

# 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)
BBQ Chicken, broccoli, garden salad, macaroni and cheese, fruit crisp, WG roll, milk, margarine	3 oz BBQ Chicken	4 oz Broccoli	4 oz Garden Salad	4 oz Fruit Crisp		1 oz Macaroni	1 oz WG Roll	1 c Milk	4 g Margarine	Cheese
Baked fish, roasted carrots, garden salad, mixed fruit WG rice Pilaf, milk, margarine	3 oz fish	4 oz Carrots	4 oz Garden Salad	4 oz Mixed Fruit		2 oz Rice	1 oz Rice	1 c Milk	4 g Margarine	
Chicken Salad, garden salad, corn and tomatoes, fruit, WG roll, oatmeal cookie, milk, margarine	3 oz Chicken Salad	4 oz Garden Salad	4 oz Corn and tomatoes	4 oz Fruit		1 oz WG Roll	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	
Grilled chicken sandwich on WG bun, thick cut fries, fresh cut veggies, fruit crisp, milk, margarine	3 oz Grilled Chicken	4 oz Thick Cut Fries	4 oz Fresh cut veggies	4 oz Fruit crisp		2 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	
Chicken, rice, broccoli and mushroom casserole, garden salad, roasted carrots, mixed fruit, WG roll, milk, margarine	3 oz Chicken	4 oz Garden salad	4 oz Roasted carrots	4 oz Mixed fruit		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	Rice, broccoli, mushrooms

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 Granville Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN Date 5/27/24

# Title IIIC/NSIP Meal Pattern Worksheet

Quarter \_\_\_\_\_ Week (or Other Period) Week 1

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)
Taco Salad with ground beef, lettuce, tomato, onion, black olives, kidney beans, and cheese, Watermelon, Whole Grain Chips, Sour Cream and Milk, Margarine	3 oz Ground Beef	4 oz Lettuce, Tomato, Onion	4 oz Kidney Beans	4 oz Watermelon		1 oz Whole Grain Chips	1 oz Whole Grain Chips	1 c Milk	4 g Sour Cream	Shredded Cheese, Black Olives
Chicken Strips, Cole Slaw, German Potato Salad, Apple Sauce, WG roll, Milk, Margarine	3 oz Chicken Strips	4 oz Cole Slaw	4 oz German Potato Salad	4 oz Apple Sauce		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
Egg Salad, Vegetable Soup, Fruit Cocktail, Whole Grain Crackers, Milk, Margarine	3 oz Egg Salad	4 oz Mixed vegetables	4 oz Mixed vegetables	4 oz Fruit Cocktail		1 oz Whole Grain Crackers	1 oz Whole Grain Crackers	1 c Milk	4 g Margarine	
Chicken casserole with broccoli, spinach and mushrooms, Garden salad, Fruit in Jello, Whole Grain Rice Casserole, Milk, Margarine	3 oz Shredded Chicken	4 oz Broccoli, Spinach and Mushroom	4 oz Garden Salad	4 oz Fruit in Jello		1 oz Whole Grain Rice	1 oz Whole Grain Rice	1 c Milk	4 g Margarine	

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AAAD Upper Cumberland Provider Granville Senior Center Registration # 712486

Name Beth Walker Signature \_\_\_\_\_ Date \_\_\_\_\_

# 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)
<i>Pulled Pork Sandwich on WG bun, Cole slaw, baked beans, orange, oatmeal cookie, milk, margarine</i>	<i>3 oz Pulled Pork</i>	<i>4 oz Cole Slaw</i>	<i>4 oz Baked Beans</i>	<i>4 oz Orange</i>		<i>1 oz Bun</i>	<i>1 oz Oatmeal Cookie</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Chicken pasta alfredo, broccoli, garden salad, Mixed fruit, WG roll, milk, margarine</i>	<i>3 oz Chicken</i>	<i>4 oz Broccoli</i>	<i>4 oz Garden Salad</i>	<i>4 oz Mixed Fruit</i>		<i>1 oz WG Roll</i>	<i>1 oz WG roll</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	<b>Alfredo Sauce Pasta</b>
<i>Pizza with sausage and pepperoni, fresh cut veggies, fruit, milk, margarine</i>	<i>3 oz Sausage and pepperoni</i>	<i>4 oz Fresh Cut Veggies</i>	<i>4 oz Fresh Cut Veggies</i>	<i>4 oz Fruit</i>		<i>1 oz Pizza crust</i>	<i>1 oz Oatmeal Cookie</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Meatloaf, mashed potatoes, roasted carrots, orange, WG roll, milk, margarine</i>	<i>3 oz Meatloaf</i>	<i>4 oz Mashed potatoes</i>	<i>4 oz Carrots</i>	<i>4 oz Orange</i>		<i>1 oz WG Roll</i>	<i>1 oz WG Roll</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Bratwurst on bun, fried cabbage, baked beans, fruit, oatmeal cookie, milk, margarine</i>	<i>3 oz Bratwurst</i>	<i>4 oz Fried cabbage</i>	<i>4 oz Baked beans</i>	<i>4 oz fruit</i>		<i>1 oz Bun</i>	<i>1 oz Oatmeal Cookie</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	

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AAAD Upper Cumberland Provider Granville Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 5/27/24

# 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>Sausage, Stewed Tomatoes, Hashbrown Casserole, Cinnamon Apples, WG Toast, Milk, Margarine</i>	<i>3 oz Sausage Patty</i>	<i>4 oz Stewed Tomatoes</i>	<i>4 oz Hashbrown Casserole</i>	<i>4 oz Cinnamon Apples</i>		<i>1 oz WG Toast</i>	<i>1 oz WG Toast</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Ground Turkey Chili with tomatoes and Kidney beans, Sweet Potato Fries, Pineapple, Whole Grain Crackers, Milk, Margarine</i>	<i>3 oz Ground Turkey</i>	<i>4 oz Kidney Beans Tomatoes</i>	<i>4 oz Sweet Potato Fries</i>	<i>4 oz Pineapple</i>		<i>1 oz Whole Grain Crackers</i>	<i>1 oz Whole Grain Crackers</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Barbeque Chicken, Green Beans, Corn Pudding, Fruit Jello, Whole Grain Roll, Milk, Margarine</i>	<i>3 oz Barbeque Chicken</i>	<i>4 oz Green Beans</i>	<i>4 oz Corn Pudding</i>	<i>4 oz Fruit in Jello</i>		<i>1 oz Whole Grain Roll</i>	<i>1 oz Whole Grain Roll</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	

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Name Beth Walker Signature Beth Walker, RD/LD Date 5/27/24

# 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)
<i>Fish Sandwich, Cole Slaw, Zucchini and Yellow Squash, Watermelon, Whole Grain Bun and Milk, Margarine</i>	<i>3 oz Fish Patty</i>	<i>4 oz Cole Slaw</i>	<i>4 oz Zucchini and Yellow Squash</i>	<i>4 oz Watermelon</i>		<i>1 oz Whole Grain Bun</i>	<i>1 oz Whole Grain Bun</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Ham, Sweet Potatoes, Green Beans, Apple Sauce, Whole Grain Roll, Milk, Margarine</i>	<i>3 oz Ham</i>	<i>4 oz Sweet Potatoes</i>	<i>4 oz Green Beans</i>	<i>4 oz Apple Sauce</i>		<i>1 oz Whole Grain Roll</i>	<i>1 oz Whole Grain Roll</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Hot Dog, Baked Beans, Pea and Radish Salad, Pineapple Casserole, WG Bun, Milk, Margarine</i>	<i>3 oz Hot Dog</i>	<i>4 oz Baked Beans</i>	<i>4 oz Pea and Radish Salad</i>	<i>4 oz Pineapple Casserole</i>		<i>1 oz Whole Grain Bun</i>	<i>1 oz Whole Grain Bun</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Spaghetti with Tomatoes and mushrooms and Meat Sauce, Side Salad, Fruit in Jello, Whole Grain Roll, Milk, margarine</i>	<i>3 oz Ground Meat</i>	<i>4 oz Tomatoes mushrooms</i>	<i>4 oz Garden Salad</i>	<i>4 oz Fruit in Jellc</i>		<i>1 oz Whole Grain Roll</i>	<i>1 oz Whole Grain Roll</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	<b>Spaghetti Noodles</b>

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Name Beth Walker Signature Beth Walker, RD/LN Date 5/27/24

# Title IIIC/NSIP Meal Pattern Worksheet

Quarter \_\_\_\_\_ Week (or Other Period) Week 6

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)
Egg salad on a WG bun, broccoli and cheese soup, cucumber and tomato salad, fruit, oatmeal cookie, milk, margarine	3 oz Egg salad	7 oz Broccoli and cheese soup	4 oz Cucumber and tomato salad	4 oz Fruit		2 oz WG Bun	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	
Hamburger on WG bun, thick cut fries, Cole slaw, fruit crisp, milk, margarine	3 oz Hamburger	4 oz Thick cut fries	4 oz Cole slaw	4 oz Fruit crisp		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	
Pinto beans, greens, roasted carrots, fruit, cornbread, oatmeal cookie, milk, margarine	6 oz Pinto beans	4 oz carrots	4 oz Greens	4 oz Fruit		2 oz Cornbread	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	
Chicken tenders, slaw, broccoli salad, fruit crisp, WG Roll, milk, margarine	3 oz Chicken tenders	4 oz Slaw	4 oz Broccoli salad	4 oz Fruit		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
Grilled chicken teriyaki, fried rice, fresh broccoli, Asian slaw, oranges, oatmeal cookie, milk, margarine	3 oz Chicken Teriyaki	4 oz Broccoli	4 oz Asian slaw	4 oz Oranges		2 oz Fried Rice	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	

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AAAD Upper Cumberland Provider Granville Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 5/27/24

# 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)
<i>Sausage, Sauer Kraut, Mashed Potatoes, Grape Salad, Whole Grain Roll, Milk, Margarine</i>	<i>3 oz Sausage</i>	<i>4 oz Mashed Potatoes</i>	<i>4 oz Sauer Kraut</i>	<i>4 oz Grape Salad</i>		<i>1 oz Whole Grain Roll</i>	<i>1 oz Whole Grain Roll</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Chicken Salad, Broccoli Salad, Roasted Carrots, Apple Sauce, Whole Grain Crackers, Milk, Margarine</i>	<i>3 oz Chicken Salad</i>	<i>4 oz Broccoli Salad</i>	<i>4 oz Roasted Carrots</i>	<i>4 oz Apple Sauce</i>		<i>1 oz Whole Grain Crackers</i>	<i>1 oz Whole Grain Crackers</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Sloppy Joe Sandwich, Sweet Potato Fries, Corn and Tomato Salad, Fruit Cocktail, Whole Grain Bun, Milk, Margarine</i>	<i>3 oz Ground Meat</i>	<i>4 oz Sweet Potato Fries</i>	<i>4 oz Corn and Tomato Salad</i>	<i>4 oz Fruit Cocktail</i>		<i>1 oz Whole Grain Bun</i>	<i>1 oz Whole Grain Bun</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	<b>Sauce</b>
<i>French Bread Pepperoni and Sausage Pizza, Garden Salad, Green Beans, Fruit in Jello, Nutrigrain Bar, Milk, Margarine</i>	<i>3 oz Pepperoni and Sausage</i>	<i>4 oz Garden Salad</i>	<i>4 oz Green Beans</i>	<i>4 oz Fruit in Jello</i>		<i>1 oz WW French bread</i>	<i>1 oz WW French bread</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	<i>Shredded Cheese</i>

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AAAD Upper Cumberland Provider Granville Senior Center Registration # 712486

Name Beth Walker Signature Beth Walker, RD/LDN Date 5/27/24



# 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)
Jerk chicken, broccoli, Jamaican slaw, fresh fruit, brown rice, milk, margarine	3 oz Jerk chicken	4 oz Broccoli	4 oz Jamaican slaw	4 oz Fresh fruit		1oz Brown Rice	1 oz Brown Rice	1 c Milk	4 g Margarine	
BBQ Chicken sandwich, WG bun, Cole slaw, fresh veggies, orange, Oatmeal cookie, milk, margarine	3 oz BBQ Chicken	4 oz Cole Slaw	4 oz Fresh Veggies	4 oz Orange		2 oz WG Bun	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	
Breaded baked pork chop, mashed potatoes, gravy, roasted carrots, fruit, oatmeal cookie, WG roll, milk, margarine	3 oz Pork Chop	4 oz Mashed potatoes	4 oz Carrots	4 oz Fruit		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	Gravy

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Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 5/27/24



# 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 (Optional)
Tuna Casserole with Whole Grain Noodles, Dill Carrots, Tomato Cucumber Salad, Pineapple, Milk, Margarine	3 oz Tuna	4 oz Dill Carrots	4 oz Tomato Cucumber Salad	4 oz Pineapple		1 oz Whole Grain Noodles	1 oz Whole Grain Noodles	1 c Milk	4 g Margarine	
Chef Salad with Hard Boiled Egg, Cheese, Ham, Carrots, Cucumbers, Tomato, Onion, Pepper, Fruit Crisp, Whole Grain Roll, Milk, Salad Dressing	3 oz Egg and Ham	8 oz Lettuce,	4 oz Carrot, Pepper, Tomato, Cucumber, Onion	4 oz Fruit Crisp		1 oz Whole Grain Roll	1 oz Whole Grain Roll	1 c Milk	4 g Salad Dressing	Cheese
Baked Chicken Thigh, Potato Salad, Green Beans, Apple Sauce, WG roll, Milk, Margarine	3 oz Baked Chicken Thigh	4 oz Potato Salad	4 oz Green Beans	4 oz Apple Sauce		1 oz WG roll	1 oz WG roll	1 c Milk	4 g Margarine	
Pinto Beans, Greens, Roasted Cauliflower, Fruit in Jello, cornbread, Oatmeal Cookie, Milk, Margarine	6 oz Pinto Beans	4 oz Greens	4 oz Roasted Cauliflower	4 oz Fruit in Jello		1 oz Cornbread	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	

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# Title IIIC/NSIP Meal Pattern Worksheet

Quarter \_\_\_\_\_ Week (or Other Period) Week 10

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>Turkey pot pie, Butter beans mixed veggies, fruit, WG roll, milk, margarine</i>	6 oz <i>Turkey Pot pie</i>	4 oz <i>Butter beans</i>	4 oz <i>mixed veggies</i>	4 oz <i>Fruit</i>		1 oz <i>WG Roll</i>	1 oz <i>WG Roll</i>	1 c <i>Milk</i>	4 g <i>Margarine</i>	
<i>Pulled Pork, WG Bun Cole Slaw, Baked Beans, Pickles, Chips, Fruit, WG Bun, Milk, Margarine</i>	3 oz <i>Pulled Pork</i>	4 oz <i>Cole Slaw</i>	4 oz <i>Baked Beans</i>	4 oz <i>Fruit</i>	4 oz <i>Chips</i>	1 oz <i>WG Bun</i>	1 oz <i>WG Bun</i>	1 c <i>Milk</i>	4 g <i>Margarine</i>	<b>Pickles</b>
<i>Chicken Fried Steak, Green Beans, Mashed Potatoes, Fruit, WG Roll, Milk, Margarine</i>	3 oz <i>Chicken Fried Steak</i>	4 oz <i>Green Beans</i>	4 oz <i>Mashed Potatoes</i>	4 oz <i>Fruit</i>		1 oz <i>WG Roll</i>	1 oz <i>WG Roll</i>	1 c <i>Milk</i>	4 g <i>Margarine</i>	
<i>8 oz Loaded Potato Soup with Ham, Garden salad, Crackers, Granola Bar, Fruit, Milk, Margarine</i>	3 oz <i>Ham</i>	4 oz <i>Potatoes</i>	4 oz <i>Garden Salad</i>	4 oz <i>Fruit</i>		1 oz <i>Crackers</i>	1 oz <i>Granola Bar</i>	1 c <i>Milk</i>	4 g <i>Margarine</i>	
<i>Chicken Thighs, Sweet Potatoes Broccoli, WG Roll, Fruit, Milk, Margarine</i>	3 oz <i>Chicken Thighs</i>	4 oz <i>Sweet Potatoes</i>	4 oz <i>Broccoli</i>	4 oz <i>Fruit</i>		1 oz <i>WG Roll</i>	1 oz <i>WG Roll</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 Granville Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 5/27/24