrots1/2c Peas & Onions1/2c Pears | August 8, TuesdayChicken Parmesan (3oz parm crusted Chicken Breast, 1oz no added salt Marinara Sauce, .5oz Mozzarella cheese)1c Brown Rice 1c Italian Vegetables1c Tossed Salad w/ 2 TBSP Light Italian Dressing3/4c Fruit Salad | August 9, WednesdayBeef Fajitas(3 oz. Lean Beef, 1/2c Peppers & Onion, .5oz. Cheese)1/2c Lettuce & Tomatoes1/2c Spanish Rice1c California Blend vegetables1 6in Flour Tortilla1/2c Chocolate Pudding | August 10, Thursday3 oz. Salisbury Steak1/3c Potatoes Au gratin3/4c LS 3 Bean Salad  1 WW Roll w/ 1 tsp. Margarine1/2c 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 DressingWheat Dinner Roll1/2c SF Gelatin w/ ½ mandarin oranges  |
| August 14, Monday3oz. Beef Burgundy1/2c. Scalloped Potatoes¾ c Roasted Brussel Sprouts1 sl. Cornbread W/1 tsp. Margarine1/2c apple slices  | August 15, TuesdayGreen Chile Chicken Enchiladas(3 oz. Chicken, 1 oz. Cheese, 1/4c Green Chili, 2 Corn Tortillas)1/2c Lettuce & Tomato 3/4c Pinto Beans1/2c Cucumber Salad 1/2c Apricots | August 16, Wednesday3 oz. Country Fried Steak1/2c LS Mashed Potatoes w/1 oz. low Sodium Gravy1/2c Italian beans1 WW Roll w/ 1 tsp. Margarine1c Watermelon  | August 17, Thursday3 oz. Chicken Strips1/2c Herb Roasted Potatoes1/2c Spinach w/ 1 tsp margarine1 Wheat roll w/ 1tsp Margarine1/2c berries, w/ 2 TBSP whipped topping | August 18, FridayPepper Steak(3 oz. Beef, 2oz peppers and onions1/2c Steamed Brown Rice1c stir fry vegetableWheat roll w/ 1tsp margarine1c mandarin oranges and pineapples  |
| August 21, Monday1/2c Spaghetti w/5 oz. Meat Sauce1c Italian Blend Vegetables1c Tossed Salad w/ 2 TBSP Light Italian Dressing4 LS Crackers 1/2c Peaches in Crisp | August 22, TuesdayStuffed Chicken Breast(3oz. Chicken, 1/4c Cornbread Dressing)1/2c Parsley Potatoes1/2c vegetable medleyWheat roll w/ 1 tsp margarine1c Strawberries  | August 23, WednesdayStuffed 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, ThursdayChicken Fajitas(3oz. Chicken, 1oz. Cheese 1/2c Bell Pepper & Onions1/2c Calabacitas1/2c Spanish Rice1/2c pears in 1/2c SF Gelatin | August 25, Friday4oz Meatloaf  2oz Low Sodium Gravy1/2c LS Mashed Potatoes1/2c Mixed Vegetables1 WW Roll w/ 1 tsp. Margarine1/2c 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 Beans1/2c Spinach1/2c LS Spanish Rice1c Grapes  | August 29, TuesdayCheeseburger/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, WednesdayRed Beef Enchiladas(3 oz. Beef,.5 oz Cheese, 2 oz. Red Chile, 2 Corn Tortillas)1/2c Lettuce & Tomato1c Zucchini w/ diced tomatoes1/2c Spanish Rice3/4c Fruit salad | August 31, Thursday4 oz. Baked Lemon Pepper Chicken1/2c LS Rice Pilaf1/2c Asparagus1c tossed Salad w/ 2 TBSP Light Italian Dressing1 WW Roll w/ 1 tsp. Margarine1c 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.

 Constance Rudnicki MS, RDN, LD