

# Senior Centers Menu

Location: PAYETTE

Month: SEPTEMBER

Year: 2020

	Monday	Tuesday	WEDNESDAY	Thursday	FRIDAY
<p>IXED VEGETABLES VARIETY &amp; Sausage Nutrition Guidelines (Provides 1/3 RDA per meal &amp; follows the 2015 DGA) The below lists the minimum to meet the Nutritional Guidelines.</p> <p>P: Protein/Meat 2 oz edible portion (Meat, poultry, egg, seafood, nuts, seeds, soy)</p> <p>V/F: Vegetable/Fruit 2 servings per meal ½ c cooked, canned, juice 1 c leafy greens, raw High Vitamin C daily High Vitamin A 2-3/wk.</p> <p>G: Grain/Bread 2 servings per meal ½ cup (pasta, rice etc.) 1 oz (breads) 50% to be whole grain/week</p> <p>D: Dairy 1 cup milk, yogurt or 1.5 oz natural cheese 2 oz processed cheese</p> <p>Dessert (optional)</p> <p>Example Only P: 3 oz Beef (Stir fry)</p>		<b>SEPT. 1 BEEF STEW</b>	<b>SEPT. 2 MEAT LOAF</b>	<b>SEPT. 3 CHICKEN PASTA CASSEROLE</b>	<b>SEPT. 4 HOT DOGS</b>
	P: 4OZ V/F: 4OZ. V/F: 4 OZ G: 4 OZ G: 4 OZ VARIETY BREADBASKET D: 8 OZ WHOLE MILK	P: 4 OZ BEEF V/F: 4OZ POTATOES V/F: 4 OZ CARROTS & ONIONS G: 4 OZ BISCUIT G: 4 OZ D: 8 OZ WHOLE MILK	P: 4 OZ HAMBURGER V/F: 4 OZ RED POTATOES V/F: 4 OZ CORN G: 4 OZ VARIETY BREADBASKET G: 4OZ D: 8 OZ WHOLE MILK	P: 4 OZ CHICKEN V/F: 4 OZ CARROTS & ONIONS V/F: 4 OZ MIXED VEGETABLES G: 4 OZ PASTA G: 4 OZ. VARIETY BREADBASKET D: 8 oz WHOLE MILK	P: 4 OZ. HOT DOG V/F: 4 OZ CARROT STICKS V/F: 4 OZ CELERY STICKS G: 4 OZ BAKED BEANS G: 4 OZ HOT DOG BUN D: 8 oz WHOLE MILK
	<b>SEPT. 7 LABOR DAY CLOSED</b>	<b>SEPT. 8 GHOULASH</b>	<b>SEPT. 9 CHICKEN BREASTS</b>	<b>SEPT. 10 COWBOY CASSEROLE</b>	<b>SEPT. 11 HAMBURGERS</b>
	P: 4OZ V/F: 4 OZ V/F: 4 OZ G: 4 OZ G: 4 OZ VARIETY BREADBASKET D: 8 oz WHOLE MILK	P: 4 OZ HAMBURGER V/F: 4 OZ TOMATO V/F: 4 OZ CELERY & PEPPER G: 4 OZ PASTA G: 4 OZ VARIETY BREADBASKET D: 8 OZ WHOLE MILK	P: 4 OZ CHICKEN V/F: 4 OZ RANCH POTATOES V/F: PEAS G: 4 OZ G: 4 OZ VARIETY BREADBASKET D: 8 OZ WHOLE MILK	P: 4 OZ HAMBURGER V/F: 4 OZ TATER TOTS V/F: 4 OZ MUSHROOMS G: 4 OZ G: 4 OZ CORN MUFFIN D: 8 oz WHOLE MILK	P: 4 OZ HAMBURGER PATTY V/F: 4 OZ POTATO SALAD V/F: 4 OZ TOMATO & ONION G: 4 OZ CHIPS G: 4 OZ HAMBURGER BUN D: 8 oz WHOLE MILK
	<b>SEPT. 14 LEMON CHICKEN</b>	<b>SEPT. 15 CABBAGE SOUP</b>	<b>SEPT. 16 SWISS STEAK</b>	<b>SEPT. 17 BBQ CHICKEN BURGER</b>	<b>SEPT. 18 HAM DINNER</b>
	P: 4 OZ CHICKEN V/F: 4 OZ GREEN BEANS V/F: 4 OZ G: 4 OZ VARIETY BREADBASKET G: 4 OZ BROWN RICE D: 8 OZ WHOLE MILK	P: 4 OZ CORNED BEEF V/F: 4 OZ CABBAGE V/F: 4 OZ POTATO G: 4 OZ 2 SLCIES RYE BREAD G: 4 OZ C D: 8 OZ WHOLE MILK	P: 4 OZ STEAK PATTY V/F: 4 OZ POTATOES V/F: 4 OZ BEETS G: 4 OZ VARIETY BREADBASKET G: 4 OZ D: 8 OZ WHOLE MILK	P: 4 OZ CHICKEN V/F: 4 OZ TATER TOTS V/F: 4 OZ CELERY & CARROT STICKS G: 4 OZ BURGER BUN G: 4 OZ D: 8 OZ WHOLE MILK	P: 4 OZ HAM V/F: 4 OZ SWEET POTATOES V/F: 4 OZ ASPARGUS G: 4OZ VARIETY BREADBASKET G: 4 OZ D: 8 OZ WHOLE MILK
	<b>SEPT. 21 BREAKFST</b>	<b>SEPT. 22 SOUP &amp; SANDWICH</b>	<b>SEPT. 23 CHICKEN DINNER</b>	<b>SEPT. 24 PORK CHOP DINNER</b>	<b>SEPT. 25 PORK CARNITAS</b>
	P: 4 OZ SAUSAGE LINKS V/F: 4 OZ SCRAMBLED EGGS V/F: 4 OZ FRUIT CUP G: 4 OZ PANCAKES G: 4 OZ BAGEL D: 8 OZ WHOLE MILK	P: 4 OZ HAM & CHEESE V/F: 4 OZ VEGETABLE SOUP V/F: 4 OZ: G: 4 OZ 2 SLICES OF WW BREAD G: 4 OZ D: 8 OZ WHOLE MILK	P: 4 OZ CHICKEN V/F: 4 OZ SCALLOPED POTATOES V/F: 4 OZ MIXED VEGGIES G: 4 OZ VARIETY BREADBASKET G: D: 8 OZ WHOLE MILK	P: 4 OZ PORK CHOP V/F: 4 OZ MASHED POTATOES V/F: 4 OZ GREEN BEANS G: 4 OZ: VARIETY BREADBASKET G: 4 OZ: D: 8 OZ WHOLE MILK	P: 4 OZ PORK V/F: 4OZ TOMAO & ONION V/F 4 OZ G: 4OZ: FLOUR TORTILLA G: 4 OZ: RICE D: 8 OZ WHOLE MILK

V/F: ½ c broc, carrots, onion, peppers, mushrooms V/F: ½ c mandarin Oranges	SEPT. 28 TURKEY & NOODLES	SEPT. 29 CHILI	SEPT. 30 ROAST BEEF DINNER		
	P: 4 OZ TURKEY V/F: 4 OZ PEAS V/F: 4 OZ G: 4 OZ NOODLES G: 4 OZ VARIETY BREADBASKET D: 8 OZ WHOLE MILK	P: 4 OZ PORK V/F: 4 OZ ONION & TOMATO V/F: 4 OZ GREEN CHILES G: 4 OZ BEANS G: 4 OZ: CORN MUFFIN D: 8 OZ: WHOLE MILK	P: 4 OZ ROAST BEEF V/F: 4 OZ POTATOES V/F: 4 OZ CORN G: 4 OZ G: 4 OZ VARIETY BREADBASKET D: 8 OZ WHOLE MILK	P: 4 OZ V/F: 4 OZ V/F: 4 OZ G: 4 OZ G: 4 OZ D: 8 OZ WHOLE MILK	P: 4 OZ V/F: 4 OZ V/F: 4 OZ G: 4 OZ G: 4 OZ VZRIETY BREADBASKET D: 8 OZ WHOLE MILK
ADDITIONAL ITEMS (as needed)	HDM'S: IN ADDITION TO ABOVE ITEMS, WE INCLUDE A ½ CUP PORTION OF GREEN SALAD AND ½ CUP PORTION OF FRUIT. 8 OUNCES OF MILK AND/OR JUICE ARE OFFERD AS WELL. CONGREGATE MEALS INCLUDE A COMPLETEE SALAD BAR WITH VEGETABLES AND FRUIT. WE OFFER MILK, JUICE. TEA & COFFEE. OUR SALAD BAR CONSISTS OF A GREEN SALAD (IT IS A MIX OF LETTUCE, CABBAGE, & CARROT), A PASTA SALAD OR COLESLAW, COTTAGE CHEESE, FRUIT, TOMATO, ONION, OLIVES, MUSHROOMS, CHEESE, BEETS, PICKLES, CROUTONS, AND SUNFLOWER SEEDS. WE OFFER A VARIETY OF SALAD DRESSINGS AS WELL.				
	I HAVE ADDED GARBONZO BEANS TO OUR SALAD BAR TO HELP WITH THE DAILY REQUIREMENT OF WHOLE GRAINS.				