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| **Monday, September 2nd** **CLOSED** **LABOR DAY**  | **Tuesday, September 3rd** 3oz Baked Chicken 1/2c LS Brown Rice Pilaf w/ 2oz LS Gravy 1c Vegetable Medley Wheat roll w/ 1 tsp unsalted butter 1/2c Applesauce  | **Wednesday, September 4th**Beef Stroganoff(3oz Beef, 3oz LS Gravy, 1/4c Mushrooms, 1/2c Egg Noodles)1.5c Tossed salad w/ 2 TBSP light Ranch Dressing 1/2c Carrots 3/4c Broccoli Spears 1/2c Mixed Fruit | **Thursday, September 5th** Chicken Fajita(3oz Chicken, 1/2c Peppers and onions, 1 6in Flour Tortilla, 2 TBSP Salsa)1c Zucchini & NAS Diced Tomatoes1/2c LS Spanish Rice 3/4c Mango & Mint | **Friday September 6th**  3oz Roast Beef1/2c LS Mashed Potatoes2oz LS Gravy1.5c Tossed salad w/ 2 TBSP light Italian Dressing3/4c Green BeansWW Roll w/ 1 tsp unsalted butter 1/2c Orange Sherbert  |
| **Monday, September 9th** Nacho Supreme (3oz ground beef w/ 1 tsp LS Taco Seasoning, 1/2c lettuce, 1/4c tomato, 1/4c onion, .5oz , 1oz tortilla chips, 2 TBSP Salsa, 1 TBSP Light Sour Cream, .5oz Cheese, 2 TBSP GC, 1 TBSP sliced Jalapeno pepper) 1/2c LS Black eyed PeasOrange  | **Tuesday, September 10th** 3oz Chicken Tenders,2oz LS Gravy1c Mediterranean Vegetables1/2c Herb Roasted Potatoes WW Roll1/2c Mandarin Oranges  | **Wednesday, September 11th** Entomatadas (3oz Tomato sauce, 3 corn tortilla, 1oz queso fresco)1/2c Cilantro Brown Rice 1/2c LS Pinto Beans1.5c Garden Salad w/ 2 TBSP Light Ranch dressing1/2c spiced Peaches1/2c light nonfat vanilla yogurt  | **Thursday, September 12th** 2oz LS Ham1/3c Scalloped Potatoes3/4c Brussell Sprouts WW Roll1/2c Light Vanilla Nonfat yogurt 1c Fruit Salad  | **Friday, September 13th**  Mushroom Burger(1 bun, 1/4c Mushrooms, 3oz Patty, 1oz Swiss Cheese, 1/2c lettuce, 1 slice tomato) 1/2c Sweet Potato Fries 1/2c Cucumber, tomato, onion salad1/2c Blueberries & 2 TBSP Whipped Topping |
| **Monday, September 16th** 3oz Swiss Steak2oz LS Gravy1/2c LS Brown Rice Pilaf 1c Winter blend vegetables WW Roll w/ 1 tsp unsalted butter 1/2c SF Gelatin w/1/2c mixed berries  | **Tuesday, September 17th** Chef salad(1c romaine lettuce, 1oz LS Ham, 1oz Turkey, 1 HB Egg, 1/4c cucumber, 1/4c Carrots, 1/8c red cabbage, 1/8c red onion, 1/4c Red Tomato)2 TBSP Light ranch dressingWheat roll 1 slice SF Angel Food Cake 3/4c Pineapples | **Wednesday, September 18th** Loaded Totchos (2oz beef 1/4c tater tots, cheese, 1/4c black beans,1/4c red onions, 1/4c tomatoes, .5oz Cheese)1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing6 LS WW crackers 1/4c Guacamole1/2c Apricots  | **Thursday, September 19th** 3.5oz LS Lean Pork Chops1/2c Lemon Herb Orzo Pasta1c Garden BlendWW Roll w/ 1 tsp margarine3/4c Apple slices  | **Friday, September 20th** 3oz Meatloaf1 Baked Sweet Potatow/ 1 tsp unsalted butter, 1 tsp chives1/2c Asparagus WW Roll w/ 1 tsp unsalted butter 1c Strawberries and Bananas |
| **Monday, September 23rd** Pepperoni Pizza(1oz Crust, 1oz Pizza Sauce, 1oz Mozzarella cheese, .5oz Pepperoni)3/4c Tossed Salad w/ 1 TBSP light Italian Dressing1/2c Unsalted beets1/2c Cauliflower 1c Tropical Fruit salad 1c Light Vanilla nonfat yogurt  | **Tuesday, September 24th**  1c Beef Stew(3oz Beef, 1/2c Vegetables)1/2c Roasted Brussels Sprouts 1oz Cornbread w/ 1 tsp unsalted butter 1c Grapes  | **Wednesday, September 25th** 3ox LS Herbed Baked Cod2oz Tartar Sauce1/2c Brown Rice 1/2c Coleslaw w/ 1 TBSP dressing1c Chateau Blend vegetables w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter Orange | **Thursday, September 26th**  Beef Taco(3oz Beef, 1 6in flour tortilla, 1/2c lettuce and tomato, 1 TBSP Salsa)1/2c Black Beans1c Capri Vegetables 1/2c Sherbert | **Friday, September 27th** 3oz Chicken Fried Steak1/2c LS Mashed Potatoes w/ 2oz LS gravy1/2c Green Beans3/4c Tossed Salad w/ 1 TBSP light Italian DressingWheat Roll1/2c Fruit Cocktail |
| **Monday, September 30th** 3oz lean LS Boneless Country style ribs1 TBSP LS barbecue sauce LS Country Gravy1/2c LS Mashed Potatoes 1c Château Blend Vegetables w/ 1 tsp margarineWheat roll 1c Mandarin oranges& Bananas |  |  |  |  |

***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 | 734.3 | 702.6 | 711.8 | 700.7 | 719.3 |
| % Carbohydrates from Calories | 45-55% | 47.9 | 51.8 | 48.2 | 51.5 | 48.7 |
| % Protein from Calories | 15-25% | 22.6 | 19.4 | 232.0 | 21.6 | 25.0 |
| % Fat from Calories | 25-35% | 29.4 | 28.8 | 29.8 | 26.9 | 26.3 |
| Saturated Fat | less than 8g | 7.8 | 7.9 | 8.0 | 8.0 | 7.6 |
| Fiber | 10g or more | 10.0 | 12.2 | 10.7 | 10.4 | 11.6 |
| Vitamin B-12 | .8ug or more | 2.7 | 2.4 | 2.4 | 2.8 | 4.4 |
| Vitamin A | 300ug RAE or more | 493.1 | 401.0 | 630.8 | 507.0 | 373.8 |
| Vitamin C | 30mg or more | 67.0 | 51.3 | 40.7 | 68.5 | 63.1 |
| Iron | 2.6mg or more | 4.6 | 4.7 | 4.7 | 4.6 | 5.9 |
| Calcium | 400mg or more | 480.8 | 627.0 | 444.0 | 533.5 | 504.8 |
| Sodium | less than 766mg | 647.0 | 754.6 | 766.5 | 762.0 | 577.4 |

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