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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