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| **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