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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 Tomatoes  1/2c LS Spanish Rice  3/4c Mango & Mint | **Friday September 6th**  3oz Roast Beef  1/2c LS Mashed Potatoes  2oz LS Gravy  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  3/4c Green Beans  WW 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 Peas  Orange | **Tuesday, September 10th**  3oz Chicken Tenders  ,2oz LS Gravy  1c Mediterranean Vegetables  1/2c Herb Roasted Potatoes  WW Roll  1/2c Mandarin Oranges | **Wednesday, September 11th**  Entomatadas  (3oz Tomato sauce, 3 corn tortilla, 1oz queso fresco)  1/2c Cilantro Brown Rice  1/2c LS Pinto Beans  1.5c Garden Salad w/ 2 TBSP Light Ranch dressing  1/2c spiced Peaches  1/2c light nonfat vanilla yogurt | **Thursday, September 12th**  2oz LS Ham  1/3c Scalloped Potatoes  3/4c Brussell Sprouts  WW Roll  1/2c 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 salad  1/2c Blueberries & 2 TBSP Whipped Topping |
| **Monday, September 16th**  3oz Swiss Steak  2oz LS Gravy  1/2c 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 dressing  Wheat 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 Dressing  6 LS WW crackers  1/4c Guacamole  1/2c Apricots | **Thursday, September 19th**  3.5oz LS Lean Pork Chops  1/2c Lemon Herb Orzo Pasta  1c Garden Blend  WW Roll w/ 1 tsp margarine  3/4c Apple slices | **Friday, September 20th**  3oz Meatloaf  1 Baked Sweet Potato  w/ 1 tsp unsalted butter, 1 tsp chives  1/2c 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 Dressing  1/2c Unsalted beets  1/2c 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 Cod  2oz Tartar Sauce  1/2c Brown Rice  1/2c Coleslaw w/ 1 TBSP dressing  1c 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 Beans  1c Capri Vegetables  1/2c Sherbert | **Friday, September 27th**  3oz Chicken Fried Steak  1/2c LS Mashed Potatoes w/  2oz LS gravy  1/2c Green Beans  3/4c Tossed Salad w/ 1 TBSP light Italian Dressing  Wheat Roll  1/2c Fruit Cocktail |
| **Monday, September 30th**  3oz lean LS Boneless Country style ribs  1 TBSP LS barbecue sauce  LS Country Gravy  1/2c LS Mashed Potatoes  1c Château Blend Vegetables w/ 1 tsp margarine  Wheat 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