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|  |  |  | **Thursday, August 1**Pork Chops w/Apples and Onions(3oz Lean Herbed pork chop w/ 1/4c onions and 1/2c apples)1/2c Spinach 1.5C Tossed Salad w/ 2 TBSP L.S Italian Dressing1 WW Roll w/ 1 tsp margarine | **Friday, August 2****CLOSED** |
| **Monday, August 5**1c Summertime Pasta(1/2c tortellini, 1/2c broccoli, beans, olives, onion, tomatoes, 2 TBSP light Italian Dressing Dressing)1.5C Tossed Salad w/ 2 TBSP LS Ranch Dressing1 WW Roll½ SF Poached Pears1/2c Light nonfat vanilla yogurt  | **Tuesday, August 6**Spaghetti(3 oz meat, 1/2c WW spaghetti, 3oz NAS Marinara sauce)1c Green Beans & Carrots w/ 1 tsp margarine 1.5C Tossed Salad w/ 2 TBSP LS Italian Dressing1c sliced Strawberries 1oz SF Angel Food Cake  | **Wednesday, August 7**6oz Cheesy Chicken/Cauliflower Bake(1/2c Cauliflower, 3oz diced chicken, 1/8c reduced fat sauce)1/2c Asparagus w/ 1/2c Tomatoes 1.5C Tossed Salad w/ 2 TBSP LS Italian Dressing1 WW Roll1c Tropical fruit salad  | **Thursday, August 8**Scalloped Potatoes w/ Ham and Broccoli(3oz LS Ham, 1/3c LS Scalloped Potatoes, 1/2c Broccoli)1/2c Beets 1.5c Tossed Salad w/2 TBSP Greek yogurt ranch dressing 1 slice wheat bread1c Cantaloupe  | **Friday, August 9****CLOSED** |
| **Monday, August 12**3/4c Beef Lasagna(2oz ground beef, 1oz LS marinara sauce, 1oz mozzarella cheese, 1/4c ricotta cheese, 1/3c pasta)1c California Vegetables1.5C Tossed Salad w/ 2 TBSP LS Italian Dressing1 Wheat roll Orange | **Tuesday, August 13**Teriyaki Chicken Casserole(3oz chicken, 1/2c brown rice, 1c stir fry vegetables, 1 oz LS sauce, 1/2c Snow peas, 1 tsp sesame seeds)1.5C Tossed Salad w/ 2 TBSP Greek yogurt Ranch Dressing1/2c Pineapple | **Wednesday, August 14**5oz Porcupine Meatballs(3oz beef, 1/4c rice, 2oz tomato sauce)1/2c Tomato and cucumber salad Spinach Salad(1c baby spinach, 1/4c red onion, 3/4c Berries, 1/4c Chopped pecans)2 TBSP Greek yogurt Dressing1 WW Roll1/2c Fruit Cocktail | **Thursday, August 15**BBQ Chicken(3oz Chicken breast, 1 TBSP BBQ Sauce)1/2c Yams3/4c Roasted Brussel Sprouts3/4C Tossed Salad w/ 1 TBSP LS Italian DressingWheat Roll w/ 1 tsp margarine 1 Fresh pear | **Friday, August 16****CLOSED** |
| **Monday, August 19**Chicken Tacos(3 oz. Chicken, 1/2c Lettuce & Tomato, 2 Corn Tortillas, 2 TBSP Salsa)1/2c LS Pinto beans w/ 2 TBSP GC 1.5C Tossed Salad w/ 2 TBSP LS Italian Dressing1/2c Light Cauliflower Elote w/ 1tsp Cotija cheese1/2c Peaches  | **Tuesday, August 20**3oz Salisbury Steak1/2c LS Mashed Potatoes w/ 2oz LS Gravy1/2c Zucchini1.5C Tossed Salad w/2 TBSP LS Italian DressingWheat roll 1c Watermelon | **Wednesday, August 21**4oz Reduced fat Curried Ham salad(2oz LS Ham, 1/4c red pepper, onions, celery)1.5C green salad w/ 2 TBSP LS Italian Dressing w/1/2c LS Garbanzo beans1 WW Roll1/2c Mandarin Oranges  | **Thursday, August 22**3oz Meatloaf w/ 1oz LS Gravy1/2c LS Herbed Roasted potatoes1/2c Green Beans & 1/4c Mushrooms1.5C green salad w/ 2 TBSP LS Italian Dressing 1 WW Roll1/2c Fruit Cocktail | **Friday, August 23****CLOSED** |
| **Monday, August 26**Kielbasa & Sauerkraut(2oz Kielbasa,1/4c Sauerkraut)1/2c LS Black Eyed Peas1.5C Tossed Salad w/ 2 TBSP LS Italian Dressing1oz Cornbread1/2c Grapes | **Tuesday, August 27**Navajo Taco(3oz Beef, 1oz Fry Bread, 1/2c romaine lettuce, 1/2c tomatoes, 1/4c onions, 1/2c pinto beans, 1oz FF Cheese, 1/4c GC)1c Yellow squash w/ tomatoes1.5C Tossed Salad w/ 2 TBSP LS Italian Dressing1/2c SF Cinnamon Peaches | **Wednesday, August 28**Caribbean Chicken(3oz Chicken Breast, 2oz LS Sauce)3/4c Brown Rice 1C Coleslaw w/ 2TBSP Dressing3/4c Pineapple chunks1/2c SF Gelatin  | **Thursday, August 29**3oz LS Lean Herbed Pork chop, 1/2c Sweet potatoes 1/2c Spinach, 1/4c onions1.5c Tossed salad w/ 2TBSP LS Italian DressingWheat roll1/2c Applesauce  | **Friday, August 30****CLOSED** |

***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:****4** | **Days in Week:****4** | **Days in Week:****4** |
| Calories | 700 or more | 713.1 | 700.0 | 701.9 | 707.6 | 714.0 |
| % Carbohydrates from Calories | 45-55% | 48.0 | 50.6 | 47.6 | 46.4 | 45.0 |
| % Protein from Calories | 15-25% | 22.7 | 21.6 | 20.8 | 21.5 | 22.8 |
| % Fat from Calories | 25-35% | 29.3 | 27.7 | 31.9 | 32.1 | 32.2 |
| Saturated Fat | less than 8g | 7.2 | 8.0 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 12.2 | 12.2 | 13.2 | 13.9 | 12.7 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.0 | 2.1 | 2.3 | 2.1 |
| Vitamin A | 300ug RAE or more | 1120.4 | 918.6 | 633.8 | 728.8 | 845.8 |
| Vitamin C | 30mg or more | 56.4 | 120.1 | 98.6 | 71.5 | 51.3 |
| Iron | 2.6mg or more | 6.6 | 5.4 | 5.4 | 71.5 | 5.9 |
| Calcium | 400mg or more | 560.5 | 550.2 | 537.2 | 472.2 | 537.5 |
| Sodium | less than 766mg | 528.6 | 766.7 | 751.8 | 687.3 | 751.1 |

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.

 Constance Rudnicki MS, RDN, LD approved on July 4, 2024