

Title III/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 1

Meal & Date Served e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17	Meal Components -- Enter appropriate food item and amount under each serving below.									
	Protein Meat or Meat Alternate -- 3 oz. or equivalent	Veg. 1 1/2 cup or equivalent	Veg. 2 1/2 cup or equivalent	Fruit 1 1/2 cup or equivalent	Veg. 3 or Fruit 2 1/2 cup or equivalent	Grain 1 Bread or bread alternate -- 1/2 cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Grain 2 Bread or bread alternate -- 1/2 cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Dairy Milk or milk alternate -- 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
Taco meat, Shredded cheese, corn, black beans, fruit cup, Tortilla chips, brown rice, milk, sour cream	3 oz Taco meat	4 oz Whole kernel corn	4 oz Black Beans	4 oz Fruit cup		1 oz Tortilla chips	1 oz Brown rice	1 c Milk	4 g Sour Cream	Shredded cheese
Hamburger on Bun Cheese slice, tater tots, Baked beans, lettuce, onion, tomato, pickles, Watermelon slice, granola bar, milk, mayo	3 oz Hamburger	4 oz Tater Tots	4 oz Baked beans	4 oz Watermelon slice		1 oz Hamburger bun	1 oz Granola Bar	1 c Milk	4 g Mayo	Tomato, pickle, Onion slice
Tuna salad on WG bread Stewed tomatoes with macaroni, cucumber and onion salad, fruit cup, milk, margarine	3 oz Tuna	4 oz Stewed tomatoes	4 oz Cucumber and onion salad	4 oz Fruit cup		1 oz WG Bread	1 oz WG bread	1 c Milk	4 g Margarine	Macaroni

I certify that to the best of my knowledge, the meals in the attached menu for the period noted above follow the most recent Dietary Guidelines for Americans and one third of Dietary Reference Intakes established by the National Academy of Sciences.

AAAD Upper Cumberland

Provider Clay County Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker RD/LDN

Date 7/1/24

Tennessee Commission on Aging and Disability

Rev. 1/2017

Title III C/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 2

Meal & Date Served e.g. vegetable beef stew, applesauce, cornbread, milk 7/8/24 – 7/12/24	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein Meat or Meat Alternate – 3 oz. or equivalent	Veg. 1 ½ cup or equivalent	Veg. 2 ½ cup or equivalent	Fruit 1 ½ cup or equivalent	Veg. 3 or Fruit 2 ½ cup or equivalent	Grain 1 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Grain 2 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Dairy Milk or milk alternate – 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
Chicken & Dumplings, broccoli, carrots, fresh fruit, dressing, WG rice krispy treat, milk, margarine	6 oz Chicken & dumplings	4 oz Broccoli	4 oz Carrots	4 oz Fresh fruit		1 oz Dressing	1 oz WG Rice Krispie treat	1 c Milk	4 g Margarine	
Fish, turnip greens, whole kernel, white beans, onions, banana, cornbread, WG roll, milk, margarine	3 oz Fish	4 oz Turnip Greens	4 oz Whole kernel corn	4 oz Banana		1 oz Cornbread	1 oz Granola Bar	1 c Milk	4 g Margarine	White beans, Onions
Hamburger Steak with gravy, Baked potato, Green beans, baked apples, WG Roll, milk, margarine	3 oz Hamburger steak	4 oz Baked Potato	4 oz Green Beans	4 oz Baked Apples		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	Brown Gravy
Sausage pizza, garden Salad with dressing, Baked Potato with sour cream, Peaches with cottage cheese, WG roll, milk, margarine	3 oz Sausage Pizza and Cottage Cheese	4 oz Garden salad	4 oz Baked potato	4 oz Peach cup		1 oz WG roll	1 oz WG roll	1 c Milk	4 g Margarine	Sour Cream Salad Dressing

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Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 3

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 7/15/2024 – 7/19/2024</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
<i>Sausage patty Scrambled Eggs, Hash Brown, green peppers, apples, White Gravy and Biscuit, Jelly, oatmeal</i>	<i>3 oz Sausage And eggs</i>	<i>4 oz Hash Brown</i>	<i>4 oz Sautéed Green peppers</i>	<i>4 oz Apples</i>		<i>1 oz Biscuit</i>	<i>1 oz Oatmeal</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	Gravy Jelly
<i>Pinto Beans, Kraut & Wieners, Squash, fruit cup, Cornbread, oatmeal crème pie, milk, margarine</i>	<i>6 oz Pinto Beans</i>	<i>4 oz Squash</i>	<i>4 oz Kraut</i>	<i>4 oz Fruit cup</i>		<i>1 oz cornbread</i>	<i>1 oz Oatmeal crème pie</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	Wieners
<i>Stuffed Green peppers, Mixed Veggies, Mashed potatoes, Peach Cup, WG Roll, milk, margarine, WG rice krispy treat</i>	<i>6 oz Stuffed peppers</i>	<i>4 oz Mixed Veggies</i>	<i>4 oz Mashed potatoes</i>	<i>4 oz Peach Cup</i>		<i>1 oz WG roll</i>	<i>1 oz WG roll</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	<i>WG Rice Krispy treat</i>
<i>Egg Salad Sandwich on WG bread, garden salad with dressing, stewed tomatoes, pickle spear, Pineapple chunks milk, margarine, chips</i>	<i>4 oz Egg salad</i>	<i>4 oz Garden Salad</i>	<i>4 oz Stewed tomatoes</i>	<i>4 oz Pineapple</i>		<i>1 oz WG Bread</i>	<i>1 oz WG Bread</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	Dressing Chips Pickle

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Title III C/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 4

Meal & Date Served e.g. vegetable beef stew, applesauce, cornbread, milk 7/22/24 - 7/26/24	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein Meat or Meat Alternate – 3 oz. or equivalent	Veg. 1 ½ cup or equivalent	Veg. 2 ½ cup or equivalent	Fruit 1 ½ cup or equivalent	Veg. 3 or Fruit 2 ½ cup or equivalent	Grain 1 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 2 medium slice bread; 1 oz. ready- to-eat cereal	Grain 2 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 2 medium slice bread; 1 oz. ready- to-eat cereal	Dairy Milk or milk alternate – 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
Seasoned Chicken legs, Green beans, Yams, fruit cup, WG roll, milk, margarine, oatmeal cookie	3 oz Chicken Legs	4 oz Green beans	4 oz Yams	4 oz Fruit cup		1 oz WG roll	1 oz WG roll	1 c Milk	4 g Margarine	Oatmeal cookie
Baked fish, Slaw, Potato wedges, baked apples, Granola bar, Hush Puppies, milk, margarine	3 oz Fish	4 oz Slaw	4 oz Potato wedges	4 oz Baked apples		1 oz Granola bar	1 oz Hush puppies	1 c Milk	4 g Margarine	
Spaghetti & Meat sauce Garden salad, with dressing, Green peas, Peach cobbler, garlic bread, milk, margarine	3 oz Meat sauce	4 oz Garden Salad	4 oz Green peas	6 oz Peach cobbler		1 oz Garlic bread	1 oz Granola Bar	1 c Milk	4 g Margarine	Spaghetti Noodles, Dressing
Ham & Cheese on WG bread, Potato Salad, lettuce, Tomato, apple, milk, margarine, Cornmeal crème pie,	3 oz Ham	4 oz Potato salad	4 oz Baked beans	4 oz apple		1 oz WG Bread	1 oz WG Bread	1 c Milk	4 g Margarine	Cheese, Lettuce and Tomato Oatmeal cream pie

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