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| **MONDAY, SEPT 2**  **CLOSED FOR**  **LABOR DAY** | **TUESDAY, SEPT 3**  1/2c Baked Mac & Cheese  (1/2c macaroni, 1oz cheese)  1.5C Tossed Salad w/  2 TBSP Light Italian Dressing w/ 1/2c Chickpeas  3/4c Broccoli  Banana | **WEDNESDAY, SEPT 4**  Frito Pie  (1oz Corn Chips, 3oz Beef, 2oz Red Chile, 1/2c Lettuce and tomato, 1/4 onion)  1/2c LS Pinto Beans  1c yellow squash w/ NAS diced Tomatoes  1/2c Applesauce  1/2c FF tapioca pudding | **THURSDAY, SEPT 5**  **Breakfast for Lunch**  1 slice French Toast w/ 1 TBSP Syrup and 1 tsp margarine  1 HB Egg  1/2c Hashbrowns  1/2c Peppers and onions  Orange  1c Light nonfat vanilla yogurt | **FRIDAY, SEPT 6**  Stuffed Bell Peppers  (1/2 Pepper, 3oz beef w/ LS seasonings, 1/8c Rice)  1.5C Tossed Salad w/  2 TBSP Light Ranch Dressing  Wheat roll  1c sliced Strawberries |
| **MONDAY, SEPT 9**  Ham and Scalloped potatoes  (2oz LS Ham, 1/2c LS Scalloped potatoes)  1/2c Spinach  1oz wheat roll  1/2c sliced Peaches w/  1/2C Light nonfat Vanilla Yogurt | **TUESDAY, SEPT 10**  3/4c Beef Lasagna  (3oz ground beef, 1oz LS marinara sauce, 1oz mozzarella cheese, 1/4c ricotta cheese, 1/3c pasta)  1.5C Tossed Salad w/  2 TBSP Light Italian Dressing  3/4c Green Beans  Wheat roll  1/2c Fruit Cocktail w/ 1/2c SF Gelatin | **WEDNESDAY, SEPT 11**  3oz Chicken Fried Chicken  1/3c LS Mashed Potatoes w/ 2oz LS Gravy  3/4c Brussel Sprouts  1 WW Roll  3/4c Mandarin Oranges | **THURSDAY, SEPT 12**  3oz Meatballs, 1 oz LS Gravy  3/4c LS Brown Rice  1/2c Carrots  3/4c Non-Creamy Cucumber and Tomato Salad  1c Mixed fruit | **FRIDAY, SEPT 13**  Tuna Salad Sandwich  (1/2c tuna salad (3oz light tuna), 1/2c lettuce, 2 slices red tomato, 2 slices wheat bread)  1/2c LS Three bean Salad  1/2c Beets  1c Apricots |
| **MONDAY, SEPT 16**  Spaghetti w/Meat Sauce  (1/2c Spaghetti, w/ 3oz ground beef, 3oz NAS Marinara Sauce)  1c Italian blend vegetables  1.5C Tossed Salad w/ 2 TBSP light Italian Dressing  4 WW crackers  1/2c sliced Pears | **TUESDAY, SEPT 17**  4oz LS Baked Herbed Chicken breast  1/2c LS Brown Rice pilaf w/ 1/4c Mushrooms  1C Capri Blend Vegetables  1 WW Roll  1c Fruit Salad | **WEDNESDAY, SEPT 18**  3oz Pork chop  1/2c Lemon Herb Orzo  1c California Blend Vegetables  Wheat roll  1/2c Applesauce | **THURSDAY, SEPT 19**  Chef Salad  (1c romaine lettuce, 1 HB Egg, 1oz LS Ham, 1oz Diced Chicken, 1/4c Tomatoes, 1/4c Cucumber, 1/4c Red Cabbage, 2 TBSP Light Ranch Dressing)  6 WW crackers  3/4c Pineapple Tidbits | **FRIDAY, SEPT 20**  Navajo Taco  (3oz Beef, 1oz Fry Bread, 1/2c romaine lettuce, 1/2c tomatoes, 1/4c onions, 1/2c pinto beans, .5oz Cheese, 2 TBSP Salsa)  1/2c Calabacitas  1c Tropical fruit salad |
| **MONDAY, SEPT 23**  Hamburger  (1 WW bun, 3oz Beef Patty, 1/2c Lettuce, 2 slices tomato, 1 slice onion)  1/2c NAS Baked French Fries  1c Vegetable Medley  1c Watermelon | **TUESDAY, SEPT 24**  1 Chicken Fajita  (3 oz. Chicken,  1/2c Peppers and Onions  1 6in Tortilla, 2 TBSP salsa)  1/2c Spinach  1/2c Black beans w/ 1/4c Red bell pepper  1/2c Spiced Peaches | **WEDNESDAY, SEPT 25**  2oz Polish Sausage  1/2c Wild Rice/Brown Rice Blend  1/2c LS Black-Eyed Peas  3/4c Green Beans  1/2c Mandarin Oranges  1/2c Light nonfat vanilla yogurt | **THURSDAY, SEPT 26**  BBQ Chicken  (3oz Chicken Thigh, 2 TBSP BBQ Sauce)  3/4c Broccoli  1/2c LS Potato Salad  1 WW Roll  3/4c Fruit Cocktail | **FRIDAY, SEPT 27**  1c Pork Posole  **(**3oz pork, 1/2c hominy, 1/4c red Chile)  1.5C Tossed Salad w/  2 TBSP Light Italian Dressing  1 6in Tortilla  1/2c FF Chocolate pudding |
| **MONDAY, SEPT 30**  4 oz LS Lemon Pepper Baked Cod  1 TBSP Tartar Sauce  1/2c Sweet potato fries  1/2c Green Beans w/ 1 tsp margarine  Wheat Roll w 1 tsp Margarine  1/2c Tropical Fruit Salad |  |  |  | LS=low sodium  NAS=no added salt  WW= whole wheat  SF=sugar free |

***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 | 711.1 | 702.5 | 701.7 | 702.8 | 760.7 |
| % Carbohydrates from Calories | 45-55% | 51.7 | 51.7 | 47.9 | 48.3 | 46.3 |
| % Protein from Calories | 15-25% | 20.6 | 20.2 | 23.8 | 21.6 | 22.9 |
| % Fat from Calories | 25-35% | 27.7 | 28.2 | 28.4 | 30.1 | 30.7 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 8.0 | 8.0 | 6.8 |
| Fiber | 10g or more | 12.0 | 10.8 | 10.0 | 11.3 | 11.6 |
| Vitamin B-12 | .8ug or more | 2.9 | 2.6 | 2.6 | 1.9 | 2.7 |
| Vitamin A | 300ug RAE or more | 501.7 | 640.3 | 391.6 | 443.9 | 739.0 |
| Vitamin C | 30mg or more | 88.6 | 63.4 | 68.9 | 61.9 | 67.5 |
| Iron | 2.6mg or more | 5.2 | 5.5 | 4.1 | 5.4 | 2.7 |
| Calcium | 400mg or more | 561.8 | 536.4 | 429.6 | 467.6 | 436.7 |
| Sodium | less than 766mg | 699.4 | 746.3 | 650.2 | 764.3 | 729.1 |

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 August 15, 2024