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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 Beans  1/2c Roasted Zucchini  1/2c Applesauce | **WEDNESDAY, SEPT 4**  Chicken Fajitas  (3oz chicken, 1/2c peppers and onions, 1 6in flour tortilla)  1/2c Broccoli  1/2c 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 Dressing  6 WW crackers  1c Fruit salad | **FRIDAY, SEPT 6**  4oz LS Herbed Baked Fish  2 TBSP Tartar Sauce  1/2c LS Brown Rice Pilaf  1/2c Roasted Brussel Sprouts  1c Coleslaw w/ 2 TBSP Dressing  1 slice WW Bread w/ 1 tsp margarine  1/2c 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 vegetables  1/2c Diced mango | **TUESDAY, SEPT 10**  1c Green Chile Chicken Enchiladas  (3oz Chicken, 2 corn tortilla, 1oz GC, 1oz Cheese)  1/2c Spanish Slaw  1/2c Roasted cauliflower  1/2c Pineapple tidbits | **WEDNESDAY, SEPT 11**  3oz Baked Pork Chop  w/ 1oz LS Gravy  1/3c Scalloped Potatoes  3/4c Brussel sprouts  Wheat roll  1 slice SF Angel Food Cake  w/ 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 Salad  1/2c LS Three Bean Salad  Orange | **FRIDAY, SEPT 13**  Spaghetti w/ Meatballs  (3oz meatballs, 1/2c spaghetti, 1/4c NAS marinara sauce)  1c Italian Blend Vegetables  1.5C Tossed Salad w/  2 TBSP Light Italian Dressing  1 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 Rice  1c Asian Blend vegetables  1c 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 Soup  1/2c Green Beans  1c Watermelon | **WEDNESDAY, SEPT 18**  Hamburger Steak  (3oz hamburger steak, 2oz LS Brown Gravy, 1/4c Mushrooms)  1/2c LS Mashed Potatoes  1/2c Spinach  Wheat 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 Dressing  Wheat roll  Pear | **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 Crackers  1c 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 Wedges  3/4c Brussel Sprouts  3/4c Apple slices | **WEDNESDAY, SEPT 25**  3/4c Meat Lasagna  (3oz Beef, 1/3c Lasagna, 1oz NAS Sauce, 1oz Cheese)  1c Chateau Blend Vegetables  3/4c Tossed salad w/ 1 TBSP ranch Dressing  Wheat roll  1c Fruit salad | **THURSDAY, SEPT 26**  BBQ Chicken  (3oz Chicken breast, 2 TSBP BBQ sauce)  3/4c LS stewed tomatoes  1/2c black eyed peas  1oz 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 salad  1c Pineapple chunks |
| **MONDAY, SEPT 30**  3oz. LS Beef Tips w 2 oz LSGravy  3/4c Egg noodles  1c Vegetable medley  Wheat Roll w/ 1 tsp margarine  1/2c FF chocolate pudding  1c 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