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| **1% milk served at meals** |  |  |  | **Friday, Sep. 1st**3oz Lean Pork Chops1/2c LS Rice Pilaf w/ ½ Mushrooms 1/2c creamed spinach1c Tossed salad w/ 2 TBSP light Italian Dressing1/2c bananaCorn 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 Onions1/2c Roasted Zucchini1/2c Diced Mango | **Wednesday, Sep. 6th**Spinach Lasagna(1/2c Noodles, 2oz Cheese, 1/4c Spinach, 2oz Sauce)1c Italian veggiesBread stick1/2c Peaches1/2 c Greek nonfat Vanilla yogurt | **Thursday, Sep. 7th**3oz Beer Battered Cod 1oz cucumber/dill sauce1/2c Succotash1/2c LS LF Broccoli SaladWheat 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 Salad1/2c Stewed Okra with tomatoes and onionsWheat Roll w/ 1 tsp unsalted butter1c Cantaloupe  |
| **Monday, Sep. 11**3oz Chicken Fried Steak1/2c Mashed Potatoes 1oz LS Pepper Gravy1/2c asparagusWheat roll1c 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 chips1c 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 cookie1/2 c Greek nonfat Vanilla yogurt | **Thursday, Sep. 14th**Chicken Teriyaki(3oz Chicken breast, 1oz Sauce) 1c Brown Rice1c 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 beans1/2c Calabacitas1/2c LS Spanish rice1/2c Chocolate pudding |
| **Monday, Sep. 18th**3oz Chicken Tenders1/2c Roasted Sweet Potatoes 1oz Pepper Gravy½ c Cucumber SaladWheat roll 1 Fresh Pear  | **Tuesday, Sep. 19th**4oz Salisbury steak2oz LS brown gravy1/2c Brown Rice w/ 1/4c Mushrooms 1c Garden Salad w/ 2 TBSP Light Italian Dressing1/2c green beans1c 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 Roll1/2c Peaches1c Greek Nonfat Vanilla Yogurt | **Thursday, Sep. 21st**1/2c Garden Salad w/ 1 TBSP Light Italian DressingChicken Fettucine Alfredo(3 oz. Chicken Breast , 1 oz. Light alfredo Sauce,1/2c Fettuccine)1c Italian Blend Vegetables1 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 DressingCornbread w/ 1 tsp margarine1c Fruit Salad |
| **Monday, Sep. 25th**Spaghetti w/ meat Sauce(1/2c Pasta, 3oz meat, 2 oz NAS Marinara Sauce) Garlic Bread1c Italian blend vegetables1/2c Garden Salad w/ 2 TBSP Light Italian Dressing1/2c Spiced Peaches  | **Tuesday, Sep. 26th**2oz reduced sodium lean Baked Ham1/2c Sweet potatoes, w/ 1/4c apples1/2c Broccoli Normandy1 slice wheat bread w/ 1 tsp margarine1c Tropical Fruit Salad w/ 1/3c Pecans  | **Wednesday, Sep. 27th**1/2c Baked Eggplant Parmesan1/4c NAS Marinara Sauce1oz Mozzarella cheese1c Pasta Salad (1/2c pasta, 1/2c Vegetables)1 slice wheat bread w/ 1 tsp margarine1c Greek nonfat vanilla yogurt1c Honeydew  | **Thursday, Sep. 28th**Catfish (3oz Catfish w/ 2 TBSP Tartar Sauce)1/2c Black Beans and Red Pepper1/2c Cilantro Lime SlawCornbread | **Friday, Sep. 29th**1c RC Pork Posole(3oz Pork, 1/2c Hominy, 1oz RC)1 6in flour tortilla1/2c Yellow Squash 1c Garden Salad w/ 2 TBSP Light Italian DressingBanana |

***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.