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| **MONDAY, SEPT 2****CLOSED FOR** **LABOR DAY** | **TUESDAY, SEPT 3**Taco Salad(3oz Beef, 1/2c Lettuce, and Tomatoes, 1oz Tortilla Chips, 2 TBSP Salsa, .5oz Cheese,)1/2c LS Pinto Beans1/2c Roasted Zucchini1/2c Applesauce | **WEDNESDAY, SEPT 4**Chicken Fajitas(3oz chicken, 1/2c peppers and onions, 1 6in flour tortilla)1/2c Broccoli1/2c LS Spanish Rice 3/4c Mixed Fruit | **THURSDAY, SEPT 5**1c GC Pork Stew(2oz GC, 3oz Pork, 1/2c Potatoes, tomatoes)1.5c Tossed Salad w/ 2 TBSP light Ranch Dressing6 WW crackers1c Fruit salad  | **FRIDAY, SEPT 6**4oz LS Herbed Baked Fish2 TBSP Tartar Sauce1/2c LS Brown Rice Pilaf 1/2c Roasted Brussel Sprouts1c Coleslaw w/ 2 TBSP Dressing1 slice WW Bread w/ 1 tsp margarine1/2c Peaches |
| **MONDAY, SEPT 9**Frito Pie(3 oz. Beef, 1/2c Beans, 2 oz Red Chile, 1oz.Corn chips, 1/2c Lettuce, Tomato & 1/4c Onion)1c California blend vegetables1/2c Diced mango | **TUESDAY, SEPT 10**1c Green Chile Chicken Enchiladas(3oz Chicken, 2 corn tortilla, 1oz GC, 1oz Cheese)1/2c Spanish Slaw1/2c Roasted cauliflower1/2c Pineapple tidbits | **WEDNESDAY, SEPT 11**3oz Baked Pork Chopw/ 1oz LS Gravy1/3c Scalloped Potatoes3/4c Brussel sproutsWheat roll1 slice SF Angel Food Cakew/ 1/2c Strawberries | **THURSDAY, SEPT 12**Tuna Salad(3oz tuna, 2 slices WW bread, 1/2c lettuce, 1 slice of tomato)1/2c Beets and onion Salad1/2c LS Three Bean SaladOrange  | **FRIDAY, SEPT 13**Spaghetti w/ Meatballs(3oz meatballs, 1/2c spaghetti, 1/4c NAS marinara sauce)1c Italian Blend Vegetables1.5C Tossed Salad w/2 TBSP Light Italian Dressing1 Wheat roll 1/2c Apricots |
| **MONDAY, SEPT 16**1c Sweet and Sour Pork(3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)1c Brown Rice1c Asian Blend vegetables1c Mandarin Oranges | **TUESDAY, SEPT 17**Turkey Sandwich(2oz LS Turkey, 2 slices WW bread, 1oz Swiss cheese, 1/2c lettuce and 1 tomato slice)3/4c LS Tomato Soup1/2c Green Beans1c Watermelon  | **WEDNESDAY, SEPT 18**Hamburger Steak (3oz hamburger steak, 2oz LS Brown Gravy, 1/4c Mushrooms)1/2c LS Mashed Potatoes 1/2c SpinachWheat roll w/ 1 tsp unsalted butter 1 Banana | **THURSDAY, SEPT 19**Chicken Alfredo(1c WW pasta, 1oz LS Light Alfredo Sauce, 3oz Diced or Shredded Chicken)1c Winter blend vegetables w/ 1 tsp unsalted butter 3/4C Tossed Salad w/1 TBSP Light Italian DressingWheat rollPear  | **FRIDAY, SEPT 20**Cobb Salad w/ Egg(1c Romain lettuce, 1 HB Egg, 1oz LS ham, 2oz Diced chicken,1/4c tomatoes, 1oz Carrots, 1/4c Cucumbers, 2 TBSP Light Ranch Dressing) 6 WW Crackers1c Tropical Fruit salad  |
| **MONDAY, SEPT 23****CLOSED FOR** **TRAINING** | **TUESDAY, SEPT 24**Chili Dogs(1 oz. Frank, 3 oz. Beef Chili, (2oz beef, 1oz Sauce) 1/2 wheat hot dog Bun)1/2c Potato Wedges3/4c Brussel Sprouts3/4c Apple slices  | **WEDNESDAY, SEPT 25**3/4c Meat Lasagna(3oz Beef, 1/3c Lasagna, 1oz NAS Sauce, 1oz Cheese)1c Chateau Blend Vegetables3/4c Tossed salad w/ 1 TBSP ranch DressingWheat roll1c Fruit salad | **THURSDAY, SEPT 26**BBQ Chicken(3oz Chicken breast, 2 TSBP BBQ sauce)3/4c LS stewed tomatoes1/2c black eyed peas1oz Wheat roll 1/2c Spiced peaches  | **FRIDAY, SEPT 27**Chicken Salad Sandwich(1/2c Chicken salad w/ 3oz chicken 1/2c lettuce, 1 slice tomato, 2 slices WW bread)1/2c creamy Cucumber salad 1/2c carrot and raisin salad1c Pineapple chunks  |
| **MONDAY, SEPT 30** 3oz. LS Beef Tips w 2 oz LSGravy3/4c Egg noodles1c Vegetable medleyWheat Roll w/ 1 tsp margarine1/2c FF chocolate pudding1c Cantaloupe |  |  |  |  |

***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:****4** | **Days in Week:****1** |
| Calories | 700 or more | 783.5 | 734.5 | 728.7 | 720.3 | 887.2 |
| % Carbohydrates from Calories | 45-55% | 46.3 | 45.6 | 52.1 | 49.3 | 52.3 |
| % Protein from Calories | 15-25% | 20.6 | 23.6 | 22.3 | 22.5 | 18.2 |
| % Fat from Calories | 25-35% | 33.1 | 30.8 | 25.6 | 28.1 | 29.5 |
| Saturated Fat | less than 8g | 7.8 | 8.0 | 8.0 | 7.3 | 7.6 |
| Fiber | 10g or more | 10.1 | 11.8 | 10.0 | 10.0 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.1 | 2.8 | 2.1 | 2.2 | 4.6 |
| Vitamin A | 300ug RAE or more | 386.0 | 408.1 | 525.8 | 391.7 | 520.5 |
| Vitamin C | 30mg or more | 67.4 | 87.3 | 73.4 | 47.9 | 60.6 |
| Iron | 2.6mg or more | 4.3 | 5.2 | 5.0 | 5.1 | 8.1 |
| Calcium | 400mg or more | 460.5 | 537.1 | 544.5 | 534.6 | 428.1 |
| Sodium | less than 766mg | 605.2 | 723.7 | 765.9 | 724.7 | 719.9 |

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 August 15, 2024