|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1% Milk served at meals | Tuesday, August 1st  Chicken Fettuccine  (3oz Chicken breast, 1/2c Fettuccine, 1oz Light Alfredo Sauce)  1c Cauliflower and Broccoli  Garlic Toast  1/2c Apple slices | Wednesday, August 2nd  Sweet & Sour Pork  (3oz Pork, 3oz sauce/vegetables)  1/2c Brown Rice  1c Asian Veggies  Vegetable Egg Roll  1/2c Mandarin Oranges | Thursday, August 3rd  Red Chile Beef Enchiladas  (3oz beef, 1oz RC, 2 corn tortilla, 1/2c lettuce and tomato, .5oz Cheese)  1/2c LS Pinto Beans  1/2c Salsa Corn  1/2c Tossed Salad w/ 1 TBSP light Italian Dressing  Orange | Friday August 4th  3oz Chicken Fried Chicken Breast  2oz LS Chicken Gravy  1/2c LS Mashed Potatoes  1/2c Asparagus  Wheat Roll  1/2c Plums |
| Monday, August 7th  3oz Breaded Cod w/ lemon  1/2c Scalloped Potatoes  1/2c Green Beans  1c Coleslaw w/ 2 TBSP dressing  Wheat Roll  Banana | Tuesday, August 8th  1/2c Cheese Tortellini w/ 5oz Meaty Marinara  (3oz Beef, 2oz NAS Marinara Sauce)  1c Italian Veggies  1c Tossed salad w/ 2 TBSP light Italian dressing  1/2c Cucumber Tomato Salad  Garlic Bread  1c Cantaloupe and Grapes | Wednesday, August 9th  Swedish Meatballs  (3oz meatballs, 2oz Sauce)  1/2c Egg Noodles  1/2c Peas w/ margarine  Spinach Salad  (1c Spinach, 1 TBSP cranberries, 1/4c Red onion, ¼ HB Egg),  2 TBSP Light Raspberry Vinaigrette)  Wheat Roll  1/2c Spiced peaches | Thursday, August 10th  Pepper Steak  (3oz Pepper steak, 1oz sauce)  1/2c Peppers and onions  1c brown rice  1c Stir Fry Vegetables  1c Pineapple | Friday, August 11th  Cobb Salad w/Bacon,  (1.5c Romain lettuce, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1 slice reduced sodium bacon, 2 TBSP Light Ranch Dressing)  6 WW Crackers  1c Fruit salad |
| Monday, August 14th  2oz Polish Sausage  2 TBSP Sauerkraut  1/2c Parsley Potatoes  1/2c Carrots  Wheat Roll  1c Pears  4oz Vanilla Nonfat Greek Yogurt | Tuesday, August 15th  Beef Burrito Supreme  (3oz ground beef, 2 tbsp refried beans, 1/2c Lettuce and tomato, 1oz GC, 1 6 in flour tortilla )  1/2c LS Spanish Rice  1c Calabacitas  1/2c Diced Mango | Wednesday, August 16th  3/4c Chicken & Rice Casserole  (3oz Chicken, 1/4c Rice)  3/4c Broccoli Spears w/ 1/4c Red bell pepper  1/2c Tossed Salad w/ 1 TBSP light Italian Dressing  Wheat Roll  1/2 c Baked Apple slices | Thursday, August 17th  3oz LS Turkey Roast  1/2c Yams  1c Vegetable Medley  Wheat Bread w/ 1 tsp unsalted butter  1/2c Pumpkin in Cobbler | Friday, August 18th  Baked Chicken  Mushroom Sauce  (3oz Chicken 1oz Sauce, 1oz mushrooms)  1/2c LS Rice Pilaf  3/4c Green Beans & 1/4c Corn w/ 1 tsp unsalted butter  Wheat Roll w/ 1 tsp unsalted butter  1/2c strawberries |
| Monday, August 21st  Fish Sandwich w/ Tartar Sauce  (1TBSP tartar Sauce, 1bun, 3oz Fish)  1c California Veggies w/ 1 tsp unsalted butter  1c Coleslaw w/ 2 TBSP Dressing  1/2c Sorbet w/ ½ c Berries | Tuesday, August 22nd  3oz Salisbury Steak  2oz LS Brown Gravy  1 baked sweet potato w/ 1 tsp unsalted butter, chives  3/4c Roasted Brussel Sprouts  Wheat Roll  1c Watermelon | Wednesday, August 23rd  3oz Lean Beef Fajita  1/2c Peppers and Onion  1 6 in Wheat tortilla  1/2c LS Refried Beans  2 TBSP Salsa  ½ c Roasted Zucchini  1c Mixed Fruit | Thursday, August 24th  Teriyaki Chicken  (3oz chicken, 1oz Sauce)  1c Brown Rice  1c Stir fry veggies w/ snap peas  1-Fortune Cookie  Wheat roll  3/4c Mandarin Oranges | Friday, August 25th  Tuna Salad  (3oz Light Tuna)  1/2c Beets  1/2c Cold Peas  6 LS WW Crackers  1/2c Banana in 1/2c SF Gelatin |
| Monday, August 28th  Chile Relleno  (1oz crust, 1 pepper, .5oz cheese)  Meaty Green Chile Sauce  (1/4c Green chile sauce, 3oz meat)  1/2c LS Black Beans  1c Cilantro Lime Slaw  1 6in flour Tortilla  1/2c Chilled Apricots | Tuesday, August 29th  Chicken Strips  (3oz chicken, 1oz Country Gravy  1/2c Okra  1/2c No added salt Baked French Fries  Spinach Salad  (1/2c Spinach, 1 TBSP cranberries, 1/4c Red onion, ¼ HB Egg),  1 TBSP Light Raspberry Vinaigrette)  6 LS WW Crackers  1/2c Strawberries | Wednesday, August 30th  Red Chile Cheese Dog  (1/2 beef and pork hot dog, 1bun, 1oz red chile sauce, 3oz ground beef)  1/2c Three Bean salad  1/2c Roasted Cauliflower  1Orange | Thursday, August 31st  Turkey Sandwich  (Wheat tortilla wrap, 3oz no added salt Turkey, 1/2c Lettuce, 2 slices red tomato)  1c Pasta salad (1/2c pasta, 1/2c Vegetables)  8 Baby Carrots & 1/2c Celery Sticks  1/2c Tropical Fruit |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | 714.6 | 778.5 | 718.8 | 757.8 | 740.6 |
| % Carbohydrates from Calories | 45-55% | 50.2 | 51.6 | 48.7 | 52.3 | 48.6 |
| % Protein from Calories | 15-25% | 24.8 | 20.6 | 23.7 | 20.5 | 23.2 |
| % Fat from Calories | 25-35% | 25.0 | 27.8 | 27.6 | 27.3 | 28.2 |
| Saturated Fat | less than 8g | 6.8 | 7.8 | 7.7 | 7.2 | 7.8 |
| Fiber | 10g or more | 10.8 | 10.0 | 10.0 | 11.2 | 12.9 |
| Vitamin B-12 | .8ug or more | 2.2 | 3.0 | 2.1 | 2.8 | 2.5 |
| Vitamin A | 300ug RAE or more | 318.9 | 510.8 | 369.3 | 629.1 | 515.0 |
| Vitamin C | 30mg or more | 70.7 | 51.9 | 57.5 | 74.0 | 101.0 |
| Iron | 2.6mg or more | 4.8 | 5.7 | 4.4 | 4.9 | 5.7 |
| Calcium | 400mg or more | 460.9 | 501.4 | 477.6 | 446.5 | 503.6 |
| Sodium | less than 766mg | 764.1 | 751.1 | 764.1 | 757.3 | 749.4 |

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