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|  |  |  | Thursday, August 1stFrito 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 Strips1oz LS Country Gravy1/2c Succotash1/2c Carrot CoinsWW Roll w/ 1 tsp unsalted butter Banana  |
| Monday, August 5thGreen 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 Rice1.5c Tossed Salad w/ 2 TBSP light Italian Dressing1c 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 Dressing4 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 Steak1/2c LS Mashed Potatoes w/ 2oz LS Gravy1/2c Green Beans1.5c Garden Salad w/ 2 TBSP light ranch DressingWW RollMedium Apple  |
| Monday, August 12th BBQ Pulled Pork on a Bun(3oz Pork, 1oz BBQ Sauce, 1 WW Bun)1/2c LS Potato Salad3/4c 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 Vegetables1/2c Orange Sherbert  | Wednesday, August 14th Orange Chicken(3oz Chicken, 1oz Sauce)3/4c Brown Rice1c 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 Sauce1c Summer Slaw1/2c NAS Stewed TomatoesWheat Roll1c 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 Beans1/2c 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 Potatoes1/2c LS Three Bean salad1/3c 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 Vegetables1oz Multigrain chips1/2c 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 Fries1/2c 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 Dressing1oz 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 Soup1/2c Carrot Raisin Salad1/2c 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 Gravy1/2c Egg Noodles1c 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 Carrots1-Spring Roll1c broccoli and red pepper1/2c Fruit Cocktail  | Friday, August 30th 3oz Chicken Fried Steak1/2c Mashed Potatoes w/ 2 oz LS gravy1/2c 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