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|  |  |  | Thursday, August 1st  Frito Pie  (3oz Beef, 1/2c lettuce, tomato, 1/4c onions, 2oz red chile sauce, 1/2c LS pinto beans, 2 TBSP Salsa, 1oz Corn Chips)  1/2c Broccoli & 1/4c red bell pepper w/ 1 tsp unsalted butter  Orange | Friday, August 2nd  3oz Chicken Strips  1oz LS Country Gravy  1/2c Succotash  1/2c Carrot Coins  WW Roll w/ 1 tsp unsalted butter  Banana |
| Monday, August 5th  Green Chile Meat, Potato & Cheese Burrito  (3oz ground beef, 2 TBSP green chile, 1/2c Diced potato, 1oz cheese, 1 8in ww tortilla)  1/2c LS Mexican Rice  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  1c Tropical Fruit | Tuesday, August 6th  1c Chicken Pot Pie Casserole (1/2c Mixed, Vegetables and celery, onions, 1oz Crust, 1oz Sauce)  1.5c Tossed salad w/ 2 TBSP light Italian Dressing 4 LS WW Crackers  1/2c Brussels Sprouts  1/2c Mango | Wednesday, August 7th  Spaghetti w/ Meat Sauce  (1/2c Spaghetti, 3oz Beef, 3oz NAS Marinara Sauce)  1c Italian Blend Vegetables  Garlic Bread  1/2c Sliced Peaches | Thursday, August 8th  1c Pasta Salad w/ Chicken  (3oz diced chicken, 1/2c WW elbow pasta, 1/2c green peas, tomatoes, celery, green bell pepper, 2 TBSP Mayo)  1/2c Asparagus  1/2c SF Gelatin w/ 2 TBSP whipped topping, | Friday, August 9th  4oz Salisbury Steak  1/2c LS Mashed Potatoes w/ 2oz LS Gravy  1/2c Green Beans  1.5c Garden Salad w/ 2 TBSP light ranch Dressing  WW Roll  Medium Apple |
| Monday, August 12th  BBQ Pulled Pork on a Bun  (3oz Pork, 1oz BBQ Sauce, 1 WW Bun)  1/2c LS Potato Salad  3/4c Cucumber and tomato salad  1/2c Mandarin Oranges | Tuesday, August 13th  1c Red Chile Beef Enchiladas  (2 corn tortilla, 2oz Beef, 1oz cheese, 2 oz RC sauce)  1/2c Pinto Beans  1c Capri Blend Vegetables  1/2c Orange Sherbert | Wednesday, August 14th  Orange Chicken  (3oz Chicken, 1oz Sauce)  3/4c Brown Rice  1c Stir Fry Vegetables  1 Fortune Cookie  1/2c Pineapple | Thursday, August 15th  Taco Salad (3oz LS seasoned meat, 1oz tortilla chips, 1/2c romaine lettuce, 1/2c tomatoes, 2 TBSP salsa)  1/2c Roasted Zucchini  1/2c Strawberries  1 slice SF Angel Food Cake | Friday, August 16th  3oz Fried Catfish  1 TBSP Tartar Sauce  1c Summer Slaw  1/2c NAS Stewed Tomatoes  Wheat Roll  1c Chopped Cantaloupe |
| Monday, August 19th  Soft Chicken Taco  (1 6in Flour Tortilla, 3oz Chicken, 1/2c Lettuce and tomato, 2 TBSP Salsa)  1/2c Black Beans  1/2c Calabacitas  1/2c Apricots | Tuesday, August 20th  Open Face Roast Beef Sandwich  (3 oz Roast Beef,2oz LS Gravy, Wheat Bread)  1/2c LS herbed Roasted Potatoes  1/2c LS Three Bean salad  1/3c SF Gelatin w/ 1/2c Banana | Wednesday, August 21st  Classic Chicken Salad (1/2c chicken salad (3oz Chicken), 2 slices wheat bread, 1/2c lettuce)  1c Mediterranean Vegetables  1oz Multigrain chips  1/2c Pineapple | Thursday, August 22nd  All American Cheese Burger  (1 bun, 3oz patty,1/2c lettuce, 2 slices tomato, 1 slice onion, .5oz American cheese)  1/2c Sweet Potato Fries  1/2c LS LF Broccoli Salad  1c chopped watermelon | Friday, August 23rd  1c Chili w/ beans  (3oz Beef, 1/2c Pinto beans)  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1oz Cornbread  1c Fruit Salad |
| Monday, August 26th  Grilled Ham and Cheese  (2 slices wheat bread, 1oz LS Ham, 1oz Swiss Cheese)  3/4c LS Tomato Soup  1/2c Carrot Raisin Salad  1/2c Mixed Fruit  1/2c Light Vanilla nonfat yogurt | Tuesday, August 27th  Chef Salad w/ Turkey & HB Egg  (1c romaine lettuce, 1/4c cucumbers, 1/4c tomatoes, 1/8c red cabbage, 1oz turkey,1 HB Egg,1  2 TBSP light ranch Dressing)  6 LS WW Crackers  Orange  1 Chocolate Chip Cookie | Wednesday, August 28th  3oz Meatloaf  2oz LS Gravy  1/2c Egg Noodles  1c Vegetable Medley  3/4c Tossed Salad w/ 1 TBSP Light Italian Dressing  WW Roll w/ 1 tsp. unsalted butter  1c Frozen Tropical Fruit | Thursday, August 29th  Chicken Fried Rice  (3oz diced chicken, 1/2c Brown Rice, 1/4c Peas and Carrots  1-Spring Roll  1c broccoli and red pepper  1/2c Fruit Cocktail | Friday, August 30th  3oz Chicken Fried Steak  1/2c Mashed Potatoes w/ 2 oz LS gravy  1/2c Green Beans w/ 1 tsp unsalted butter  Wheat Roll w/ 1 tsp unsalted butter  1/2c Warm Apple Slices |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 702.4 | 711.2 | 815.3 | 761.5 | 703.5 |
| % Carbohydrates from Calories | 45-55% | 47.7 | 46.8 | 48.2 | 47.2 | 52.0 |
| % Protein from Calories | 15-25% | 22.5 | 21.6 | 20.6 | 22.6 | 19.7 |
| % Fat from Calories | 25-35% | 29.8 | 31.6 | 31.2 | 30.2 | 28.3 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.9 | 7.6 | 7.6 |
| Fiber | 10 or more | 14.0 | 10.1 | 10.0 | 12.5 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.2 | 2.7 | 2.8 | 2.0 |
| Vitamin A | 300ug RAE or more | 602.4 | 547.5 | 321.1 | 506.2 | 437.2 |
| Vitamin C | 30mg or more | 93.8 | 82.5 | 67.1 | 40.7 | 65.3 |
| Iron | 2.6mg or more | 4.3 | 4.8 | 4.6 | 6.2 | 4.2 |
| Calcium | 400mg or more | 455.4 | 463.5 | 497.7 | 471.1 | 527.6 |
| Sodium | less than 766mg | 704.5 | 701.1 | 728.3 | 764.6 | 745.7 |

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 7/1/2024