



VALENCIA COUNTY AUGUST 2016

MONDAY 1, 2016 Chile Cheese Dog Peppers/Onions Tater Tots Cole Slaw Apple	TUESDAY 2, 2016 Fish Sandwich w/Tartar Sauce Cole Slaw Potato Salad Grapes	Wednesday 3, 2016 Asian Chicken Rice Oriental Vegetables Crackers Pumpkin Muffin	THURSDAY 4, 2016 Meatloaf Mashed Potatoes w/ Gravy Broccoli Whole Wheat Roll Orange	FRIDAY 5, 2016 Grilled Cheese Sandwich Vegetable Soup Ruffles Chips Crackers Pear
MONDAY 8, 2016 Beef Stew Three Bean Salad Crackers Watermelon	TUESDAY 9, 2016 Lasagna Tossed Salad w/ Dressing French Bread w/ Butter Apple Crisp	Wednesday 10, 2016 Pork Carnitas w/Red Chile Tomato/Onion Salad Squash Refried Beans Orange	THURSDAY 11, 2016 Green Chile Chicken Enchiladas Lettuce\Tomato Spinach Refried Beans Grapes	FRIDAY 12, 2016 Cold Turkey Sandwich w/ Mayo, Lettuce/Tomato) Fries Tossed Salad w/ Dressing Banana
MONDAY 15, 2016 Sloppy Joes Parsley Potatoes California Blend Vegetables Pickles & Onions Pear	TUESDAY 16, 2016 Baked Ham W/Pineapple Glaze Green Beans Sweet Potato Whole Wheat Roll w/ Margarine Jell-O	Wednesday 17, 2016 Green Chile Cheese Burger Lettuce, Tomato & Onion Fries Watermelon	THURSDAY 18, 2016 Chicken Alfredo Tossed Salad w/ Dressing Wheat Roll & Butter Banana	FRIDAY 19, 2016 Ham & Cheese Sandwich Lettuce/Tomato Wheat Bread Corn Chips 1/2c Peas & Carrot 1 Apple
MONDAY 22, 2016 Beef & Bean Tostadas Cheese/ Lettuce/Tomato/Salsa & Sour Cream Zucchini Salad Grapes	TUESDAY 23, 2016 Beef Tips w/Brown Gravy Rice Asparagus Pumpkin Muffin	Wednesday 24, 2016 Tamale w/ Red Chile Lettuce /Tomato Spanish Rice Spinach Pear	THURSDAY 25, 2016 Salisbury Steak w/ Mushrooms Brown Gravy w/ Mashed Potatoes California Vegetables Bread Orange	FRIDAY 26, 2016 Chicken Salad Sandwich Lettuce & Tomato V-8 Juice Tatar Tots Chocolate Ice Cream
MONDAY 29, 2016 Baked Chicken Parsley Scallop Potato Brussel Sprouts Wheat Roll & Butter Blue Berry Crisp	TUESDAY 30, 2016 Veggie Pizza Rotini Pasta w/Marinara Sauce Spinach w/ Mozzarella Orange	Wednesday 31, 2016 Ground Beef Steak W/Onion & Gravy Mashed Potatoes Carrot Raisin Salad Roll & Butter Banana		8 oz. 1% Milk Served With All Meals



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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: 5	Days in Week: 5	Days in Week: 5	Days in Week: 3
Calories	700	728	711	710	700	760
% Carbohydrates from Calories	45-55%	51.7%	47.6%	49.3%	47%	51.1%
% Protein from Calories	15-25%	19.5%	25%	22.8%	24.3%	19.9%
% Fat from Calories	25-35%	28.7%	27.4%	27.9%	28.7%	29%
Saturated Fat	less than 8g	7.6g	7.6g	7.7g	8g	7.2g
Fiber	5-7g	9.9g	11g	9.9g	10g	10g
Vitamin B-12	.8ug	2.2ug	2.4ug	2.3ug	2.7ug	2.1ug
Vitamin A	300ug RAE	323ug	558ug	509ug	530ug	597ug
Vitamin C	30mg	47mg	56mg	42mg	51mg	66mg
Iron	2.6mg	4.5mg	6.1mg	5.3mg	6.3mg	5.6mg
Calcium	400mg	508mg	574mg	525mg	524mg	582mg
Sodium	less than 1000mg	921mg	611mg	959mg	763mg	860mg

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