

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 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 Salad, Garden Salad, Potato Wedges, Peaches, 2 slices WG bread, Milk, Margarine	3 oz Tuna Salad	4 oz Garden Salad	4 oz Potato Wedges	4 oz Peaches		1 oz WG Bread	1 oz WG Bread	1 c Milk	4 g Margarine	
Pinto Beans, Turnip Greens, Mashed Potatoes, Peaches, Cornbread, Oatmeal Cookie, Milk, Margarine	6 oz Pinto Beans	4 oz Turnip Greens	4 oz Mashed Potatoes	4 oz Peaches		1 oz Cornbread	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	
Breaded Chicken Patty, Mashed Potatoes, Green Beans, Applesauce, WG Roll, Milk, Margarine	3 oz Chicken Patty	4 oz Mashed Potatoes	4 oz Green Beans	4 oz Applesauce		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
8 oz Vegetable Beef Stew, Garden Salad, Fruit Cocktail, Cornbread, Oatmeal Cookie, Milk, Margarine	3 oz Ground Beef	4 oz Mixed Vegetables	4 oz Garden Salad	4 oz Fruit Cocktail		1 oz Cornbread	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	
Taco Meat, Lettuce, Cheese, Tomatoes, Corn, Black Beans, Pears, WW Tortillas, Milk, Margarine	3 oz Ground Beef	4 oz Corn	4 oz Black Beans	4 oz Pears		1 oz WW Tortillas	1 oz WW Tortillas	1 c Milk	4 g Margarine	Lettuce, Tomato, Cheese

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 Smith County Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 8/15/24

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 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)
Fish, Mashed Potatoes, Green Beans, Fruit Cocktail, Cornbread, Oatmeal Cookie, Milk, Margarine	3 oz Fish	4 oz Mashed Potatoes	4 oz Green Beans	4 oz Fruit Cocktail		1 oz Cornbread	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	
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	
WW Spaghetti with Meat Sauce, Garden Salad, Broccoli, Peaches, Garlic Bread, Milk, Margarine	3 oz Meat Sauce	4 oz Garden Salad	4 oz Broccoli	1 oz Peaches		1 oz Garlic Bread	1 oz WW Spaghetti	1 c Milk	4 g Margarine	
Baked Pork Chop, Sweet Potatoes, Green Peas, Applesauce, WG Roll, Milk, Margarine	3 oz Baked Pork Chop	4 oz Sweet Potatoes	4 oz Green Peas	4 oz Applesauce		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
Hamburger on WG Bun, Lettuce, Tomato, Onion, Cole Slaw, Potato Wedges, Fruit in Jello, Milk, Margarine	3 oz Beef Patty	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

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AAAD Upper Cumberland

Provider Smith County Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 8/1/24

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)
Chicken Patty, Green Peas, Carrots, Applesauce, WG Bun, Milk, Margarine	3 oz Chicken Patty	4 oz Green Peas	4 oz Carrots	4 oz Applesauce		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	
BBQ Pork, Potato Wedges, Baked Beans, Mandarin Oranges, WG Bun, 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	
Sausage Patty, Hashbrowns, Stewed Tomatoes, Cinnamon Apples, Biscuit and Gravy, Oatmeal Cookie, Milk, Margarine	3 oz Sausage	4 oz Hashbrowns	4 oz Stewed Tomatoes	4 oz Cinnamon Apples		1 oz Biscuit	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	Gravy
Hamburger Steak w/ Brown Gravy, Mashed Potatoes, Green Peas, Pineapple Chunks, WG Roll, Milk, Margarine	3 oz Hamburger Steak	4 oz Mashed Potatoes	4 oz Green Peas	4 oz Pineapple Chunks		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	Brown Gravy

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AAAD Upper Cumberland

Provider Smith County Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 8/1/24

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 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)
Oven Baked Chicken w/ Mushroom Gravy, Potato Wedges, Green Beans, Pears, WG Roll, Milk, Margarine	3 oz 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 Chunks		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 Jello		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
Fish, Pinto Beans, Cole Slaw, Applesauce, Cornbread, Oatmeal Cookie, Milk, Margarine	3 oz Fish	4 oz Pinto Beans	4 oz Cole Slaw	4 oz Applesauce		1 oz Cornbread	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	

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AAAD Upper Cumberland

Provider Smith County Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 8/1/24

Tennessee Commission on Aging and Disability

Rev. 1/2017

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 5

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, Baked Beans, Potato Wedges, Pineapple Chunks, WG Bun, Milk, Margarine	3 oz Chicken Patty	4 oz Baked Beans	4 oz Potato Wedges	4 oz Pineapple Chunks		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	
Lasagna, Green beans, Garden Salad, Strawberries, Garlic Bread, Oatmeal Cookie, Milk, Margarine	8 oz Lasagna	4 oz Green Beans	4 oz Garden Salad	4 oz Strawberries		1 oz Garlic Bread	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	
Fish Patty, Mashed Potatoes, Stewed Tomatoes, Peaches, WG Bun, Milk, Margarine	3 oz Fish Patty	4 oz Mashed Potatoes	4 oz Stewed Tomatoes	4 oz Peaches		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	
BBQ Pork, Corn, Garden Salad, Fruit Cocktail, WG Bun, Milk, Margarine	3 oz BBQ Pork	4 oz Corn	4 oz Garden Salad	4 oz Fruit Cocktail		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	
Chicken and Dumplings, Green Peas, Cole Slaw, Fruit in Jello, Oatmeal Cookie, Milk, Margarine	3 oz Chicken	4 oz Green Peas	4 oz Cole Slaw	4 oz Fruit in Jello		1 oz Dumplings	1 oz Oatmeal Cookie	1 c Milk	4 g Margarine	

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AAAD Upper Cumberland

Provider Smith County Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 8/1/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 1

Meal & Date Served e.g. vegetable beef stew, applesauce, cornbread, milk	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)
X WG Spaghetti w/Meat Sauce Green Beans, Garden Salad with Dressing, Apple, Garlic Bread Milk, Oatmeal Cream Pie	3 oz Meat Sauce	4 oz Green Beans	4 oz Garden Salad	4 oz Apple		1 oz Garlic Bread Stick	1 oz WG Spaghetti	1 c Milk	4 g Salad Dressing	Oatmeal Cream Pie
X Chicken Pot Pie, Coleslaw, Mashed Potatoes, Apple Crisp, Milk, Margarine	8 oz Chicken Pot Pie	4 oz Coleslaw	4 oz Mashed Potatoes	4 oz Apple Crisp		1 oz Crust over Pot Pie	1 oz Oats On Crisp	1 c Milk	4 g Margarine	
Hot Dog on a WG Bun, Potato Chips, Pork & Beans, Carrot Sticks with Dressing, Pudding, Banana & Milk	3 oz Hot Dog	4 oz Pork & Beans	4 oz Carrot Sticks	4 oz Banana		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Salad Dressing	Potato Chips Pudding
Taco Soup, Celery Sticks, Pears Corn Chips, Granola Bar, Milk, Sour Cream, Peanut Butter, Cheese	8 oz Taco Soup	4 oz Beans, Corn, Tomatoes	4 oz Celery Sticks	4 oz Pears		1 oz Corn Chips	1 oz Granola Bar	1 c Milk	4 g Sour Cream	Cheese Peanut Butter
Sloppy Joe on a WG Bun, Baked Beans, Coleslaw, Potato Wedges with Ranch, Pineapples, Milk, Yogurt	3 oz Ground Beef	4 oz Baked Beans	4 oz Potato Wedges	4 oz Pineapples		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Ranch Dressing	Yogurt Coleslaw

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AAAD Upper Cumberland

Provider Fentress Cc Senior Center

Registration # 412786

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 4/29/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 2

Meal & Date Served e.g. vegetable beef stew, applesauce, cornbread, milk	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein Meat or 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)
Stuffed Green Peppers, Mashed Potatoes, Cali Blend Veggies, Banana, WW Roll, Milk, Margarine	6 oz Stuffed Green Pepper	4 oz Mashed Potatoes	4 oz Cali Blend Veggies	4 oz Banana		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	
Pulled Pork on WW Bun with BBQ Sauce and Pickles, Pork & Beans, Coleslaw, Pineapples, Milk, Margarine	3 oz Pulled Pork	4 oz Pork & Beans	4 oz Coleslaw	4 oz Pineapples		1 oz WW Bun	1 oz WW Bun	1 c Milk	4 g Margarine	BBQ Sauce Pkt Pickle Chips
Chicken Fried Steak with White Pepper Gravy, Mashed Potatoes, Green Peas, Peaches X	3 oz Chicken Fried Steak	4 oz Mashed Potatoes	4 oz Green Peas	4 oz Peaches		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	White Pepper Gravy
Hamburger Steak with Brown Mushroom Gravy, Mashed Potatoes, Green Beans, Apple, WW Roll, Milk, Margarine, Oatmeal Cream Pie X	3 oz Hamburger Steak	4 oz Mashed Potatoes	4 oz Green Beans	4 oz Apple		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	Brown Mushroom Gravy Oatmeal Cream Pie
Chili with Meat & Beans, Coleslaw, Celery Sticks, Banana Crackers, Peanut Butter & Syrup on WW Bread, Milk, Cheese, Oatmeal Cream Pie	8 oz Chili w/Meat & Beans	4 oz Coleslaw	4 oz Celery Sticks	4 oz Banana		1 oz WW Bread	1 oz Crackers	1 c Milk	4 g Peanut Butter	Cheese Slice Syrup Oatmeal Cream Pie

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 Fentress Co Senior Center

Registration # 412786

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 4-29-24

Tennessee Commission on Aging and Disability

Rev. 1/2017

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 3

Meal & Date Served e.g. vegetable beef stew, applesauce, cornbread, milk	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)
Meatloaf, Mashed Potatoes, Green Peas, Pears, WW Bread, Milk, Margarine, Granola Bar	3 oz Meatloaf	4 oz Mashed Potatoes	4 oz Green Peas	4 oz Pears		1 oz WW Bread	1 oz WW Bread	1 c Milk	4 g Margarine	Granola Bar
Chicken Alfredo with WW Pasta, Green Beans, Sweet Potatoes, Pineapples, Cornbread Dressing, Milk, Margarine, Rice Krispy Treat	8 oz Chicken Alfredo	4 oz Green Beans	4 oz Sweet Potatoes	4 oz Pineapples		1 oz WW Pasta	1 oz Cornbread Dressing	1 c Milk	4 g Margarine	Rice Krispy Treat
X Sausage Patties, Egg Patties, White Pepper Gravy, Hash Browns, Tomato Slices, Banana, Biscuit, Granola Bar, Milk, Margarine, Jelly	3 oz Sausage Patties	4 oz Hashbrown	4 oz Tomato Slices	4 oz Banana		1 oz Biscuit	1 oz Granola Bar	1 c Milk	4 g Margarine	Egg Patties White Pepper Gravy Jelly Packet
X Kraut & Wieners, Pinto Beans, Pears, Cornbread, Oatmeal Cream Pie, Milk, Margarine, Macaroni & Cheese	3 oz Hotdog	4 oz Pinto Beans	4 oz Sour Kraut	4 oz Pears		1 oz Cornbread	1 oz Oatmeal Cream Pie	1 c Milk	4 g Margarine	Macaroni & Cheese
Cheeseburger on a WW Bun, Lettuce, Tomato, Onion, Pickle Potato Wedges, Baked Beans, Apple, Milk, Mayo, Mustard, Ketchup	3 oz Hamburger Pattie	4 oz Potato Wedges	4 oz Baked Beans	4 oz Apple		1 oz WW Bun	1 oz WW Bun	1 c Milk	4 g Mayo	Mustard, Ketchup, Cheese, Lettuce, Tomato, Onion, Pickle

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AAAD Upper Cumberland

Provider Fentress Co Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature

Beth Walker, RD/LDN

Date

4-29-24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 4.

Meal & Date Served e.g. vegetable beef stew, applesauce, cornbread, milk	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)
Lasagna w/Meat Sauce, Corn, Garden Salad w/Dressing, Garlic Bread, Hot Apples, Milk	8 oz Lasagna	4 oz Corn	4 oz Garden Salad	4 oz Hot Apples		1 oz Garlic Bread Stick	1 oz WW Pasta	1 c Milk	4 g Salad Dressing	
Tuna Salad Sandwich on WW bread, Potato Chips, Cucumber Salad, Carrot Sticks w/ Ranch, Banana, Milk	3 oz Tuna Salad	4 oz Cucumber Salad	4 oz Carrot Sticks	4 oz Banana		1 oz WW Bread	1 oz WW Bread	1 c Milk	4 g Dressing Packet	
Chicken & Dumplings, Sweet Potatoes, Coleslaw, Cornbread Dressing, Fresh Pear, Oatmeal Cream Pie, Milk, Margarine	8 oz Chicken & Dumplings	4 oz Sweet Potatoes	4 oz Coleslaw	4 oz Pear		1 oz Cornbread Dressing	1 oz Oatmeal Cream Pie	1 c Milk	4 g Margarine	
Chicken Fajitas on WW Tortilla, Refried Beans, Corn, Peaches, Milk, Sour Cream, Cheese	3 oz Fajita Chicken	4 oz Refried Beans	4 oz Corn	4 oz Peaches		1 oz WW Tortilla	1 oz WW Tortilla	1 c Milk	4 g Sour Cream	Cheese
Ham Sandwich on WW Bread with fixings, Potato Salad, Celery Sticks w/ranch, Fresh Apple, Milk,	3 oz Ham	4 oz Potato Salad	4 oz Celery Sticks	4 oz Apple		1 oz WW Bread	1 oz WW Bread	1 c Milk	4 g Ranch Dressing	Cheese Lettuce, Tomato, Onion Mayo, Mustard

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AAAD Upper Cumberland

Provider Fentress Co Senior Center

Registration # 412786

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 4-29-24

Tennessee Commission on Aging and Disability

Rev. 1/2017

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 5

Meal & Date Served e.g. vegetable beef stew, applesauce, cornbread, milk	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)
X Broccoli Cheese Soup, Ham & Cheese Sandwich on WW Bread, Carrot Sticks with Ranch, Peaches, Rice Krispy Treat, Milk, Mayo	3 oz Ham	8 oz Broccoli and Cheese Soup	4 oz Carrot Sticks	4 oz Peaches		1 oz WW Bread	1 oz WW Bread	1 c Milk	4g Mayo Packet	Rice Krispy Treat Cheese Ranch
Chili Dog on WW Bun, Cole Slaw, Corn, Mixed Fruit, Milk, Margarine, Mustard, Relish	3 oz Hot Dog	4 oz Coleslaw	4 oz Corn	4 oz Mixed Fruit		1 oz WW Bun	1 oz WW Bun	1 c Milk	4g Margarine	Mustard Relish
Baked Ham, Pinto Beans & Cornbread, Turnip Greens, Macaroni & Tomatoes, Pineapples, Oatmeal Cream Pie, Milk, Margarine	3 oz Baked Ham	4 oz Pinto Beans	4 oz Turnip Greens	4 oz Pineapples		1 oz Cornbread	1 oz Oatmeal Cream Pie	1 c Milk	4g Margarine	Macaroni & Tomatoes
X Fish, Mashed Potatoes, Coleslaw, Peaches, Hushpuppie, Granola Bar, Milk, Margarine, Tartar Sauce	3 oz Fish	4 oz Mashed Potatoes	4 oz Coleslaw	4 oz Peaches		1 oz Hushpuppies	1 oz Granola Bar	1 c Milk	4g Margarine	Tartar Sauce
Ground Beef & Brown Gravy Over Noodles, Boiled Cabbage, Mashed Potatoes, Pear, WW Bread, Milk, Margarine, Yogurt	3 oz Ground Beef	4 oz Boiled Cabbage	4 oz Mashed Potatoes	4 oz Pear		1 oz WW Bread	1 oz WW Bread	1 c Milk	4g Margarine	Yogurt Gravy Noodles

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AAAD Upper Cumberland

Provider Fentress Co Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 4/29/24

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</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)
Taco Meat Garden Salad Tortilla Chips or Fritos Carrot Sticks w/Ranch Granola Bar, Pineapple Chunks Milk	3 oz Taco Meat	4 oz Carrot Sticks	4 oz Garden Salad	4 oz Pineapple Chunks		1 oz Granola Bar	1 oz Corn Chips	1 c Milk	4 g Salad Dressing	
✓ Sausage Pizza Cucumber Salad Potato Chips Celery w/Peanut Butter Peaches w/ cottage cheese Milk	3 oz 1 oz Sausage 2oz Cottage Cheese	4 oz Cucumber Salad	4 oz Celery	4 oz Peaches		1 oz WG Pizza Crust	1 oz WG Pizza Crust	1 c Milk	4 g Peanut Butter	Potato Chips
Chili w/meat and beans Crackers Cheese Sandwich on W/W Bread Carrot Sticks w/Ranch Banana, Yogurt Milk	3 oz Ground beef	4 oz Beans	4 oz Carrot Sticks	4 oz Banana		1 oz WW Bread	1 oz WW Bread	1 c Milk	4 g Ranch Dressing	Cheese Yogurt
8 oz Goulash Cucumber Salad Pears Cornbread Rice Krispy Treat Milk	3 oz Ground Beef	4 oz Tomatoes, Peppers and Onions	4 oz Cucumber Salad	4 oz Pears		1 oz Cornbread	1 oz WW Pasta	1 c Milk	4 g Salad Dressing	Rice Krispy Treat
Fish, Mashed Potatoes, Corn Peaches, Hushpuppies Granola Bar Milk, Tarter Sauce	3 oz Fish	4 oz Mashed Potatoes	4 oz Corn	4 oz Peaches		1 oz Hushpuppies	1 oz Granola Bar	1 c Milk	4 g Tartar 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 Fentress Co Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature

Beth Walker, RD/LDN

Date

8/15/24

Title III/C/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 7

Meal & Date Served e.g. vegetable beef stew, applesauce, cornbread, milk	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)
X Grilled Chicken Salad Cottage Cheese Strawberries Crackers Granola Bar Salad Dressing, Milk	3 oz Chicken	8 oz Lettuce	4 oz Cucumbers, Carrots, Tomatoes, Onions	4 oz Strawberries		1 oz Crackers	1 oz Granola Bar	1 c Milk	4 g Salad Dressing	Cottage Cheese
X 12 oz Vegetable Beef Soup Peanut Butter & Syrup Sandwich Crackers Cheese Slice Apple Milk	3 oz Ground Beef	4 oz Mixed Vegetables	4 oz Mixed Vegetables	4 oz Apple		1 oz WW Bread	1 oz WW Bread	1 c Milk	4 g Peanut Butter	Syrup Crackers Cheese Slice
Fish Fillet Pinto Beans & Cornbread Turnip Greens Peaches Cottage Cheese Milk	3 oz Fish Fillet	4 oz Pinto Beans	4 oz Turnip Greens	4 oz Peaches		1 oz Cornbread	1 oz Granola Bar	1 c Milk	4 g Butter	Cottage Cheese
X Polish Sausage Link Boiled Cabbage Mashed Potatoes Cornbread Banana Pudding w/Vanilla Wafers Milk	3 oz Polish Sausage	4 oz Boiled Cabbage	4 oz Mashed Potatoes	4 oz Banana		1 oz Cornbread	1 oz Oatmeal Cookie	1 c Milk	4 g Butter	Pudding Vanilla Wafers
Chicken Salad Sandwich on WW bread Carrot sticks Tomato Slices Apple Crackers w/peanut butter Milk	3 oz Chicken Salad	4 oz Carrot Sticks	4 oz Tomato Slices	4 oz Apple		1 oz WW Bread	1 oz WW Bread	1 c Milk	4 g Peanut Butter	Crackers

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AAAD Upper Cumberland

Provider Fentress Co Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 8/1/24

Tennessee Commission on Aging and Disability

Rev. 1/2017

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 8

Meal & Date Served e.g. vegetable beef stew, applesauce, cornbread, milk	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein Meat or 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 Protein Enriched wheat flour, 100% rolled hard wheat uninstant oat medium grain brown rice, whole grain cornmeal	Grain 2 Protein Enriched wheat flour, 100% rolled hard wheat uninstant oat medium grain brown rice, whole grain cornmeal	Dairy Milk or milk alternate – 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
Pulled Pork Baked Potato BBQ Sauce, Sour Cream, Cheese Garden Salad w/ Dressing, Crackers, Strawberries, Granola Bar, Milk	3 oz Pulled Pork	4 oz Baked Potato	4 oz Garden Salad	1 oz Strawberries		1 oz Crackers	1 oz Granola Bar	1 c Milk	4 g Sour Cream	BBQ Sauce Salad Dressing Cheese
Sausage Patties, Egg Patties Hashbrowns Potatoes, Strawberries Biscuit w/ chocolate syrup Butter, Granola Bar, Milk	3 oz Sausage & Egg Patties	4 oz Hashbrowns	4 oz Potatoes	4 oz Strawberries		1 oz Biscuit	1 oz Granola Bar	1 c Milk	4 g Butter	Chocolate Gravy
8 oz Chicken & Broccoli and Rice Casserole Deviled Eggs Mashed Potatoes Peach Cobbler, Cornbread, Milk, Butter	3 oz Chicken	4 oz Broccoli	4 oz Mashed Potatoes	6 oz Peach Cobbler		1 oz Brown Rice	1 oz Cornbread	1 c Milk	4 g Butter	Deviled Eggs
4 oz Swamp Cabbage w/ Ground Beef, Corn, Apple Crisp Cornbread, Milk, Butter	3 oz Ground Beef	4 oz Cabbage	4 oz Corn	6 oz Apple Crisp		1 oz Cornbread	1 oz Oats	1 c Milk	4 g Butter	
8 oz Tater Tot Ground Beef Casserole Corn Broccoli & Cheese Banana WW Roll, Milk, Butter	3 oz Ground Beef	4 oz Corn	4 oz Broccoli	4 oz Banana		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Butter	Tater Tots Cheese

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AAAD Upper Cumberland

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Name Beth Walker RD/LDN

Signature

Beth Walker, RD/LDN

Date

8/1/21