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|  |  |  |  **August 1**1c Sweet and Sour Pork(3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)1c Brown Rice1 Pork Eggroll (64grams)1c Stir Fry Vegetables1/2c Mandarin Oranges w/ 1/2c SF Gelatin  | **Friday, August 2**1c Chicken Divan(3oz Diced Chicken, 1/2c Broccoli, 1oz Sauce)1/2c Roasted Cauliflower1 WW Roll w/ 1 tsp unsalted butter 1/2c Tropical Fruit Salad |
| **August 5**3oz Chicken Fried Steakw/ 2oz LS Pepper Gravy1/2c LS Mashed Potatoes1c California Blend Vegetables1 WW RollFresh pear | **August 6**Sri Lanka DayChicken Fried Rice (3oz diced chicken, 1/2c Red Basmati, 1/2c peas and carrots)1/2c Spinach1/2c Watalappan1/2c Mangoes | **August 7**Fish and Chips(3oz cod, 1/2c NAS baked French Fries)w/ 1 TBSP Tartar Sauce1/2c Vinegar based Dressing Coleslaw w 1/4c Apples1 sl wheat bread w/ 1 tsp unsalted butter 1c Cherries | **August 8**Hamburger(3oz Patty, 1 bun, 1/2c lettuce, 2 slices tomato, 1/4c Onion)1/2c LS Three Bean Salad1/2c Roasted Zucchini1/2c Apples in 1/4c Cobbler  | **August 9**Cheese and Mushroom Pizza(1oz Crust, 1oz Sauce, .5oz Mozzarella Cheese, 1/2c Mushrooms, 1/4c onions)1.5c Garden Salad w/ 2 TBSP Light Ranch Dressing w/1/2c Garbanzo Beans1/2c Peaches1/2c Light nonfat vanilla yogurt  |
| **August 12**Egg Salad Sandwich(1/2c Egg salad=1egg, 2 slices wheat bread, 1/2c Spinach)1/2c Cucumber and Tomato Salad1/2c unsalted Beets3/4c Mixed Berries w/ 1c Light nonfat vanilla Yogurt | **August 13**Closed for Kitchen Cleaning | **August 14**3oz Baked Tilapiaw/ 2 TBSP Tartar Sauce1/2c Potato Wedges3/4c Roasted Brussel Sprouts 1 WW Roll w/ 1 tsp unsalted butter 1/2c pineapple tidbits  | **August 15**1c Spinach Lasagna(1/2c vegetables/spinach 2oz Cheese, 1oz NAS Marinara Sauce, 1/2c Noodles)1c Italian Blend VegetablesWheat roll w/ 1 tsp unsalted butter 1c Cantaloupe 1/2c Light nonfat vanilla yogurt  | **August 16**Bean & Cheese Burrito(3/4c Beans, .5oz Cheese, 2oz GC Sauce)1oz GC, 1 8-in WW Tortilla)1/3c LS Spanish Rice 1c capri Vegetables w/ 2 tsp margarineOrange |
| **August 19**Green Chile Chicken Enchiladas(3oz Chicken, 1oz Cheese,1/4c Green Chile, 2 Corn Tortillas, 1/2c lettuce and tomato)1/3c Cilantro Lime Brown Rice1c Vegetable medley1c sliced Pears | **August 20**Turkey Sandwich(2oz turkey, 1oz Swiss cheese, 2 slices WW bread, 2 slices tomato, 1/2c lettuce)1/2c Potato salad3/4c Carrots 1c Fruit Salad | **August 21**Frito Pie(1oz Corn Chips, 2oz RC, 3oz Beef, 1/2c Lettuce/Tomato, 1/4c Onion)1/2c LS Pinto Beans1c yellow squash w/ NAS diced tomatoesFresh Nectarine | **August 22**3oz Baked Catfish w/ 1 TBSP Tartar Sauce1c Black beans, red bell pepper/corn(1/2c red bell pepper, 1/2c Corn/black beans)1/2c LS LF Broccoli Salad1 WW Roll1/2c SF gelatin  | **August 23**Ham and Cheese quiche (no crust)(.5oz Ham, .5oz Swiss Cheese, 1 egg)Wheat roll 1c Chateau Vegetables1/2c Light Nonfat vanilla Yogurt 1c Strawberries  |
| **August 26**Chickpea Quinoa Bowls(1/2c Quinoa, 3/4c Chickpeas, 1/2c Pico de Gallo, 1/3c tomato, 1/8c Avocado, red onion, lime juice, cilantro, jalapeño)1/2c Cucumber, red cabbage1 6in Tortilla1/2c Pineapple Chunks | **August 27**Eggplant Parmesan(1/2c breaded eggplant, 2oz NAS Marinara, 1oz 2oz Mozzarella)1/2c Fettuccine1/2c Green Beans1/2c light nonfat vanilla yogurtBanana | August 283oz Grilled Chicken Breast1/2c Wild Rice w/ 1 tsp unsalted butter1/2c Roasted Asparagus1.5c Tossed salad w/ 2 TBSP light Italian dressing1c Tropical Fruit Salad | August 29Beef Fajitas(3oz beef, 1/2c peppers/onion, 2 TBSP salsa, 1 6in flour tortilla)1/2c LS Refried Beans1/2c CalabacitasFresh Peach | August 30Oriental Chicken Salad(3oz Diced Chicken, 1c Romaine Lettuce, 1/2c napa Cabbage, 1/4c Carrots, 1/4c Cucumber, 2 TBSP Crunchy Chow Mein, 1/4c unsalted peanuts, 1/2c Broccoli, 2 TBSP Lite Asian Sesame DrsgWheat roll w/ 1 tsp unsalted butter1/2c Mandarin oranges |

***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:****4** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 817.9 | 752.8 | 719.9 | 701.0 | 716.5 |
| % Carbohydrates from Calories | 45-55% | 50.3 | 52.8 | 54.9 | 48.9 | 49.0 |
| % Protein from Calories | 15-25% | 20.7 | 18.7 | 20.0 | 23.2 | 22.3 |
| % Fat from Calories | 25-35% | 28.1 | 28.5 | 25.1 | 27.9 | 28.7 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.8 | 8.0 | 7.8 |
| Fiber | 10g or more | 10.2 | 11.1 | 13.1 | 13.2 | 11.8 |
| Vitamin B-12 | .8ug or more | 1.2 | 2.1 | 2.0 | 2.6 | 1.9 |
| Vitamin A | 300ug RAE or more | 390.4 | 499.6 | 448.5 | 499.7 | 450.4 |
| Vitamin C | 30mg or more | 196.0 | 50.2 | 98.2 | 60.1 | 78.0 |
| Iron | 2.6mg or more | 4.0 | 5.5 | 4.2 | 4.3 | 5.4 |
| Calcium | 400mg or more | 449.2 | 508.5 | 716.0 | 608.0 | 556.8 |
| Sodium | less than 766mg | 670.7 | 728.6 | 756.0 | 729.6 | 755.7 |

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 5, 2024