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|  |  |  | **THURSDAY, AUG 1**  BBQ Chicken Wings  (3oz chicken, 2 TBSP BBQ sauce)  1/2c NAS Steak Fries  1C California Vegetables  1 WW Roll w/ 1 tsp unsalted butter  1c Strawberries & Cantaloupe  1/2 slice SF Angel Food cake | **FRIDAY, AUG 2**  Shrimp Alfredo  (3/4c Fettuccine, 4oz Shrimp, 1oz Light Alfredo sauce)  1C Italian Blend Vegetables  Wheat roll w/ 1 tsp unsalted butter  Orange |
| **MONDAY, AUG 5**  Hot Dogs  (1oz hot dog, 1 bun)  3/4c LS Three bean salad (w/1/2c kidney beans)  1/2c Potato wedges  1/2c spinach  1c Watermelon  1 Oatmeal Cookie | **TUESDAY, AUG 6**  3oz Pork Chop  1/2c LS Brown Rice Pilaf  1c Winter Blend  3/4c Tossed Salad w/ 1 TBSP light ranch dressing  1 WW Roll  1/2c Fruit Cocktail w/  1/2c SF Gelatin | **WEDNESDAY, AUG 7**  Sloppy Joes  (1 WW bun, 3oz Beef, 1oz Sauce, 1/2c Peppers, onions)  3/4c Green Beans  1/2c Creamy Cucumber Salad  1/2c Banana Pudding | **THURSDAY, AUG 8**  1c Beans and Ham  (2oz LS Ham, 1/2c LS Pinto Beans)  1/2c Carrots  1c Coleslaw w/ 2TBSP Dressing  1 slice Cornbread  1C Grapes | **FRIDAY, AUG 9**  1/2c Macaroni & Cheese  (1oz Cheese, 1/2c Macaroni)  1/2c Brussel Sprouts  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1C Light Nonfat Vanilla Yogurt  1/2c Pineapple Tidbits |
| **MONDAY, AUG 12**  Garden Salad with Chicken & Egg  (3oz diced chicken, 1c Romaine Lettuce & 1/4c Tomato, 1 HB Egg, 1/4c cucumber, 1/8c carrots, 1/8c Red Cabbage, 2T Light Ranch Dressing)  6 WW Crackers  1/2c sliced Apples | **TUESDAY, AUG 13**  Beef Fajitas  (3oz beef, 1/2c peppers and 1/2c onions, 1/2c Lettuce/Tomato)  2 TBSP Salsa  1/2c LS Pinto Beans  1 6in Flour Tortilla  1/2c Diced mango | **WEDNESDAY, AUG 14**  1c Sweet and Sour Pork  (3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)  1/2c Brown Rice  1c Stir Fry Vegetables  1 Vegetable Eggroll  Fortune Cookie  1/2c Mandarin oranges | **THURSDAY, AUG 15**  Red Chile Beef & Potatoes  (3oz beef, 1/2c roasted potatoes, 2oz Red Chile sauce)  1c yellow squash with NAS Diced tomatoes w/ 1 tsp unsalted butter  1 8in Flour Tortilla  1/2c blueberries in  1/4c crisp | **FRIDAY, AUG 16**  Baked Fish  (3oz LS Herbed Fish, 2 TBSP tartar sauce)  Dressing  1c California blend vegetables  3/4c WW Penne pasta w/ 1 tsp unsalted butter  1 WW Roll w/ 1 tsp unsalted butter  1/2c mixed fruit w/ 1/2c SF Gelatin |
| **MONDAY, AUG 19**  Ravioli w/ Meat Sauce  1/3c cheese Ravioli, 2.5oz ground beef, 3oz NAS Marinara Sauce)  1c Italian blend veg  1 WW Roll  1C Cantaloupe | **TUESDAY, AUG 20**  Waffle  (1 4” Waffle w/ 1 TBSP syrup)  2oz reduced fat Sausage Patty  1 HB Egg  1/2c Hashbrowns w/ 1/2c diced peppers and onions  Banana | **WEDNESDAY, AUG 21**  Taco Burger  (3oz beef patty, 1 6in tortilla,  w/ 1/2c lettuce and tomato, 2 TBSP Salsa)  1/2c Pinto beans  1/2c LS LF broccoli salad  1oz multigrain chips  1c Fruit Salad | **THURSDAY, AUG 22**  Pepperoni Pizza  (1oz crust, 1oz Pizza sauce, 1oz Mozzarella cheese, .5oz or 7 slices of pepperoni)  1.5C Tossed Salad w/ 2 TBSP Light Italian Dressing  1C Nonfat Vanilla Yogurt  Fresh Pear | **FRIDAY, AUG 23**  3oz Pepper Steak  (3oz steak, 1/2c Peppers and onions, 1/2c Snow peas, 1 tsp sesame seeds  3/4c Brown Rice  1/2c Cinnamon applesauce |
| **MONDAY, AUG 26**  4oz Baked Chicken Nuggets  w/ 1TBSP Honey Mustard  1/2c Spinach  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1c sliced Strawberries | **TUESDAY, AUG 27**  Bean and Cheese Burrito w/ 2oz LS RC sauce  (1/2c LS Pinto beans, 1oz cheese, 1 8in WW tortilla)  1/3c LS Spanish Rice  1.5C Tossed Salad w/ 2 TBSP Light Ranch Dressing  1/2c sliced Apricots | **WEDNESDAY, AUG 28**  3oz Meatloaf w/ 1oz LS gravy  1 baked potato w/ 1 tsp unsalted butter, 1 tsp chives  1/2c Green beans w/ 1 tsp unsalted butter  1 WW Roll  Orange | **THURSDAY, AUG 29**  Chicken Tacos  (3oz Chicken, 1 6in flour tortilla, 1/2c Lettuce and tomato, 1 TBSP  Pico de Gallo)  1/2c Calabacitas  1/2c LS Pinto Beans  1/2c Applesauce | **FRIDAY, AUG 30**  Fish Sandwich  (3oz Fish, 1 bun,  1/2c lettuce, 1 slice of tomato, 1 TBSP tartar sauce)  1/2c LS Herb Roasted Potatoes  1c Coleslaw (oil& vinegar based dressing)  1/2c lemon Pudding |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 720.3 | 714.2 | 797.0 | 700.1 | 766.8 |
| % Carbohydrates from Calories | 45-55% | 53.2 | 54.3 | 54.7 | 50.7 | 52.0 |
| % Protein from Calories | 15-25% | 21.1 | 19.7 | 19.1 | 21.4 | 21.6 |
| % Fat from Calories | 25-35% | 25.6 | 26.1 | 26.2 | 27.0 | 26.4 |
| Saturated Fat | less than 8g | 7.7 | 76.5 | 6.6 | 7.3 | 7.6 |
| Fiber | 10g or more | 10.1 | 10.1 | 10.0 | 10.6 | 13.0 |
| Vitamin B-12 | .8ug or more | 1.3 | 2.0 | 2.0 | 3.1 | 1.9 |
| Vitamin A | 300ug RAE or more | 312.2 | 522.8 | 313.8 | 384.1 | 532.2 |
| Vitamin C | 30mg or more | 96.3 | 52.4 | 60.7 | 76.7 | 68.3 |
| Iron | 2.6mg or more | 3.5 | 5.0 | 4.8 | 4.9 | 6.6 |
| Calcium | 400mg or more | 470.0 | 591.1 | 424.6 | 517.6 | 531.3 |
| Sodium | less than 766mg | 736.5 | 765.5 | 759.7 | 755.0 | 750.2 |

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 July 3, 2024