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|  |  |  |  | **FRIDAY 1,**  **Macaroni & Cheese w/Diced Ham**  **(1 oz. Low Sodium Ham,**  **1 oz. Cheese, 8 oz. Macaroni)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1c Green Bean**  **1/2c Low Fat Pudding** |
| **MONDAY 4,**  **Labor Day**  **Senior Center Closed** | **TUESDAY 5,**  **3 oz. Frank Hot Dog w/**  **1 Bun**  **1/2c Spinach**  **1/2c Pork & Beans**  **1/2c Pears** | **WEDNESDAY 6,**  **Green Chili Stew**  **(3 oz. Pork, 1 oz. Green Chile,**  **2 oz. Potato, 2 oz. Carrots)**  **1 Flour Tortilla**  **1/2c Hominy**  **1-piece Apple Crispy** | **THURSDAY 7,**  **3 oz. Chicken Tender w/**  **1oz. BBQ Sauce**  **1/2c Pasta Salad**  **1/2c Cauliflower**  **1 sl. Cornbread w/**  **1 tsp. Margarine**  **1/2c Ambrosia Fruit Salad** | **FRIDAY 8,**  **4 oz. BBQ Ribs**  **1/2c Baked Beans**  **1/2c Corn on the Cob**  **1 sl. Cornbread**  **1c Watermelon** |
| **MONDAY 11,**  **Beef-a-Roni**  **(3 oz. Beef, 4 oz. Noodles,**  **1 oz. Sauce)**  **1/2c Spinach**  **1/2c Italian Blend**  **1 WW Roll w/ 1 tsp. Margarine**  **1 Orange** | **TUESDAY 12,**  **Lamb Stew**  **(3 oz. Lamb, 1 oz. Sauce,**  **2 oz. Potato, 2 oz. Carrots)**  **1/2c Corn on Cob**  **1 Fry Bread**  **1/2c Peaches w/Cottage Cheese** | **WEDNESDAY 13,**  **4 oz. Pork Roast**  **1/2c Mashed Potato w/**  **2T Low Sodium Gravy**  **1/2c Green Bean w/Mushroom**  **1 WW Roll w/ 1 tsp. Margarine**  **1 Fresh Apple** | **THURSDAY 14,**  **Chili Bean w/Meat**  **(2 oz. Red Chile, 3 oz. Ground Beef, 3 oz. Beans)**  **1/2c Tossed Salad w/**  **2T Low Sodium Dressing**  **1 sl. Corn Bread**  **1/2c Tropical Fruit** | **FRIDAY 15,**  **4 oz. BBQ Baked Chicken**  **1c Rice Pilaf**  **1/2c Broccoli**  **1 Texas Toast w/**  **1 tsp. Margarine**  **1/2c Low Fat Vanilla Pudding** |
| **MONDAY 18,**  **4 oz. Chopped Steak w/**  **1 oz. Onions**  **1/2c Brown Rice**  **1/2c Country Blend**  **1 WW Roll w/**  **1 tsp. Margarine**  **1/2c Plums** | **TUESDAY 19,**  **4 oz. Pork Carne Adovada**  **1/2c Squash/Zucchini**  **1 Flour Tortilla**  **1 each Churros** | **WEDNESDAY 20,**  **4 oz. Baked Cajun Fish**  **1 each Hush Puppies**  **1/2c Butter Corn**  **1/2c Low Fat Lemon Pudding** | **THURSDAY 21,**  **3 oz. Corn Beef w/**  **1/2c Cabbage**  **1/2c California Blend**  **1 each Garlic Knot Bread**  **1/2c Apricots** | **FRIDAY 22,**  **Chili Rellenos**  **w/1 oz. Green Chili Sauce**  **(2 oz. Green Chile, 1 oz. Cheese,**  **1 oz. Breading)**  **1 Tortilla**  **1c Pinto Beans**  **1/2c Spanish Rice**  **1/2c Grapes** |
| **MONDAY 25,**  **Chicken Patty Sandwich**  **(3 oz. Chicken, 2 oz. Lettuce,**  **2 oz. Tomato, 1 Bun)**  **1/2c Potato Wedges**  **1/2c Carrots**  **3/4c Cantaloupe** | **TUESDAY 26,**  **Frito Pie**  **(3 oz. Beef, 1 oz. Red Chile,**  **1 oz. Cheese, 3 oz. Beans,**  **1 oz. Fritos)**  **1/2c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Mixed Vegetables**  **1/2c Pears** | **WEDNESDAY 27,**  **4 oz. Beef Tips w/ 1/2c Rice**  **1/2c Peas & Carrots**  **1 WW Roll w/ 1 tsp. Margarine**  **1 sl. Banana Bread** | **THURSDAY 28,**  **Pepperoni Pizza**  **(2 oz. Pepperoni, 1 oz. Cheese, 1 oz. Crust, 1 oz. Sauce)**  **1/2c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Cauliflower**  **1/2c Low Fat Chocolate Pudding** | **FRIDAY 29,**  **Chicken Taco**  **(3 oz. Chicken, 1 oz. Cheese,**  **2 Corn Tortillas)**  **1/2c Lettuce, Tomato**  **1/2c Spanish Rice**  **1/2c Mexican Salad**  **1 Sl. White Cake w/ Frosting** |

***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:**  **1** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 | 850 | 703 | 737 | 733 | 717 |
| % Carbohydrates from Calories | 45-55% | 55.1% | 51.3% | 49.4% | 46.9% | 50.1% |
| % Protein from Calories | 15-25% | 18.5% | 20.7% | 22.2% | 22.5% | 20.4% |
| % Fat from Calories | 25-35% | 26.4% | 28% | 28.3% | 30.6% | 29.5% |
| Saturated Fat | less than 8g | 7.3g | 6.5g | 6.6g | 7.8g | 7.1g |
| Fiber | 5-7g | 14.8g | 11g | 11.2g | 9.3g | 8.4g |
| Vitamin B-12 | .8ug | 1.6ug | 2ug | 3.2ug | 2.5g | 2.1ug |
| Vitamin A | 300ug RAE | 851ug | 541ug | 542ug | 309g | 668ug |
| Vitamin C | 30mg | 73mg | 46.2mg | 65mg | 76mg | 41.6mg |
| Iron | 2.6mg | 5.9mg | 5.8mg | 6mg | 5.2mg | 4.7mg |
| Calcium | 400mg | 782mg | 493mg | 496mg | 545mg | 495mg |
| Sodium | less than 1000mg | 956mg | 990mg | 889mg | 892mg | 939mg |

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.

Jennifer Pas, RD, LD