|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **AUG 28,****3 oz. Baked Chicken****1/2c Wild Rice w/ 1 tsp. Margarine****1/2c Carrot Raisin Salad****1 Biscuit w/ 1 tsp. Margarine****1/2c Pineapple & Oranges** | **AUG 29,****Beef Tacos****(3 oz. Beef, 2 Corn Tortillas,** **1 oz. Cheese)****1/2c Lettuce & Tomato****1/2c Spanish Rice****1/2c Pinto Beans****1 Orange** | **AUG 30,****3 oz. Chicken & 1 oz. Gravy****1/2c Parsley Potatoes****1/2c Spinach****1/2c Carrot Coins****1 Biscuit w/ 1 tsp. Margarine****1/2c c Fruited Jell-O** | **AUG 31,****Chile Relleano****(2 oz. Green Chile, 2 oz. Cheese,** **1 oz. Breading)****1/2c Garden Salad w/** **2T Low Fat Dressing****1/2c Pinto Beans****1 Flour tortilla****1/2c pineapple**  | **FRIDAY 1,****Pig In A Blanket****(1 Frank, 1 Biscuit)****1/2c Spinach Salad w/** **2T Low Fat Dressing****1/2c Corn Salsa****1/2c Fruit Cocktail w/ 1T Topping****1/2c Low Fat Vanilla Ice Cream** |
| **MONDAY 4,****LABOR DAY****CLOSED** | **TUESDAY 5,****Tamales****(3 oz. Pork, 1 oz. Red Chile,** **1 oz. Masa)****1/2c Garden Salad w/** **2T Low Fat Dressing****1/2c Pinto Beans****1 Flour Tortilla****1 med Orange** | **Wednesday 6,****3 oz. Oven Fried Chicken****1/2c Mashed Potatoes w/****1 oz. Low Sodium Gravy****1/2c Spinach****1 Dinner Roll w/ 1 tsp. Margarine****1/2c Banana Pudding** **w/ Vanilla Wafer** | **THURSDAY 7,****Fidelos Con Carne****(3 oz. Beef, 4 oz. Fidelos,****1 oz. Sauce)****1/2c Garden Salad w/****2T Low Fat Dressing****1/2c Mixed Vegetables****1 Flour Tortilla w/ 1 tsp. Margarine****1/2c Fresh Fruit Mix** | **FRIDAY 8,****Chile Beans w/ Cheese****(4 oz. Beans, 1 oz. Red Chile,** **1 oz. Cheese)****1/2c Garden Salad w/** **2T Low Fat Dressing****1 sl. Cornbread w/** **1 tsp. Margarine****1/2c Ice Cream w/ Strawberries** |
| **MONDAY 11,****4 oz. Chicken Adovado****1/2c Pinto Beans****1/2c Spinach****1 Flour Tortilla****1/2c Rice Pudding** | **TUESDAY 12,****1 sl. Pizza****(2 oz. Meat, 1 oz. Cheese,** **2 oz. Veggies)****1/2c Italian Blend Vegetables****1c Garden Salad w/** **2T Low Fat Dressing****1 Med Orange** | **WEDNESDAY 13,****4 oz. Meatloaf****1/2c Scalloped Potatoes****1/2c Carrots & Peas****1 WW Roll w/ 1 tsp. Margarine****1/2c Vanilla Pudding w/ Strawberries** | **THURSDAY 14,****Chicken Fajita****(3 oz. Chicken, 2 oz. Peppers & Onions, 1 Tortilla)****1/2c Mixed Squash w/** **1 tsp. Margarine****1/2c Fruit Cocktail****1/2c Cinnamon Raisin Bread Pudding** | **FRIDAY 15,****Grilled Cheese Sandwich****(2 oz. Cheese, 2 sl. Bread)****1c Low Sodium Ham &** **Bean Soup****1c Garden Salad w/** **2T Low Fat Dressing****1/2c Strawberries w/ 1T Topping** |
| **MONDAY 18,****Green Chile Chicken Enchiladas****(3 oz. Chicken, 1 oz. Cheese, 1 oz. Green Chile, 2 Corn Tortillas)****1/2c Chunky Salsa****1/2c Spanish Rice****1/2c Pinto Beans****1/2c Strawberries & Ice Cream** | **TUESDAY 19,****Tater Tot Casserole****(3 oz. Ground Beef, 1 oz. Sauce,** **4 oz. Potato)****1/2c California Vegetables****1/2c Beets****1 sl. Bread w/ 1 tsp. Margarine****1/2c Grapes** **1 Sugar Cookie** | **WEDNESDAY 20,****Green Chile Stew****(3 oz. Beef, 1 oz. Green Chile,** **2 oz. Potatoes, 2 oz. Carrots)****1/2c Mexicorn****1/2c Tossed Salad w/** **2T Low Fat Dressing****1/2c Warm Cinnamon Apples** | **THURSDAY 21,****4 oz. Chicken Chow Mein****1/2c Brown Rice****1/2c Peas & Carrots****1 WW Roll w/ 1 tsp. Margarine****1 Almond Cookie****1/2c Tropical Fruit** | **FRIDAY 22,****Egg Salad Sandwich****(4 oz. Egg Salad, 2 sl. Bread)****1/2c Potato Wedges****1/2c Steamed Broccoli****1 med Orange****1/2c Vanilla Ice Cream** |
| **MONDAY 25,****Bean Burrito****(4 oz. Beans, 1 oz. Cheese,** **1 Tortilla)****1/2c Spanish Rice****1/2c Tossed Salad w/** **2T Low Fat Dressing****1 Peanut Butter Cookie****1/2c Apricots w/ 1T Topping** | **TUESDAY 26,****Chicken Noodle Soup****(3 oz. Chicken, 4 oz. Noodles,** **1 oz. Broth)****1/2c Mixed Vegetables****1 Biscuit w/ 1 tsp. Margarine****1/2c Pineapple Orange Mix** | **Wednesday 27,****Beef Tacos****(3 oz. Beef, 1 oz. Cheese,** **2 Corn Tortillas)****1/2c Chunky Salsa****1/2c Spanish Rice****1/2c Pinto Beans****3/4c Honey Dew Melon** | **THURSDAY 28,****2 oz. Low Sodium Baked Ham****1/2c Sweet Potatoes****1/2c Green Beans w/ Onion & Tomatoes****1 sl. Cornbread w/** **1 tsp. Margarine****1/2c Fresh Fruit Mix** | **FRIDAY 29,****Green Chile Cheese Burger****(3 oz. Beef, 1 oz. Cheese, 1 oz. Green Chile, 1 Bun)****1/2c Lettuce, Tomato, Onion & Pickle****1/2c Macaroni Salad****1/2c Oven Fries****1/2cPeas & Carrots****1/2c Orange Sherbet** |
|  |  |  |  |  |

 **All meals Served with 8 oz. 1% Milk**

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 | 708 | 711 | 704 | 757 | 714 |
| % Carbohydrates from Calories | 45-55% | 53.1% | 50% | 47.2% | 53% | 51.5% |
| % Protein from Calories | 15-25% | 20.5% | 22.7% | 25.2% | 21.5% | 22.1% |
| % Fat from Calories | 25-35% | 26.4% | 27.2% | 27.5% | 25.5% | 26.4% |
| Saturated Fat | less than 8g | 6.7g | 6.7g | 8g | 6.5g | 7.4g |
| Fiber | 5-7g | 10.8g | 11.4g | 11.7g | 12.8g | 11.2g |
| Vitamin B-12 | .8ug | 1.8ug | 2ug | 2.5ug | 2.2ug | 2.3ug |
| Vitamin A | 300ug RAE | 718ug | 598ug | 829ug | 582ug | 465ug |
| Vitamin C | 30mg | 76mg | 81.1mg | 58mg | 126mg | 71mg |
| Iron | 2.6mg | 6.2ug | 5.9mg | 7.1mg | 5.4mg | 5.8mg |
| Calcium | 400mg | 561mg | 588mg | 654mg | 520mg | 530mg |
| Sodium | less than 1000mg | 782mg | 982mg | 986mg | 794mg | 957mg |

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