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| **1% milk served at meals** |  |  |  | **Friday, Sep. 1st**  3oz Lean Pork Chops  1/2c LS Rice Pilaf w/ ½ Mushrooms  1/2c creamed spinach  1c Tossed salad w/ 2 TBSP light Italian Dressing  1/2c banana  Corn bread w/ 1 tsp unsalted butter |
| **Monday, Sep. 4th**  **Labor Day** | **Tuesday, Sep. 5th**  Frito Pie,  (3oz Ground beef, 2 oz RC, 1oz Corn Chips)  1/2c Lettuce,  1/2c Pinto Beans,  1/4c Onions  1/2c Roasted Zucchini  1/2c Diced Mango | **Wednesday, Sep. 6th**  Spinach Lasagna  (1/2c Noodles, 2oz Cheese, 1/4c Spinach, 2oz Sauce)  1c Italian veggies  Bread stick  1/2c Peaches  1/2 c Greek nonfat Vanilla yogurt | **Thursday, Sep. 7th**  3oz Beer Battered Cod  1oz cucumber/dill sauce  1/2c Succotash  1/2c LS LF Broccoli Salad  Wheat Roll w/ 1 tsp unsalted butter  1/2c SF Gelatin w/ 1/2c Fruit Cocktail | **Friday, Sep. 8th**  BBQ Chicken breast  (3oz Chicken breast, 1oz LS Barbecue Sauce)  1/2c Potato Salad  1/2c Stewed Okra with tomatoes and onions  Wheat Roll w/ 1 tsp unsalted butter  1c Cantaloupe |
| **Monday, Sep. 11**  3oz Chicken Fried Steak  1/2c Mashed Potatoes  1oz LS Pepper Gravy  1/2c asparagus  Wheat roll  1c Watermelon | **Tuesday, Sep. 12th**  Green Chile Cheeseburger  (1bun, 1oz Cheese, 2 TBSP Green Chile, 1/2c lettuce, 2 slices tomato, 1 slice onion, 3oz Patty)  12oz Potato chips  1c Capri Vegetables  1/2c Pineapple | **Wednesday, Sep. 13th**  Quinoa and Chickpea Taco Bowl  (1/2c Chickpeas, 1/2c Quinoa, 1c Pico de Gallo)  Chocolate chip cookie  1/2 c Greek nonfat Vanilla yogurt | **Thursday, Sep. 14th**  Chicken Teriyaki  (3oz Chicken breast, 1oz Sauce)  1c Brown Rice  1c stir fry veggies,  1/2c mandarin oranges | **Friday, Sep. 15th**  Green Chile Chicken Enchiladas  (1oz GC, 3oz Chicken, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato)  1/2c LS Pinto beans  1/2c Calabacitas  1/2c LS Spanish rice  1/2c Chocolate pudding |
| **Monday, Sep. 18th**  3oz Chicken Tenders  1/2c Roasted Sweet Potatoes  1oz Pepper Gravy  ½ c Cucumber Salad  Wheat roll  1 Fresh Pear | **Tuesday, Sep. 19th**  4oz Salisbury steak  2oz LS brown gravy  1/2c Brown Rice w/ 1/4c Mushrooms  1c Garden Salad w/ 2 TBSP Light Italian Dressing  1/2c green beans  1c Strawberries | **Wednesday, Sep. 20th**  Baked Potato Bar  (1 baked potato, 1 tsp margarine, 1 TBSP Sour cream, 1 tsp Chives, 1oz Cheese, 2 TBSP Salsa, 1/2c Broccoli)  1c Garden Salad w/ 2 TBSP Light Italian Dressing  Wheat Roll  1/2c Peaches  1c Greek Nonfat Vanilla Yogurt | **Thursday, Sep. 21st**  1/2c Garden Salad w/ 1 TBSP Light Italian Dressing  Chicken Fettucine Alfredo  (3 oz. Chicken Breast , 1 oz. Light alfredo Sauce,  1/2c Fettuccine)  1c Italian Blend Vegetables  1 Breadstick  1/2c Apple Slices | **Friday, Sep. 22nd**  Fish and Chips  (3oz LS Mrs Dash Baked Cod,  Lemon slice, 1/2c NAS Baked French Fries)  3/4c Brussel Sprouts  1c coleslaw w/ 2 TBSP Dressing  Cornbread w/ 1 tsp margarine  1c Fruit Salad |
| **Monday, Sep. 25th**  Spaghetti w/ meat Sauce  (1/2c Pasta, 3oz meat, 2 oz NAS Marinara Sauce)  Garlic Bread  1c Italian blend vegetables  1/2c Garden Salad w/ 2 TBSP Light Italian Dressing  1/2c Spiced Peaches | **Tuesday, Sep. 26th**  2oz reduced sodium lean Baked Ham  1/2c Sweet potatoes, w/ 1/4c apples  1/2c Broccoli Normandy  1 slice wheat bread w/ 1 tsp margarine  1c Tropical Fruit Salad w/ 1/3c Pecans | **Wednesday, Sep. 27th**  1/2c Baked Eggplant Parmesan  1/4c NAS Marinara Sauce  1oz Mozzarella cheese  1c Pasta Salad (1/2c pasta, 1/2c Vegetables)  1 slice wheat bread w/ 1 tsp margarine  1c Greek nonfat vanilla yogurt  1c Honeydew | **Thursday, Sep. 28th**  Catfish  (3oz Catfish w/ 2 TBSP Tartar Sauce)  1/2c Black Beans and Red Pepper  1/2c Cilantro Lime Slaw  Cornbread | **Friday, Sep. 29th**  1c RC Pork Posole  (3oz Pork, 1/2c Hominy, 1oz RC)  1 6in flour tortilla  1/2c Yellow Squash  1c Garden Salad w/ 2 TBSP Light Italian Dressing  Banana |

***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:**  **1** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 766.8 | 716.8 | 733.0 | 738.3 | 715.8 |
| % Carbohydrates from Calories | 45-55% | 48.2 | 50.0 | 49.3 | 50.4 | 50.9 |
| % Protein from Calories | 15-25% | 25.5 | 21.4 | 24.0 | 21.6 | 21.6 |
| % Fat from Calories | 25-35% | 26.2 | 28.6 | 26.7 | 28.0 | 27.5 |
| Saturated Fat | less than 8g | 8.0 | 7.8 | 26.7 | 7.8 | 6.1 |
| Fiber | 10g or more | 11.1 | 10.4 | 10.1 | 10.3 | 10.5 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.1 | 2.3 | 2.5 | 2.5 |
| Vitamin A | 300ug RAE or more | 1352.4 | 362.8 | 333.1 | 601.2 | 522.4 |
| Vitamin C | 30mg or more | 33.5 | 64.1 | 42.3 | 71.4 | 47.0 |
| Iron | 2.6mg or more | 7.0 | 4.2 | 5.1 | 4.1 | 4.4 |
| Calcium | 400mg or more | 694.6 | 532.7 | 553.4 | 568.1 | 538.2 |
| Sodium | less than 766mg | 760.2 | 737.6 | 747.4 | 766.0 | 7661.1 |

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.