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| **MONDAY, SEPT 2**  **CLOSED**  **LABOR DAY** | **TUESDAY, SEPT 3**  1.5C Tossed Salad w/ 2 TBSP Light Italian Dressing  4oz Oven-baked Chicken 1/2c LS Parsley Potatoes,  1c California blend veggies w/ 1 tsp margarine  1 Whole Wheat Roll  1 Fresh Pear | **WEDNESDAY, SEPT 4**  1/2c Chile Relleno Casserole  (1/2c green chile, 1oz Cheese, 1oz Crust)  1/2c LS Pinto Beans  1.5C Tossed Salad w/ 2 TBSP Light Greek yogurt Ranch Dressing  4 LS WW Crackers  1/2c SF Spiced Peaches | **THURSDAY, SEPT 5**  1c Green Chile Pork Stew  (3oz pork, 3/4c potatoes, tomatoes, onions, and GC)  1/2c Roasted Cauliflower  1.5C Tossed Salad w/ 2 TBSP Light Italian Dressing  2oz Cornbread  1/2c Mixed Berries in 1/2c SF Gelatin | **FRIDAY, SEPT 6**  **CLOSED** |
| **MONDAY, SEPT 9**  3oz Meatloaf  1/3c LS Mashed Potatoes w/ 2oz LS Gravy  1c Vegetable Medley  3/4c Tossed salad w/ 1 TBSP Light Italian Dressing  1 Orange  WW roll w/ 1 tsp margarine | **TUESDAY, SEPT 10**  1/8th Veggie Quiche w/Sweet Potato Crust  (1oz crust, 1/4c spinach, 1 egg, .5 oz Cheese)  1.5C Tossed Salad w/ 2 TBSP Light Greek yogurt Ranch Dressing  1/2c Garbanzo Beans  1 WW Roll w/ 1 tsp margarine  6oz light nonfat Vanilla Yogurt  1c Grapes | **WEDNESDAY, SEPT 11**  Tuna Salad Sandwich  (1/2c Tuna Salad, 2 slices Wheat bread, 1/2c lettuce)  1c LS Tomato Soup  3 LS LF Crackers  1.5C Tossed Salad w/ 2 TBSP Light Italian Dressing  3/4c Pineapple Chunks | **THURSDAY, SEPT 12**  3.5oz Roast Turkey  w/ 1oz LS gravy  3/4c yams  1/2c Cabbage  1oz Cornbread  3/4C Tossed Salad w/ 1 TBSP Light Greek yogurt Ranch Dressing  1/2c diced peaches | **FRIDAY, SEPT 13**  **CLOSED** |
| **MONDAY, SEPT 16**  Red Chile Beef Enchiladas (2oz Beef, 1oz 2% Cheddar Cheese, 2 corn  (1oz RC, 1/2c lettuce and tomato)  1c zucchini w/ Diced tomatoes  3/4c Tossed salad w 1 TBSP light Italian Dressing  1/2c Mandarin oranges | **TUESDAY, SEPT 17**  3/4c Ham & Beans  (2oz LS Ham, 1/2c LS Pinto Beans)  1c Broccoli w/ red peppers  1.5C Tossed Salad w/ 2 TBSP Light Greek yogurt Dressing  1oz Cornbread  3/4c Apricots | **WEDNESDAY, SEPT 18**  1c WW Penne Pasta Primavera  (1/2C zucchini, carrots, red bell pepper, onion, tomatoes, .5 TBSP Parm Cheese, 1/2c Wheat Penne Pasta)  1.5c Tossed Salad w/ 1.5 TBSP Light Italian Dressing w/ 1/2c garbanzo beans  Wheat roll w/ 1 tsp unsalted butter  1/2c Light Nonfat Yogurt Vanilla  1/2c Fruit Cocktail | **THURSDAY, SEPT 19**  8oz Beef Pot Pie  (1oz Crust, 3oz beef, 1/2c mixed veggies, 1 oz sauce)  1.5C Tossed Salad w/ 2 TBSP LS Italian Dressing  4 LS WW crackers  1/2c SF Baked Apple | **FRIDAY, SEPT 20**  **CLOSED** |
| **MONDAY, SEPT 23**  1c chicken Egg Roll in a Bowl  (1c Coleslaw/carrots, 3oz chicken, 1oz Sauce)  1/2c snow peas  1/2c Brown Rice  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  1c Tropical Fruit Salad | **TUESDAY, SEPT 24**  1c Beef Stew  (3oz beef, 1/2c vegetables)  1/2c Beets  3/4C Tossed Salad w/ 1 TBSP Light Italian Dressing  1 slice Irish Soda Bread  ½ SF Poached pears | **WEDNESDAY, SEPT 25**  3oz Lean LS Roast Pork  w/ 1oz LS gravy  1/2c Mushrooms  1/2c Black-Eyed Peas  1.5C Tossed Salad  w/ 2 TBSP Light Italian Dressing  1 WW Roll w/ 1 tsp unsalted butter  3/4c Applesauce | **THURSDAY, SEPT 26**  2oz Kielbasa  1/2c Cabbage w/ 1 tsp unsalted butter  3/4c Roasted Brussel Sprouts  3/4C Tossed Salad w/ 1 TBSP Light Italian Dressing  1 Wheat roll  1/2c Light vanilla nonfat yogurt  1c Fruit salad | **FRIDAY, SEPT 27**  **CLOSED** |
| **MONDAY, SEPT 30**  Creamy Lemon parmesan chicken Piccata Chicken  (3oz chicken, 1oz Sauce,1 tsp parm cheese)  1/2c LS Brown Rice Pilaf w/ 1/2c Spinach  3/4c Broccoli spears  1.5C Tossed Salad w/ 2 TBSP Light Greek yogurt Dressing  1 WW Roll w/ 1 tsp margarine  1c sliced Strawberries w/ 1 TBSP whipped topping |  |  |  |  |

***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:**  **3** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **1** |
| Calories | 700 or more | 702.1 | 706.8 | 10.9 | 705.3 | 710.7 |
| % Carbohydrates from Calories | 45-55% | 48.9 | 50.7 | 53.8 | 52.8 | 46.8 |
| % Protein from Calories | 15-25% | 21.7 | 21.1 | 20.1 | 21.3 | 27.7 |
| % Fat from Calories | 25-35% | 29.4 | 28.3 | 26.1 | 25.8 | 25.6 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.7 | 7.5 | 7.8 |
| Fiber | 10g or more | 15.6 | 11.5 | 14.4 | 11.7 | 15.7 |
| Vitamin B-12 | .8ug or more | 1.6 | 2.7 | 2.1 | 2.1 | 1.6 |
| Vitamin A | 300ug RAE or more | 763.8 | 715.4 | 806.7 | 716.6 | 1281.6 |
| Vitamin C | 30mg or more | 72.8 | 63.2 | 83.0 | 91.6 | 179.3 |
| Iron | 2.6mg or more | 4.6 | 5.3 | 5.5 | 4.9 | 8.0 |
| Calcium | 400mg or more | 54.9 | 575.2 | 530.8 | 480.7 | 706.4 |
| Sodium | less than 766mg | 749.8 | 752.5 | 761.9 | 765.1 | 637.2 |

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 August 6, 2024, revised approval on August 7, 2024.