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| 2% milk served at meals | Tuesday August 1  HAMBURGER VEGGIE PIZZA  (3oz Lean Ground Beef, .5oz Cheese, 1/4c Peppers and onion, 1oz pizza sauce, 1.5oz Crust)  3/4c ROASTED BRUSSEL SPROUTS  1c Tossed SALAD w/ 2 TBSP Light Italian Dressing  1c HONEYDEW MELON | Wednesday August 2  CHICKEN TACOS  (3oz Chicken, 1/2c Lettuce and tomato, 2 corn tortillas, 1oz Salsa)  1/2c LS GREEN CHILI BEANS  1/2c Tossed SALAD w/ 1 TBSP Light Italian Dressing  1/2c Broccoli Spears w/ 1/4c Red Bell Pepper Strips  1c Peaches | Thursday August 3  4oz SALISBURY STEAK  1/2c LS MASHED POTATOES w/ 1oz LS Gravy  1/2c ZUCCHINI  Wheat Bread w 1 tsp margarine  1c Tossed SALAD w/ 2 TBSP Light Italian Dressing  1c WATERMELON |
| Monday August 7  1/2c SUMMERTIME PASTA  (1/4c Pasta, 1/4c Vegetables, Light Ranch Dressing)  3/4 c LS Red Kidney Beans  1c GREEN SALAD w/ 2 TBSP Light Italian Dressing  6 LS WW Crackers  6 oz POACHED PEARS | Tuesday August 8  SPAGHETTI  (1/2c Spaghetti, 3oz meat, 2oz NAS marinara Sauce)  1c Italian blend vegetables  1/2c Tossed SALAD w/ 1 TBSP Light Italian Dressing  Wheat roll w/ 1 tsp margarine  1/2c SF Gelatin | Wednesday August 9  1c CHICKEN CAULIFLOWER BAKE  (1/2c Cauliflower, 3oz Chicken breast, .5oz Monterey Jack cheese)  (light cream cheese)  1/2c Beets  1/2c Tossed SALAD w/ 1 TBSP Light Italian Dressing  6 LS WW Crackers  1/2c Fruit Cocktail | Thursday August 10  Burrito Bake  1 6in WW Flour Tortilla, 1 scrambled eggs, .5 oz Cheese, 2oz GC, 1oz Turkey Sausage)  1/2c Roasted Tomatoes  1/2c Hashbrowns w/ 1/2c Peppers and onions  1/2c PEACHES  1/2c Nonfat vanilla Greek yogurt |
| Monday August 14  6 oz BEEF Lasagna  (3oz Beef, 1/4c Noodles, 1oz sauce)  1c CALIFORNIA VEGGIES  1/2c Tossed SALAD w/ 1 TBSP Light Italian Dressing  Wheat bread w/ 1 tsp margarine  Orange | Tuesday August 15  TERIYAKI CHICKEN  (3oz Chicken breast, 1/4oz Sauce)  1c Stir Fry Vegetables  1c Brown rice  1c Tossed SALAD w/ 2 TBSP Light Italian Dressing  1/2c PINEAPPLE and 1/4c Strawberries w/ ¼ c Fat Free Whipped Topping | Wednesday August 16  HAM ROLL BAKE ? Slider  (2oz LS Ham, 1oz Swiss Cheese, 1 miniature bun)  1/2c POTATO SALAD  1c Capri Vegetables  1/2c Tossed SALAD w/ 1 TBSP Light Italian Dressing  3/4c Mixed Fruit | Thursday August 17  CARIBBEAN CHICKEN  (3oz Chicken Breast, 2oz LS Sauce)  1c Red beans and brown Rice  1c COLESLAW w/ 2 TBSP Dressing  1/2c Spinach w/ 1 tsp margarine  1/2c Fruit Salad w/ 1/4c Fat free whipped topping |
| Monday August 21  6oz GREEN CHILI CHICKEN ENCHILADAS  (3oz chicken, 1oz GC, 2 corn tortillas, 1oz Cheese, 1/2c Lettuce and tomato)  1/2c LS PINTO BEANS  1c Tossed SALAD w/ 2 TBSP Light Italian Dressing  1/2c Diced Mango | Tuesday August 22  3oz PORK CHOP w/ 1/4c ONIONS AND 1/4c APPLES  1/2c Red Cabbage  1/2c Tossed SALAD w/ 1 TBSP Light Italian Dressing  Wheat ROLL  1/2c MIXED BERRY CRISP | Wednesday August 23  4oz HAM SALAD w/ curry  (1oz LS Ham, 3oz vegetables/mayo)  1c GREEN SALAD w/ 2 TBSP Light Italian Dressing w/1/2 c LS Garbanzo beans  Wheat ROLL w/ 1 tsp margarine  1c CANTALOUPE | Thursday August 24  3oz MEATLOAF w/ 2oz LS GRAVY  1/2c LS MASHED POTATOES  1/2c GREEN BEANS & 1oz MUSHROOMS  ROLL  1/2c Tossed SALAD w/1 TBSP Light Italian Dressing  1/2c FRUIT COCKTAIL |
| Monday August 28  KIELBASA & SAUERKRAUT  (1oz Lite Kielbasa,  2 TBSP LS Sauerkraut  1/2c LS BLACK EYED PEAS  1c Tossed SALAD w/ 2 TBSP Light Italian  6 LS WW Crackers  1c GRAPES | Tuesday August 29  NAVAJO TACO  (1oz Fry Bread, 3oz ground beef, 1/2c LS Pinto beans, .5 c lettuce, ¼ c tomatoes, 1/4c onions, 1oz GC)  1/2c BROCCOLI  1c Tossed SALAD w/ 2 TBSP Light Italian  1/2c CINNAMON PEACHES | Wednesday August 30  1/2c FRENCH ONION SOUP CASSEROLE  (1/2c Onions, 1 slice French bread, .5oz Cheese)  1c Tossed SALAD w/ 2 TBSP Light Italian w/ 3/4 c LS Garbanzo Beans  banana | Thursday August 31  5oz PORCUPINE MEATBALLS  (3oz beef, 1/4c Rice, 1oz sauce)  1/2c Calabacitas  1c Tossed SALAD w/ 2 TBSP Light Italian  Wheat ROLL  1/2c Plums |

***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 | 704.2 | 738.8 | 704.3 | 705.6 | 713.3 |
| % Carbohydrates from Calories | 45-55% | 50.1 | 53.2 | 49.3 | 49.1 | 54.0 |
| % Protein from Calories | 15-5% | 23.6 | 21.1 | 23.4 | 21.1 | 18.7 |
| % Fat from Calories | 25-35% | 26.3 | 24.7 | 27.4 | 29.8 | 27.3 |
| Saturated Fat | Less than 8g | 8.0 | 7.8 | 7.9 | 8.0 | 7.9 |
| Fiber | 10 g or more | 10.9 | 11.7 | 10.0 | 13.6 | 13.4 |
| Vitamin B-12 | .8ug or more | 3.1 | 12.5 | 2.1 | 2.0 | 2.4 |
| Vitamin A | 300ug or more | 559.3 | 407.3 | 528.0 | 506.1 | 467.8 |
| Vitamin C | 30mg or more | 104.0 | 48.7 | 63.0 | 61.3 | 52.1 |
| Iron | 2.6mg or more | 6.0 | 5.0 | 4.9 | 4.8 | 6.3 |
| Calcium | 400mg or more | 503.9 | 485.8 | 575.8 | 496.8 | 486.6 |
| Sodium | less than 766mg | 761.5 | 718.6 | 734.5 | 733.0 | 766.3 |

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.

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