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| --- | --- | --- | --- | --- |
| **8 oz. 1% Low Fat Milk**  **Served With All Meals** |  |  | **August 1, Thursday**  **3 oz. Pork Chop**  **1/2c Mashed Potato w/**  **1 oz. Low Sodium Gravy**  **1c Green Beans**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Peaches in Cobbler** | **August 2, Friday**  **Beef Stroganoff**  **(3 oz. Beef, 1 oz. Sauce, 1/2c Pasta)**  **1/2c Broccoli**  **1/2c Cauliflower**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Pears** |
| **August 5, Monday**  **3 oz. Chicken Strips w/ 1 oz. Gravy**  **1c Peas & Carrots**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Peaches** | **August 6, Tuesday**  **Green Chili Cheeseburger**  **(3 oz. Beef, 1 oz. Green Chile,**  **1 oz. Cheese, 1 Bun)**  **1c Mixed Veggies**  **1/2c Baked Beans**  **1/2c Low Fat Ice Cream** | **August 7, Wednesday**  **3 oz. Salisbury Steak**  **1/2c Mashed Potatoes w/ 1 oz. Gravy**  **1/2c Cauliflower**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Grapes** | **August 8, Thursday**  **3 oz. Fish**  **1T Tartar Sauce**  **1/2c Broccoli**  **1/2c Cauliflower**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Bananas in Pudding** | **August 9, Friday**  **1c Spaghetti w/ 4 oz. Meat Sauce**  **1 Garlic Stick**  **1c Salad w/ 2T Low Fat Dressing**  **2 Oatmeal Cookie** |
| **August 12, Monday**  **Frito Pie**  **(3 oz. Beef, 1 oz. Cheese, 1oz. Red Chie, 1 oz. Fritos)**  **1/2c Corn**  **1/2c Green Beans**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Grapes** | **August 13, Tuesday**  **Chicken, Cranberry, Pecan Salad**  **(3 oz. Chicken, 1 oz. Cranberry, 1 oz. Pecan, 1c Lettuce & Tomato)**  **1/2c Macaroni Salad**  **1 Bread Stick w/ 1 tsp. Margarine**  **1 Banana** | **August 14, Wednesday**  **Sloppy Joes**  **(3 oz. Beef, 1 oz. Sauce , 1 Bun)**  **1/2c Potato Wedges**  **1/2c Mixed Veggies**  **1 Peanut Butter Cookie** | **August 15, Thursday**  **3 oz. Chicken Fried Steak w/**  **1 oz. Low Sodium Gravy**  **1/2c Sweet potatoes**  **1/2c Corn**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Apple Slices** | **August 16, Friday**  **3 oz. Lemon Pepper Chicken**  **1/2c Corn**  **1/2c Green Beans**  **1 sl. Bread w/ 1 tsp. Margarine**  **1/2c Pineapple** |
| **August 19, Monday**  **Tacos**  **(3 oz. Beef, 1 oz. Cheese,**  **2 Corn Tortillas)**  **1/2c Baked Beans**  **1c Salad w/ 2T Low Fat Dressing**  **1/2c Low Fat Chocolate Pudding** | **August 20, Tuesday**  **3 oz. Country Fried Steak**  **1/2c Mashed Potatoes w/**  **1 oz. Gravy**  **1/2c Corn**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Apples in Crisp** | **August 21, Wednesday**  **4 oz. Meatloaf**  **1/2c Mixed Veggies**  **1/2c Coleslaw**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Fruit Cocktail** | **August 22, Thursday**  **3 oz. Chicken Alfaro**  **1/2c Rice**  **1c Cauliflower & Carrots**  **1 Roll w/ 1 tsp. Margarine**  **1 sl. Cake** | **August 23, Friday**  **Smothered Burrito**  **(3 oz. Beef, 1 oz. Cheese,**  **1 oz. Red Chile, 1 Tortilla)**  **1/2c Pinto Beans**  **1/2c Chuck wagon Corn**  **1/2c Peaches in Crisp** |
| **August 26, Monday**  **3 med. Eggs**  **1 oz. Sausage**  **1c Potatoes & Onions**  **1 Biscuit & 1 oz. Gravy**  **1c Wheat Cereal**  **1 Banana** | **August 27, Tuesday**  **Nacho Supreme**  **(3 oz. Beef, 1oz. Cheese, 1/2c Lettuce & Tomato, 1 oz. Tortilla Chips)**  **1/2c Pinto Beans**  **1/2c Peas**  **1/2c Tapioca Pudding** | **August 28, Wednesday**  **4oz. Sweet & Sour Pork**  **1c Rice**  **1c Potato Salad w/ Veggies**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Low Fat Ice Cream** | **August 29, Thursday**  **3 oz. BBQ Chicken**  **1/2c Mashed Potatoes & 1 oz. Gravy**  **1/2c Corn**  **1 Roll w/ 1 tsp. Margarine**  **1 Orange** | **August 30, Friday**  **3 oz. Fish**  **1T Tartar Sauce**  **1 Lemon Wedge**  **1/2c Green Beans**  **1c Salad w/ 2T Low Fat Dressing**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Applesauce** |

***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 | 817 | 707 | 702 | 727 | 736 |
| % Carbohydrates from Calories | 45-55% | 50.5% | 48% | 46.4% | 48.3% | 51.5% |
| % Protein from Calories | 15-25% | 21.8% | 25.4% | 24.3% | 24.6% | 22.9% |
| % Fat from Calories | 25-35% | 27.7% | 26.6% | 29.3% | 27.1% | 25.7% |
| Saturated Fat | less than 8g | 7.5g | 6.8g | 6.7g | 7.6g | 7g |
| Fiber | 10g or more | 13.9g | 12.3g | 10.9g | 10.9g | 11.1g |
| Vitamin B-12 | .8ug or more | 2.7ug | 2.9ug | 2.5ug | 3ug | 2.3ug |
| Vitamin A | 300ug RAE or more | 301.1ug | 575.1mg | 600.4ug | 541.4ug | 497.7ug |
| Vitamin C | 30mg or more | 53.5mg | 58.4mg | 33.2mg | 31.5mg | 41.5mg |
| Iron | 2.6mg or more | 6.3mg | 6mg | 5.2mg | 6mg | 4.8mg |
| Calcium | 400mg or more | 484.3mg | 484.8mg | 462.6mg | 532.4mg | 525.7mg |
| Sodium | less than 766mg | 493mg | 541.4mg | 492.8mg | 549.5mg | 551.6mg |

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