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| **MONDAY, SEPT 2**  **CENTER CLOSED**  **LABOR DAY HOLIDAY** | **TUESDAY, SEPT 3**  1c RC Pork Posole  **(**3oz pork, 1/2c hominy, 1/4c red Chile)  1 6in WW tortilla  1c Capri Blend Vegetables  Banana  1/2c FF Tapioca Pudding | **WEDNESDAY, SEPT 4**  BBQ Chicken  4oz Chicken Breast, 1 TBSP BBQ Sauce  3/4c Green Beans  1/2c LS Potato salad  Wheat roll  Fresh pear | **THURSDAY, SEPT 5**  Spaghetti  (3oz ground turkey, 1/2c spaghetti, 3oz NAS Marinara sauce)  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  1c Italian blend veggies  1 WW Roll w/ 1 tsp unsalted butter  Orange | **FRIDAY, SEPT 6**  Breakfast for Lunch  2 scrambled eggs  1/2c Hashbrowns, 1/2c Peppers and onions, 3 TBSP Salsa  Wheat bread toasted w/ 1 tsp unsalted butter  3/4c Light nonfat yogurt  1c Fruit Salad |
| **MONDAY, SEPT 9**  3oz Chicken Breast  2 oz LS Gravy  1/3c Scalloped Potatoes  3/4c Roasted Brussels Sprouts  3/4c Tossed Salad w/ 1 TBSP Light Ranch Dressing  1 WW roll  1c Tropical Fruit Salad | **TUESDAY, SEPT 10**  1c Shepherd’s Pie  (3oz ground beef, 1/2c carrots and peas, 1/4c LS mashed potatoes)  1.5c Tossed Salad w/ 2 TBSP Light ranch Dressing  WW Roll  1/2c Spiced Peaches  1/2 slice SF angel food cake, 1 TBSP Whipped Topping | **WEDNESDAY, SEPT 11**  Green Chile Chicken Enchiladas  (2 corn tortillas, 1oz cheese, 3oz Chicken, 1oz Green Chile Sauce, 1/2c lettuce and tomato)  1c Vegetable Medley  1c Strawberries and bananas | **THURSDAY, SEPT 12**  Club Sandwich  (1oz Turkey, 1oz LS ham, 1 slice reduced sodium bacon, 2 slice WW bread)  1/2c lettuce and 2 slices tomato  1c California blend veg  1/2c Light Nonfat Vanilla yogurt  3/4c Berries | **FRIDAY, SEPT 13**  Garden Salad w/ Grilled Chicken  (3oz Chicken breast, 1c romaine lettuce, 1/4c tomato, 1/4c cucumber, 1/8c carrots, 2 TBSP Light Ranch dressing)  1 WW Roll w/ 1 tsp unsalted butter  3/4c Fruit Cocktail |
| **MONDAY, SEPT 16**  Sausage w/ peppers and Onions  (2oz polish sausage, 1/2c peppers and onions)  1/2c LS Herb roasted potatoes  1 WW roll  Spinach Salad  (1c Spinach, 2 TBSP Cranberries, 1/4c Red  onion, 2 TBSP Light Ranch Dressing)  1/2c Light nonfat Vanilla yogurt  1/2c Pears | **TUESDAY, SEPT 17**  Bean and Cheese Burrito  (3/4c LS pinto beans, .5oz cheese, 1 8in WW flour tortilla, 1oz red Chile sauce)  1.5c Garden Salad w/ 2 TBSP Light Italian Dressing  3/4c sliced Apples | **WEDNESDAY, SEPT 18**  4oz LS Lemon Herb Cod  1oz LS Cucumber Dill Sauce  3/4c Brown Rice  1/2c Asparagus w/ 1 tsp margarine  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1c Fruit Salad | **THURSDAY, SEPT 19**  Chicken Fajitas  (3 oz. Chicken,  1/2c Peppers and Onions,  1 6in WW Tortilla, 2 TBSP salsa)  1/2s LS Spanish Rice  1c Vegetable Medley orange | **FRIDAY, SEPT 20**  3oz LS Herb Port Chop  2oz LS Gravy  1/2c Carrots  1/2c LS Potato Salad  Wheat roll  1c Watermelon |
| **MONDAY, SEPT 23**  1c Green Chile Hamburger and Potato Stew  (1oz GC, 3oz Beef, 1/2c Potatoes)  1.5 Tossed Salad w/ 2 TBSP Light Italian Dressing  6 WW Crackers  1/2c Mixed fruit | **TUESDAY, SEPT 24**  Orange Chicken  3oz Chicken w/ 1oz sauce  1/2c Brown Rice  1c Stir Fry Veggies  1 Fortune cookies  1/2c Pineapple Chunks | **WEDNESDAY, SEPT 25**  Taco Salad  (1oz tortilla chips, 3oz beef, 1c romaine lettuce, 1/2c tomatoes, 1/8c red onion, 2 TBSP salsa, 2 TBSP light Ranch)  1/2c LS pinto beans  1c Chopped Cantaloupe | **THURSDAY, SEPT 26**  Pasta Salad w/ Chicken  (3 oz diced chicken, 1/2c mixed vegetables, 1/2c elbow pasta)  1/2c spinach  1/2c Tomato wedges  1/2c Light NF Vanilla yogurt  1/2c Cherries | **FRIDAY, SEPT 27**  Sloppy Joe  (3 oz ground beef, 1oz sauce, 1 WW bun, 1/2c Peppers and onions)  1/2c NAS Baked French Fries  1/2c LS Three Bean Salad  1/2c Apricots |
| **MONDAY, SEPT 30**  3oz Meatloaf  1/3c Mashed potatoes  1.5oz LS gravy  3/4c Broccoli spears  Wheat Roll  1.5c Tossed Salad w/ 1 TBSP light Italian Dressing  1c Fruit Salad |  |  |  |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 706.6 | 701.4 | 702.4 | 724.4 | 706.6 |
| % Carbohydrates from Calories | 45-55% | 51.9 | 48.9 | 48.5 | 47.5 | 54.5 |
| % Protein from Calories | 15-25% | 21.6 | 23.9 | 20.4 | 24.2 | 19.0 |
| % Fat from Calories | 25-35% | 26.4 | 27.2 | 31.1 | 28.3 | 26.5 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.9 | 7.9 | 8.0 |
| Fiber | 10g or more | 10.9 | 10.8 | 11.2 | 10.9 | 14.1 |
| Vitamin B-12 | .8ug or more | 2.0 | 2.1 | 551.2 | 3.0 | 2.8 |
| Vitamin A | 300ug RAE or more | 318.5 | 504.6 | 551.2 | 562.6 | 752.1 |
| Vitamin C | 30mg or more | 52.8 | 65.4 | 63.7 | 60.4 | 112.9 |
| Iron | 2.6mg or more | 3.7 | 4.2 | 3.9 | 5.6 | 5.8 |
| Calcium | 400mg or more | 497.1 | 498.2 | 486.8 | 458.8 | 507.2 |
| Sodium | less than 766mg | 747.2 | 756.4 | 764.1 | 613.9 | 703.2 |

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 August 20, 2024