

# 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)
Oven Baked Chicken, 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
Lasagna, green beans, garden salad, strawberries, garlic bread, nutragrain bar, milk, margarine	6 oz lasagna	4 oz Green beans	4 oz Garden Salad	4 oz strawberries		2 oz Garlic bread	1 oz Oatmeal Cookie	1 c milk	4 g margarine	
Taco meat, WW tortilla, lettuce and tomato, corn, cheese, peaches, milk, margarine	3 oz Taco meat	4 oz Lettuce and tomato	4 oz corn	4 oz Peaches		1 oz WW Tortilla	1 oz WW Tortilla	1 c milk	4 g margarine	Cheese
Boneless pork chop, baked sweet potato, green peas, pineapple chunks, WG Roll, oatmeal cookie, milk, margarine	3 oz Pork chop	4 oz Sweet potatoes	4 oz Green peas	4 oz Pineapple chunks		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	Oatmeal cookie
Roast beef, brown gravy, mashed potatoes, green beans, peaches, WG Roll, milk, margarine	3 oz Roast Beef	4 oz Mashed potatoes	4 oz Green beans	4 oz peaches		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 VanBurenCountySeniorCenter 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 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>Hamburger steak, brown gravy, mashed potatoes, green peas, pineapple chunks, WG roll, milk, margarine</i>	3 oz <i>Hamburger steak</i>	4 oz <i>Mashed potatoes</i>	4 oz <i>Green peas</i>	4 oz <i>Pineapple chunks</i>		1 oz <i>WG Roll</i>	1 oz <i>WG roll</i>	1 c milk	4 g <i>margarine</i>	<b>Brown Gravy</b>
<i>Tuna salad, WG bread, stewed tomatoes, potato wedges, peaches, oatmeal cookie, milk, margarine</i>	3 oz <i>Tuna salad</i>	4 oz <i>Stewed tomatoes</i>	4 oz <i>Potato wedges</i>	4 oz <i>peaches</i>		1 oz <i>WG bread</i>	1 oz <i>WG bread</i>	1 c milk	4 g <i>margarine</i>	<b>Oatmeal Cookie</b>
<i>BBQ pork, WG bun, potato wedges, baked beans, mandarin oranges, milk, margarine</i>	3 oz <i>BBQ pork</i>	4 oz <i>Potato wedges</i>	4 oz <i>Baked beans</i>	4 oz <i>Mandarin oranges</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, green peas, coleslaw, fruit in Jello, oatmeal cookie, milk, margarine.</i>	3 oz <i>Chicken</i>	4 oz <i>Green peas</i>	4 oz <i>slaw</i>	4 oz <i>Fruit in Jello</i>		2 oz <i>dumplings</i>	1 oz <i>Oatmeal cookie</i>	1 c milk	4 g <i>margarine</i>	
<i>Oven baked chicken, mushroom gravy, potato wedges, green beans, pears, WG roll, milk, margarine</i>	3 oz <i>Chicken</i>	4 oz <i>Potato wedges</i>	4 oz <i>Green beans</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>	<b>Mushroom gravy</b>

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# Title IIIC/NSIP Meal Pattern Worksheet

Quarter \_\_\_\_\_ Week (or Other Period) Week 3

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 beans, carrots, applesauce, milk, margarine	3 oz Chicken patty	4 oz Green beans	4 oz carrots	4 oz applesauce		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, oatmeal cookie, milk, margarine	3 oz sausage	4 oz Hash browns	4 oz Stewed tomatoes	4 oz Cinnamon apples		2 oz Biscuit	1 oz Oatmeal Cookie	1 c milk	4 g margarine	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	
Hamburger, WG bun, lettuce tomato, onion, potato wedges, baked beans, mandarin oranges, milk, margarine	4 oz Hamburger	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	Lettuce, tomato, onion
Fish patty, WG bun, potato wedges, coleslaw, peaches, milk, margarine	3 oz fish	4 oz Potato wedges	4 oz Slaw	4 oz peaches		1 oz WG bun	1 oz WG bun	1 c milk	4 g margarine	

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# 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)
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	
Meat sauce over spaghetti noodles, green beans, garden salad, strawberries, garlic bread, nutragrain bar, milk, margarine	3 oz Meat sauce	4 oz Green beans	4 oz Garden salad	4 oz strawberries		2 oz Garlic bread	1 oz Oatmeal Cookie	1 c milk	4 g margarine	Pasta
Salmon patties, white beans, mashed potatoes, cinnamon apples, cornbread, oatmeal cookie, milk, margarine	3 oz Salmon patties	4 oz White beans	4 oz Mashed potatoes	4 oz Cinnamon apples		2 oz cornbread	1 oz Oatmeal cookie	1 c milk	4 g margarine	
Northern beans, kraut and wiener, spinach, strawberries, cornbread, oatmeal, milk, margarine	6 oz Beans	4 oz Kraut	4 oz Spinach	4 oz Strawberries		2 oz Cornbread	1 oz Oatmeal cookie	1 c milk	4 g margarine	Wiener
Chicken casserole, corn, carrots, applesauce, WG roll, milk, margarine	6 oz Chicken Casserole	4 oz corn	4 oz carrots	4 oz applesauce		1 oz WG roll	1 oz WG roll	1 c milk	4 g margarine	

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# 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>Chili with tomatoes, Baked potato, fruit cocktail, WG crackers, milk, margarine</i>	<i>3 oz Ground beef</i>	<i>4 oz Beans and tomatoes</i>	<i>4 oz Baked potato</i>	<i>4 oz Fruit cocktail</i>		<i>1 oz WG crackers</i>	<i>1 oz WG crackers</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Stuffed green peppers, black eyed peas, mashed potatoes, mandarin oranges, WG roll, milk, margarine</i>	<i>6 oz Stuffed Green Peppers with 3 oz beef</i>	<i>4 oz Black Eyed Peas</i>	<i>4 oz Mashed Potatoes</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>Vegetable Beef Stew, Garden Salad, Fruit Cocktail, Cornbread, Oatmeal Cookie, milk, margarine</i>	<i>3 oz Ground beef</i>	<i>4 oz Mixed vegetables</i>	<i>4 oz Garden Salad</i>	<i>4 oz Fruit Cocktail</i>		<i>2 oz Cornbread</i>	<i>2 oz Oatmeal Cookie</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Hot Dog, WG Bun, Pork and Beans, Potato Wedges, Pineapple chunks, milk, margarine</i>	<i>3 oz Hot Dog</i>	<i>4 oz Pork and Beans</i>	<i>4 oz Potato Wedges</i>	<i>4 oz Pineapple Chunks</i>		<i>1 oz WG Bun</i>	<i>1 oz WG Bun</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	
<i>Lasagna, green beans, garden salad, garlic bread, strawberries, oatmeal cookie, milk, margarine</i>	<i>6 oz Lasagna with 3 oz beef</i>	<i>4 oz Green Beans</i>	<i>4 oz Garden Salad</i>	<i>4 oz Strawberries</i>		<i>2 oz Garlic Bread</i>	<i>2 oz Oatmeal Cookie</i>	<i>1 c Milk</i>	<i>4 g Margarine</i>	

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# 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)
Boneless pork chop, mashed potatoes, green peas, Pineapple Chunks, WG Roll, oatmeal cookie, milk, margarine	3 oz Pork Chop	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	Oatmeal cookie
Salisbury steak, mashed potatoes, green beans, pineapple chunks, WG Roll, Milk, Margarine	3 oz Salisbury Steak	4 oz Mashed potatoes	4 oz Green Beans	4 oz Pineapple Chunks		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
BBQ Pork, WG Bun, Cole slaw, baked beans, fruit cocktail, milk, margarine	3 oz BBQ Pork	4 oz Slaw	4 oz Baked Beans	4 oz Fruit Cocktail		1 oz WG Bun	1 oz WG Bun	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		2 oz Cornbread	2 oz Oatmeal Cookie	1 c Milk	4 g Margarine	
Baked Pork Chop, sweet potatoes, green beans, strawberries, WG roll, milk, margarine	3 oz Pork Chop	4 oz Sweet Potatoes	4 oz Green Beans	4 oz Strawberries		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	

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# 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)
Salisbury Steak, mashed potatoes, brussels sprouts, pineapple chunks, WG Roll, milk, margarine	3 oz Salisbury Steak	4 oz Mashed Potatoes	4 oz Brussels Sprouts	4 oz Pineapple Chunks		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	
BBQ Pork, WG Bun, Potato Wedges, Baked Beans, Fruit Cocktail, Milk, Margarine	3 oz BBQ Pork	4 oz Potato Wedges	4 oz Baked Beans	4 oz Fruit Cocktail		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	
Hamburger, WG Bun, Lettuce, Tomato, Onion, Potato Wedges, Cole Slaw, Peaches, Milk, Margarine	3 oz Hamburger	4 oz Potato Wedges	4 oz Slaw	4 oz Peaches		1 oz WG Bun	1 oz WG Bun	1 c Milk	4 g Margarine	Lettuce, Tomato, Onion
Vegetable Beef Stew, Baked Potato, Pears, Grilled cheese or Peanut Butter Sandwich on WG Bread, Milk, Margarine	3 oz Ground Beef	4 oz Mixed Vegetables	4 oz Baked Potato	4 oz Pears		1 oz WG Bread	1 oz WG Bread	1 c Milk	4 g Margarine	Cheese or Peanut Butter
Chicken Casserole, Corn, Carrots and Peas, Mixed fruit, WG Roll, Milk, Margarine	3 oz Chicken	4 oz Corn	4 oz Peas and Carrots	4 oz Mixed Fruit		1 oz WG Roll	1 oz WG Roll	1 c Milk	4 g Margarine	

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