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| --- | --- | --- | --- | --- |
| **8 oz. 2% Milk**  **Served with All Meals** |  |  |  | **FRIDAY SEPT. 1,**  **4 oz. Sweet-Sour Pork**  **1c White Rice**  **1c Mixed Vegetables**  **1 Wheat Dinner Roll w/**  **1 tsp. Margarine**  **1 sl. Chocolate Cake w/ Strawberries** |
| **MONDAY 4,**  **Closed LABOR DAY** | **TUESDAY 5,**  **Beef Enchiladas**  **(3 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)**  **1/2c Spinach Salad**  **1/2c Pinto Beans**  **1 Flour Tortilla**  **1/2c Strawberries & Peaches** | **WEDNESDAY 6,**  **Chicken Pot Pie**  **(3 oz. Chicken, 1 oz. Sauce,**  **1 oz. Crust, 3 oz. Veggies)**  **1/2c Garden Salad w/**  **2T Low Fat Dressing**  **1/2c Fruit Salad** | **THURSDAY 7,**  **3 oz. Steak Patties W/**  **2 oz. Mushroom Sauce**  **1/2c Wild Rice**  **1/2c Creamy Coleslaw**  **1 sl. Wheat Bread w/**  **1 tsp. Margarine**  **1/2c Low Fat Chocolate Pudding** | **FRIDAY 8,**  **3 oz. Pepper Pork Chops**  **1/2c Green Beans**  **1/2c Macaroni Salad**  **1 piece Peach Cobbler** |
| **MONDAY 11,**  **3 oz. Baked Chicken**  **1/2c Parmesan Potatoes**  **1/2c Spinach w/**  **1 tsp. Margarine**  **1 sl. Garlic Bread**  **1/2c Low Fat Chocolate Pudding** | **TUESDAY 12,**  **Hamburger/Macaroni**  **(3 oz. Beef, 4 oz. Macaroni,**  **1 oz. Sauce)**  **1/2c Green Beans**  **1/2c Apricots**  **1 Sugar Cookie** | **WEDNESDAY 13,**  **4 oz. Tuna Salad**  **W/6 each Crackers**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Strawberries & Bananas** | **THURSDAY 14,**  **3 oz. Chicken Fried Steak**  **1c Mashed Potatoes w/**  **1 oz. Low Sodium Gravy**  **1/2c Buttered Peas**  **1 Yeast Roll w/**  **1 tsp. Margarine**  **1 sl. White Cake** | **FRIDAY 15,**  **4 oz. BBQ Chicken**  **1 med. Baked Potatoes**  **1/2c Mustard Greens w/**  **1 tsp. Margarine**  **1 Dinner Roll w/**  **1 tsp. Margarine** |
| **MONDAY 18,**  **3 oz. Beef Steak Patties**  **1 med. Baked Potato**  **1/2c Green Beans**  **1/2c Pears** | **TUESDAY 19,**  **3 oz. Pork Chops**  **1/2c Mixed Vegetables**  **1/2c Rice Pilaf**  **1 Yeast Roll w/**  **1 tsp. Margarine**  **1/2c Fruit Cocktail** | **WEDNESDAY 20,**  **Frito Pie**  **(3 oz. Beef, 1 oz. Cheese,**  **1 oz. Red Chili, 1 oz. Fritos)**  **1/2c Garden Salad w/**  **2T Low Fat Dressing**  **1/2c Pinto Beans**  **1/2c Low Fat Vanilla Pudding** | **THURSDAY 21,**  **3 oz. Pork Roast**  **1/2c Mashed Potatoes**  **1/2c Broccoli**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Pears** | **FRIDAY 22,**  **4 oz. Spaghetti &**  **4 oz. Meat Sauce**  **1/2c Garden Salad w/**  **2T Low Fat Dressing**  **1/2c Red Pepper Corn**  **1 sl. Garlic Bread**  **1 piece Apple Crisp** |
| **MONDAY 25,**  **4 oz. Honey Dijon Chicken**  **1/2c Potato Wedges**  **1/2c Asparagus**  **1/2c Sweet Rice**  **1 PB-N-J Cookie** | **TUESDAY 26,**  **4 oz. Beef Meatloaf**  **1/2c Corn**  **1/2c Garlic Mashed Potatoes**  **1 Yeast Roll w/**  **1 tsp. Margarine**  **1/2c Fruit Cocktail** | **WEDNESDAY 27,**  **Breaded Chicken Sandwich**  **(4 oz. Chicken, 1 Bun)**  **1/2c Oven Fried Potatoes**  **1/2c Lettuce / Tomato / Onion / Pickles**  **1 Brownie** | **THURSDAY 28,**  **Hamburgers**  **(3 oz. Beef, 1 Bun)**  **1/2c Lettuce / Tomato / Onion / Pickles**  **1c Pasta Salad**  **1/c Green Beans**  **1 Peanut Butter Cookie** | **FRIDAY 29,**  **4 oz. Fish Sticks**  **1/2c Potato Wedges**  **1/2c Cucumber w/ Sour Cream**  **1c Jell-O w/ Pineapple** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | 772 | 765 | 702 | 706 | 723 |
| % Carbohydrates from Calories | 45-55% | 49.7% | 51.5% | 47.8% | 46.6% | 50.9% |
| % Protein from Calories | 15-25% | 20.9% | 23.3% | 22.3% | 22.6% | 21.1% |
| % Fat from Calories | 25-35% | 29.4% | 25.2% | 29.9% | 30.9% | 28% |
| Saturated Fat | less than 8g | 7.3g | 7g | 6.7g | 7.1g | 6g |
| Fiber | 5-7g | 13.3g | 11.8g | 7.9g | 10.4g | 6.7g |
| Vitamin B-12 | .8ug | 1.7ug | 2.5ug | 2.6ug | 2.8ug | 2.5ug |
| Vitamin A | 300ug RAE | 574ug | 526ug | 552ug | 379ug | 349ug |
| Vitamin C | 30mg | 69.8mg | 55.9mg | 33.6mg | 33mg | 34.1mg |
| Iron | 2.6mg | 5.1mg | 6.6mg | 5.6mg | 4.9mg | 5.5mg |
| Calcium | 400mg | 403mg | 545mg | 468mg | 434mg | 414mg |
| Sodium | less than 1000mg | 475mg | 695mg | 841mg | 772mg | 769mg |

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