

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 1

Meal <i>e.g. vegetable beef stew, applesauce, cornbread, margarine, milk</i>	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 <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 Milk or milk alternate – 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
<i>(12 oz Goulash) Ground Beef, diced tomatoes, mixed vegetables, fresh fruit, WG Noodles, margarine, milk.</i>	3 oz <i>Hamburger Meat</i>	4 oz <i>Diced Tomatoes</i>	4 oz <i>Mixed Vegetables</i>	4 oz <i>Fresh Fruit</i>		1 oz <i>WG Noodles</i>	1 oz <i>WG Noodles</i>	1 c <i>Milk</i>	4 g <i>Margarine</i>	
<i>Fried Chicken, carrots, baked Beans, Pears, WG Mac & Cheese, biscuit, margarine, milk.</i>	3oz <i>Fried Chicken</i>	4 oz <i>Carrots</i>	4 oz <i>Baked Beans</i>	4 oz <i>Pears</i>		1 oz <i>WG Macaroni</i>	1 oz <i>Biscuit</i>	1 c <i>Milk</i>	4 g <i>Margarine</i>	Cheese
<i>(12 oz Italian Pasta Salad w/ Chicken) Chicken, Tomatoes, Black Olives, Red Peppers, Cucumbers, Mixed Fruit, WG Pasta, margarine, milk.</i>	3oz <i>Chicken</i>	4 oz <i>Cherry Tomatoes</i>	4 oz <i>Red Peppers Cucumbers</i>	4 oz <i>Mixed Fruit</i>		1 oz <i>WG Pasta</i>	1 oz <i>WG Pasta</i>	1 c <i>Milk</i>	4 g <i>Margarine</i>	Black Olives
<i>Smoked Sausage, Sauerkraut, Mixed Vegetables, Peaches, WG Roll, margarine, milk</i>	3oz <i>Smoked Sausage</i>	4 oz <i>Sauerkraut</i>	4 oz <i>Mixed Vegetables</i>	4 oz <i>Peaches</i>		1 oz <i>WG Roll</i>	1 oz <i>WG Roll</i>	1 c <i>Milk</i>	4 g <i>Margarine</i>	
<i>(Spaghetti w/ Meat Sauce) Ground Beef, garden salad, carrots, pears, WG pasta, margarine, milk.</i>	3oz <i>Ground Beef</i>	4oz <i>Garden Salad</i>	2oz <i>Carrots</i>	4oz <i>Pears</i>		1oz <i>WG Pasta</i>	1oz <i>WG Pasta</i>	1 c <i>Milk</i>	4 g <i>Margarine</i>	

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 Fair Park Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 6/25/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 2

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</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)
Pinto Beans, Collard Greens, Corn, Applesauce, WG Roll, margarine, milk.	6 oz Pinto Beans	4 oz Collard Greens	4 oz Corn	4 oz Applesauce		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
(12 oz Chicken Stuffing Casserole) Chicken, Mixed Vegetables, Mixed Fruit, WG Roll, margarine, milk.	3 oz Chicken	4 oz Mixed Vegetables	4 oz Mixed Vegetables	4 oz Mixed Fruit		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	Stuffing
(Chicken Fajitas) Chicken, Black Beans, Grilled Peppers, Mandarin Oranges, WG Chips, margarine, milk.	3 oz Chicken	4 oz Black Beans	4 oz Peppers	4 oz Mandarin Oranges		1 oz WG Chips	1 oz WG Chips	1 c Milk	4 g Margarine	
(12 oz Vegetable Beef Stew) Ground Beef, Mixed Vegetables, Potatoes, Fresh Fruit, WG Crackers, margarine, milk	3 oz Ground Beef	4 oz Mixed Vegetables	4 oz Potatoes	4 oz Fresh Fruit		1 oz WG Crackers	1 oz WG Crackers	1 c Milk	4 g Margarine	
Ribs, Baked Beans, Mashed Potatoes, Mandarin Oranges, WG Roll, Margarine, Milk.	3 oz Ribs	4oz Baked Beans	4oz Mashed Potatoes	4oz Mandarin Oranges		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	

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 Fair Park Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 6/25/24

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 2/14/17</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>Pork Tenderloin, Roasted Potatoes, Steamed Broccoli, Mandarin Oranges, WG Roll, margarine, milk.</i>	<i>3 oz Pork Loin</i>	<i>4 oz Roasted Potatoes</i>	<i>4 oz Steamed Broccoli</i>	<i>4 oz Mandarin Oranges</i>		<i>1 oz WG Roll</i>	<i>1 oz WG Roll</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Pork Chop, Au Gratin Potatoes, Steamed Broccoli, Cinnamon Apples, WG Roll, Milk, Margarine.</i>	<i>3oz Pork Chop</i>	<i>4 oz Au Gratin Potatoes</i>	<i>4 oz Steamed Broccoli</i>	<i>4 oz Cinnamon Apples</i>		<i>1 oz WG Roll</i>	<i>1 oz WG Roll</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Tuna Salad, Baked Beans, Mixed Vegetables, Mandarin Oranges, WG Bread, margarine, milk, (Tuna Salad)</i>	<i>3oz Tuna Salad</i>	<i>4 oz Baked Beans</i>	<i>4 oz Mixed Vegetables</i>	<i>4 oz Mandarin Oranges</i>		<i>1 oz WG Bread</i>	<i>1 oz WG Bread</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Meatloaf, Mashed Potatoes, Corn, Peaches, WG Roll, margarine, milk</i>	<i>3oz Meatloaf</i>	<i>4 oz Mashed Potatoes</i>	<i>4 oz Corn</i>	<i>4 oz Peaches</i>		<i>1 oz WG Roll</i>	<i>1 oz WG Roll</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Fish Fillet, Broccoli, Carrots, Mixed Fruit, Brown Rice, Milk, Margarine.</i>	<i>3oz Fish Fillet</i>	<i>4oz Broccoli</i>	<i>4oz Carrots</i>	<i>4oz Mixed Fruit</i>		<i>1oz Brown Rice</i>	<i>1oz Brown Rice</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	

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 Fair Park Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 6/25/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 4

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</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)
Chicken Alfredo with WG Pasta, Garden Salad, Peas, Pears, margarine, milk.	3 oz Chicken	4 oz Garden Salad	4 oz Peas	4 oz Pears		1 oz WG Pasta	1 oz WG Pasta	1 c Milk	4 g Margarine	Alfredo Sauce
Baked Chicken, Potato Wedges, Corn, Mixed Fruit, WG Roll, margarine, milk.	3oz Chicken	4 oz Potato Wedges	4 oz Corn	4 oz Mixed Fruit		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
Pulled Pork, Baked Beans, Potato Salad, Mandarin Oranges, WG Bun, margarine, milk.	3oz Pulled Pork	4 oz Baked Beans	4 oz Potato Salad	4 oz Mandarin Oranges		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	
Chicken Salad, Corn, Peas, Applesauce, WG Bread, margarine, milk	3oz Chicken Salad	4 oz Corn	4 oz Peas	4 oz Applesauce		1 oz WG Bread	1 oz WG Bread	1 c Milk	4 g Margarine	
(12 oz White Chicken Chili) Chicken, Corn, White Northern Beans, Mandarin Oranges, WG Crackers, Milk, Margarine.	3oz Chicken	4oz Corn	4oz White Northern Beans	4oz Mandarin Oranges		1oz WG Crackers	1oz WG Crackers	1 c Milk	4 g Margarine	

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 Fair Park Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 6/25/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 5

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</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)
Turkey, Yams, Green Beans, Peaches, WG Roll, Milk, Margarine.	3 oz Turkey	4 oz Yams	4 oz Green Beans	4 oz Peaches		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
(Chicken Caesar Pasta Salad) Chicken, Carrots, Lettuce, Strawberries, WG Noodles, Milk, Margarine.	3oz Chicken	4 oz Carrots	8 oz Lettuce	4 oz Strawberries		1 oz WG Pasta	1 oz WG Pasta	1 c Milk	4 g Margarine	
Ham, Green Beans, Yams, Peaches, WG Roll, margarine, milk.	3oz Ham	4 oz Green Beans	4 oz Yams	4 oz Peaches		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
(12 oz Broccoli, Cauliflower, Chicken Soup) Chicken, Broccoli, Cauliflower, Strawberries, WG Crackers, Milk, Margarine.	3oz Chicken	4 oz Broccoli	4 oz Cauliflower	4 oz Strawberries		1 oz WG Crackers	1 oz WG Crackers	1 c Milk	4 g Margarine	
(12 oz Shepherd's Pie) Ground Beef, Mashed Potatoes, Peas, Strawberries, WG Roll, Milk, Margarine.	3oz Ground Beef	4oz Mashed Potatoes	4oz Peas	4oz Strawberries		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	

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 Fair Park Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 6/25/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 6

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 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)
(12 oz Chili) Ground Beef, Chili Beans, Tomatoes, Fresh fruit, WG Crackers, margarine, milk.	3 oz Ground Beef	4 oz Tomatoes	4 oz Chili Beans	4 oz Fresh Fruit		1 oz WG Crackers	1 oz WG Crackers	1 c Milk	4 g Margarine	
Hot Dogs, Coleslaw, Baked Beans, Mixed Fruit, WG Bun, margarine, milk.	3oz Hot Dogs	4 oz Coleslaw	4 oz Baked Beans	4 oz Mixed fruit		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	
(12 oz Breakfast Casserole) Eggs, Sausage, Hash browns, Peppers and Onions, Peaches, WG Biscuit w/ Gravy, margarine, milk.	1.5 oz Eggs 1.5 oz Sausage	4 oz Hash Browns	4 oz Peppers and Onions	4 oz Peaches		1 oz WG Biscuit	1 oz WG Biscuit	1 c Milk	4 g Margarine	Gravy
(12 oz Chunky Chicken Noodle Soup) Chicken, Carrots, corn, peaches, WG Pasta, Milk, Margarine.	3oz Chicken	4 oz Carrots	4 oz Corn	4 oz Peaches		1 oz WG Pasta	1 oz WG Pasta	1 c Milk	4 g Margarine	
(Chef Salad) Lettuce, Onion, Cucumber, Tomato, Turkey, Ham, Boiled Eggs, Mixed Fruit, WG Crackers, Salad Dressing, Milk.	3 oz Turkey, Ham and Eggs	4 oz Tomato and Cucumber	8 oz Lettuce	4 oz Mixed Fruit		1 oz WG Crackers	1 oz WG Crackers	1 c Milk	4 g Salad Dressing	Onion

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 Fair Park Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 6/25/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 7

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</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)
(12 oz Cowboy Casserole) Ground Beef, Tater tots, corn, strawberries, WG Roll, Milk, Margarine.	3 oz Ground Beef	4 oz Tater Tots	4 oz Corn	4 oz Strawberries		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
(12 oz Cheeseburger Soup) Ground Beef, potatoes, carrots, strawberries, WG crackers, milk, margarine.	3oz Ground Beef	4 oz Carrots	4 oz Potatoes	4 oz strawberries		1 oz WG Crackers	1 oz WG Crackers	1 c Milk	4 g Margarine	
(12 oz Chicken Enchilada Soup) Chicken, black beans, corn, peaches, WG Crackers, Milk, Margarine	3oz Chicken	4 oz Black Beans	4 oz Corn	4 oz Peaches		1 oz WG Crackers	1 oz WG Crackers	1 c Milk	4 g Margarine	
(12 oz Spanish Rice) Ground Beef, Green Beans, Diced Tomatoes, Peaches, WG Rice, Milk, Margarine	3oz Ground Beef	4 oz Green Beans	4 oz Diced Tomatoes	4 oz Peaches		1 oz WG Rice	1 oz WG Rice	1 c Milk	4 g Margarine	
(12 oz Firecracker Casserole) Ground Beef, Black Beans, Diced Tomatoes, Strawberries, WG Roll, Milk, Margarine.	3oz Ground Beef	4oz Black Beans	4oz Diced Tomatoes	4oz Strawberries		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	

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 Fair Park Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 6/25/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 8

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</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>Smoked Sausage, roasted potatoes, sliced zucchini, applesauce, WG Roll, milk, margarine.</i>	<i>3 oz Smoked Sausage</i>	<i>4 oz Roasted Potatoes</i>	<i>4 oz Sliced zucchini</i>	<i>4 oz Applesauce</i>		<i>1 oz WG Roll</i>	<i>1 oz WG Roll</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>(16 oz Winning Casserole) Chicken, Broccoli, Cauliflower, WG Rice, Baked Potato, Strawberries, Milk, Margarine.</i>	<i>3oz Chicken</i>	<i>4 oz Broccoli Cauliflower</i>	<i>4 oz Baked Potato</i>	<i>4 oz Strawberries</i>		<i>1 oz WG Rice</i>	<i>1 oz WG Rice</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>(12 oz Taco Soup) Ground Beef, Tomatoes, Corn, Applesauce, WG Crackers, Milk, Margarine.</i>	<i>3oz Ground Beef</i>	<i>4 oz Tomatoes</i>	<i>4 oz Corn</i>	<i>4 oz Applesauce</i>		<i>1 oz WG Crackers</i>	<i>1 oz WG Crackers</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>(12 oz Unstuffed Peppers) Ground Beef, tomatoes, green peppers, rice, strawberries, WG Nutri grain bar, milk, margarine.</i>	<i>3oz Ground Beef</i>	<i>4 oz Tomatoes</i>	<i>4 oz Green Peppers</i>	<i>4 oz Strawberries</i>		<i>1oz Rice</i>	<i>1oz WG Nutri Grain Bar</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>(12 oz Shrimp Alfredo) Shrimp, Broccoli, Peas, Applesauce, WG Pasta, Milk, Margarine.</i>	<i>3oz Shrimp</i>	<i>4oz Broccoli</i>	<i>4oz Peas</i>	<i>4oz Applesauce</i>		<i>1oz WG Pasta</i>	<i>1oz WG Pasta</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	Alfredo Sauce

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 Fair Park Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 6/25/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 9

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</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 <i>(Optional)</i>
Hamburger, French fries, baked beans, applesauce, WG Bun, Milk, Margarine.	3oz Hamburger	4 oz French Fries	4 oz Baked Beans	4 oz Applesauce		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	
Sloppy Joe, Baked Beans, Potato wedges, Applesauce, WG Bun, Milk, Margarine.	3oz Ground Beef	4oz Baked Beans	4oz Potato Wedges	4oz Applesauce		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	

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 Fair Park Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 6/25/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) _____

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</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)
Orange Chicken, WG Lo Mein Noodles, Mixed Vegetables, Vegetable Spring Rolls, Carrots, Peaches, margarine, milk. (Chinese Dinner)	3 oz Orange Chicken	4 oz Mixed Vegetables	4 oz Carrots	4 oz Peaches		4 oz WG Lo Mein Noodles	4 oz WG Lo Mein Noodles	1 c Milk	4 g Margarine	2oz Vegetable Spring Roll
Sausage, Hashbrowns, Roasted Peppers and Onions, WG Cinnamon Roll, Fruit Cocktail, margarine, milk. (Cinnamon Roll Breakfast)	3 oz Sausage	4 oz Hashbrowns	4 oz Roasted Peppers and Onions	4 oz Fruit Cocktail		1 oz WG Cinnamon Roll	1 oz WG Cinnamon Roll	1 c Milk	4 g Margarine	

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 Fair Park Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 10/25/24