

# 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 meat, WW tortilla, lettuce, tomato, corn, cheese, pears, milk, margarine	3 oz Ground beef	4 oz Lettuce, tomato	4 oz corn	4 oz Pears		1 oz WG tortilla	1 oz WG tortilla	1 c milk	4 g margarine	2 oz cheese
Chicken casserole, corn, carrots, mandarin oranges, WG roll, milk, margarine	6 oz Chicken casserole	4 oz corn	4 oz Carrots	4 oz Mandarin oranges		1 oz WG Roll	1 oz WG roll	1 c milk	4 g margarine	
Tuna Salad, WG bread, stewed tomatoes, french fries, peaches, milk, margarine	3 oz Tuna salad	4 oz Stewed tomatoes	4 oz French Fries	4 oz Peaches		1 oz WG bread	1 oz WG bread	1 c milk	4 g margarine	
Baked pork chop, sweet potatoes, green peas, strawberries, WG roll, milk, margarine	3 oz Baked pork chop	4 oz Sweet potatoes	4 oz Green peas	4 oz Strawberries		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
Hamburger, WG bun, lettuce, tomato, onion, cole slaw, potato wedges, fruit in jello, milk, margarine	3 oz Hamburger	4 oz Cole slaw	4 oz Potato wedges	4 oz Fruit in jello		1 oz WG bun	1 oz WG bun	1 c milk	4 g margarine	Lettuce, tomato, 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 P c kett County 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 2

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)
Chicken patty, WG bun, green peas, carrots, applesauce, milk, margarine	3 oz Chicken patty	4 oz Green peas	4 oz Carrots	4 oz Apple sauce		1 oz WG Bun	1 oz WG bun	1 c milk	4 g margarine	
BBQ pork, WG bun, potato wedges, baked beans, mandarin oranges, milk, margarine	3 oz BBQ pork	4 oz Potato wedges	4 oz Baked beans	4 oz Mandarin oranges		1 oz WG Bun	1 oz WG bun	1 c milk	4 g margarine	
Gravy and biscuit, sausage patty, hash browns, stewed tomatoes, cinnamon apples, nutrigrain bar, milk, margarine	3 oz Sausage	4 oz Hash browns	4 oz Stewed tomatoes	4 oz Cinnamon apples		1 oz Biscuit	1 oz Nutrigrain bar	1 c milk	4 g margarine	Gravy
Pinto beans, turnip greens, mashed potatoes, cornbread, peaches, nutrigrain bar, milk, margarine	6 oz Pinto beans	4 oz Turnip greens	4 oz Mashed potatoes	4 oz Peaches		2 oz Cornbread	1 oz Nutrigrain bar	1 c milk	4 g margarine	
Hamburger steak, brown gravy, mashed potatoes, crowder peas, pineapple, WG roll, milk, margarine	3 oz Hamburger steak	4 oz Mashed potatoes	4 oz crowder peas	4 oz Pineapple		1 oz WG Roll	1 oz WG roll	1 c milk	4 g margarine	Brown gravy

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 Pickett County Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature B. 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)
Oven baked chicken, mushroom gravy, potato wedges, green beans, pears, WG roll, milk, margarine	3 oz Oven baked chicken	4 oz Potato wedges	4 oz green beans	4 oz Pears		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	Mushroom gravy
Meatloaf, mashed potatoes, corn, peaches, WG roll, milk, margarine	3 oz Meatloaf	4 oz Mashed potatoes	4 oz Corn	4 oz Peaches		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
Salisbury steak, sweet potatoes, mixed vegetables, pineapple chunks, WG roll, milk, margarine	3 oz Salisbury steak	4 oz Sweet potatoes	4 oz Mixed vegetables	4 oz Pineapple		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
BBQ chicken legs, mashed potatoes, corn, fruit in jello, WG roll, milk, margarine	3 oz BBQ chicken legs	4 oz Mashed potatoes	4 oz Corn	4 oz Fruit in jellc		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
Fish, pinto beans, turnip greens, applesauce, cornbread, nutragrain bar, milk, margarine	3 oz Fish	4 oz Pinto Beans	4 oz Turnip greens	4 oz Applesauce		1 oz Cornbread	1 oz Nutragrain bar	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 P cket County Senior Center Registration # 712486

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

# 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)
Stuffed peppers w/ sauce, green beans, potato wedges, pears, WG roll, milk, margarine	6 oz Stuffed peppers	4 oz green beans	4 oz Potato wedges	4 oz Pears		1 oz WG roll	1 oz WG roll	1 c milk	4 g margarine	
Salmon patties, white beans, mashed potatoes, WG roll, strawberries, milk, margarine	3 oz Salmon patties	4 oz White beans	4 oz Mashed potatoes	4 oz Strawberries		1 oz WG roll	1 oz WG roll	1 c milk	4 g margarine	
Manwich, WG bun, corn, french fries, fruit cocktail, milk, margarine	3 oz Ground beef	4 oz Corn	4 oz French fries	4 oz Fruit cocktail		1 oz WG Bun	1 oz WG bun	1 c milk	4 g margarine	
BBQ Pork, WG bun, Baked beans, Potato Wedges, fruit cocktail, milk, margarine	3 oz BBQ pork	4 oz Baked beans	4 oz Potato Wedges	4 oz Fruit cocktail		1 oz WG Bun	1 oz WG bun	1 c milk	4 g margarine	
Tuna salad, WG bread, stewed tomatoes, potato salad, peaches, milk, margarine	3 oz Tuna salad	4 oz Stewed tomatoes	4 oz Potato salad	4 oz Peaches		1 oz WG bread	1 oz WG bread	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 Pickett County Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature B Walker, RD/LDN 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, mashed potatoes, crowder peas, fruit cocktail, cornbread, nutragrain bar, milk, margarine</i>	<i>3 oz Fish</i>	<i>4 oz Mashed potatoes</i>	<i>4 oz Crowder peas</i>	<i>4 oz Fruit cocktail</i>		<i>2 oz Cornbread</i>	<i>1 oz Nutragrain bar</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Oven baked chicken, mushroom gravy, potato wedges, lima beans, WG roll, pears, milk, margarine</i>	<i>3 oz Oven baked chicken</i>	<i>4 oz Lima beans</i>	<i>4 oz Potato wedges</i>	<i>4 oz Pears</i>		<i>1 oz Roll</i>	<i>1 oz roll</i>	<i>1 c milk</i>	<i>4 g margarine</i>	<b>Mushroom gravy</b>
<i>Stuffed peppers w/sauce, baked beans, French fries, WG roll, pineapple chunks, milk, margarine</i>	<i>6 oz Stuffed pepper</i>	<i>4 oz baked beans</i>	<i>4oz French fries</i>	<i>4 oz pineapple chunks</i>		<i>1 oz WG roll</i>	<i>1oz WG roll</i>	<i>1c milk</i>	<i>4g margarine</i>	<b>Sauce</b>
<i>Lasagna, green beans, Garden Salad, garlic bread, strawberries, nutragrain bar, milk, margarine</i>	<i>6 oz Lasagna</i>	<i>4 oz Green beans</i>	<i>4 oz Garden Salad</i>	<i>4 oz Strawberries</i>		<i>1 oz Garlic bread</i>	<i>1 oz Nutragrain bar</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>BBQ Pork, WG bun, corn, Cole slaw, fruit cocktail, milk, margarine</i>	<i>3 oz BBQ pork</i>	<i>4 oz Corn</i>	<i>4 oz Cole Slaw</i>	<i>4 oz Fruit cocktail</i>		<i>1 oz WG Bun</i>	<i>1 oz WG bun</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 Pickett County Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature B. Walker, RD/LDN 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)
<i>Fish, WG bun, mashed potatoes, stewed tomatoes, peaches, milk, margarine</i>	3 oz <i>Fish</i>	4 oz <i>Mashed potatoes</i>	4 oz <i>Stewed tomatoes</i>	4 oz <i>Peaches</i>		1 oz <i>WG Bun</i>	1 oz <i>WG bun</i>	1 c milk	4 g <i>margarine</i>	
<i>Chicken and dumplings, peas, coleslaw, pears, WG roll, milk, margarine</i>	3 oz <i>Chicken</i>	4 oz <i>Peas</i>	4 oz <i>Slaw</i>	4 oz <i>Pears</i>		1 oz <i>WG Roll</i>	1 oz <i>WG Roll</i>	1 c milk	4 g <i>Margarine</i>	<i>Dumplings</i>
<i>Breaded chicken patty, mashed potatoes, green beans, WG roll, apple sauce, milk, margarine</i>	3 oz <i>Breaded chicken patty</i>	4 oz <i>Mashed potatoes</i>	4 oz <i>Green beans</i>	4 oz <i>Applesauce</i>		1 oz <i>WG Roll</i>	1 oz <i>WG roll</i>	1 c milk	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 Pickett County Senior Center Registration # 712486

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