

# Title IIIC/NSIP Meal Pattern Worksheet

Quarter \_\_\_\_\_

Week (or Other Period) Week 1

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 and dressing with gravy, green beans, cream potatoes, cinnamon apples, WW roll, milk, margarine	3 oz Chicken	4 oz Green beans	4 oz Creamed potatoes	4 oz Cinnamon apples		1 oz WW roll	1 oz WW roll	1 c milk	4 g margarine	Dressing
White beans with ham and onions, turnip greens, okra, fruit cup, corn muffin, granola bar, milk, margarine	6 oz White beans	4 oz Turnip greens	4 oz Okra	4 oz Fruit cup		2 oz Cornbread muffin	1 oz Granola bar	1 c milk	4 g margarine	Ham and onions
Pork cutlet, sweet potato patties, corn, mandarin oranges, WW roll, banana pudding, milk, margarine	3 oz Pork cutlet	4 oz Sweet potato patties	4 oz Corn	4 oz Mandarin oranges		1 oz WW roll	1 oz WW roll	1 c milk	4 g margarine	Banana pudding
Chopped steak with onions and rice, lima beans, creamed potatoes, pears, WW roll, milk, margarine	3 oz Chopped steak	4 oz Lima beans	4 oz Creamed potatoes	4 oz Pears		1 oz WW roll	1 oz WW roll	1 c milk	4 g margarine	Onions and rice
Fish, coleslaw, baked beans, peaches, hushpuppies, tartar sauce, granola bar, milk, margarine	3 oz Fish	4 oz Slaw	4 oz Baked beans	4 oz peaches		2 oz hushpuppies	1 oz Granola bar	1 c milk	4 g margarine	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 Warren Co. Senior Center

Registration # 712486

Name Beth Walker

Signature B. Walker, RD/CD

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 equiviclent</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>Cheeseburger, tomato, lettuce, onions, potato wedges, banana, WW bun, milk, mayo</i>	<i>3 oz Hamburger</i>	<i>4 oz Tomato, lettuce, onion</i>	<i>4 oz Potato wedges</i>	<i>4 oz banana</i>		<i>1 oz WW bun</i>	<i>1 oz WW bun</i>	<i>1 c milk</i>	<i>4 g mayo</i>	<b>Cheese</b>
<i>Chicken casserole, green beans, corn, pears, WW roll, milk, margarine</i>	<i>6 oz Chicken Casserole</i>	<i>4 oz Green beans</i>	<i>4 oz corn</i>	<i>4 oz pears</i>		<i>1 oz WW roll</i>	<i>1 oz WW roll</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Baked ham, lima beans, creamed potatoes, pineapple, WW roll, milk, margarine</i>	<i>3 oz Baked ham</i>	<i>4 oz Lima beans</i>	<i>4 oz Creamed potatoes</i>	<i>4 oz Pineapple</i>		<i>1 oz WW roll</i>	<i>1 oz WW roll</i>	<i>1 c milk</i>	<i>4 g Margarine</i>	
<i>Kraut and smoked sausage, pinto beans, fruit cup, cornbread muffin, granola bar, milk, margarine</i>	<i>3 oz Smoked sausage</i>	<i>4 oz Kraut</i>	<i>4 oz Pinto beans</i>	<i>4 oz Fruit cup</i>		<i>2 oz Cornbread muffin</i>	<i>1 oz Granola bar</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Pork cutlet with gravy, creamed potatoes, peas and carrots, applesauce, WW roll, Yellow cake with icing, milk, margarine</i>	<i>3 oz Pork cutlet</i>	<i>4 oz Creamed potatoes</i>	<i>4 oz Peas and carrots</i>	<i>4 oz Applesauce</i>		<i>1 oz WW roll</i>	<i>1 oz WW roll</i>	<i>1 c milk</i>	<i>4 g margarine</i>	<b>Yellow cake with icing, gravy</b>

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 Warren Co. Senior Center

Registration # 712486

Name Beth Walker

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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)
<i>Loaded ham and potato soup, okra, garden salad, juice, grilled cheese, WW crackers, milk, salad dressing</i>	<i>3 oz Ham and cheese</i>	<i>4 oz Okra</i>	<i>4 oz Garden salad</i>	<i>4 oz Juice</i>		<i>1 oz WW bread</i>	<i>1 oz WW bread</i>	<i>1 c milk</i>	<i>4 g Salad dressing</i>	<b>Potatoes Crackers</b>
<i>Hamburger steak, green beans, creamed potatoes, fruit cocktail, WW roll, milk, margarine</i>	<i>3 oz Hamburger steak</i>	<i>4 oz Green beans</i>	<i>4 oz Creamed potatoes</i>	<i>4 oz fruit cocktail</i>		<i>1 oz WW roll</i>	<i>1 oz WW roll</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Chicken patty, carrots, cream potatoes, applesauce, WW roll, pudding cup, milk, margarine</i>	<i>3 oz Chicken patty</i>	<i>4 oz Carrots</i>	<i>4 oz Creamed potatoes</i>	<i>4 oz Applesauce</i>		<i>1 oz WW roll</i>	<i>1 oz WW roll</i>	<i>1 c milk</i>	<i>4 g Margarine</i>	<b>Pudding cup</b>
<i>BBQ pork, baked beans, slaw, peaches, WW bun, milk, margarine</i>	<i>3 oz BBQ Pork</i>	<i>4 oz Baked beans</i>	<i>4 oz Slaw</i>	<i>4 oz Peaches</i>		<i>1 oz WW bun</i>	<i>1 oz WW bun</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Pinto beans, turnip greens, squash nuggets, pears, cornbread muffin, granola bar, milk, margarine, onions</i>	<i>6 oz Pinto beans</i>	<i>4 oz Turnip greens</i>	<i>4 oz Squash nuggets</i>	<i>4 oz pears</i>		<i>2 oz Cornbread muffin</i>	<i>1 oz Granola bar</i>	<i>1 c milk</i>	<i>4 g margarine</i>	<b>Onions</b>

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AAAD Upper Cumberland

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Name Beth Walker

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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)
BBQ pork, baked beans, slaw, peaches, WW bun, milk, margarine, pickles	3 oz BBQ pork	4 oz Baked beans	4 oz Slaw	4 oz Peaches		1 oz WW bun	1 oz WW bun	1 c milk	4 g Margarine	pickles
Ham, sweet potatoes, green beans, pineapple, WW roll, milk, margarine	3 oz Ham	4 oz Sweet potatoes	4 oz Green beans	4 oz Pineapple		1 oz WW roll	1 oz WW roll	1 c milk	4 g margarine	
Chicken salad, green beans, potato wedges, fruit cup, WW croissant, pudding cup, milk, mayo	3 oz Chicken salad	4 oz Green beans	4 oz Potato wedges	4 oz Fruit cup		1 oz WW croissant	1 oz WW croissant	1 c milk	4 g Mayo	Pudding cup
Chuck wagon filet with gravy, rice, creamed potatoes, mixed vegetables, applesauce, WW roll, milk, margarine	3 oz Chuckwagon	4 oz Creamed potatoes	4 oz Mixed vegetables	4 oz Applesauce		1 oz WW roll	1 oz WW roll	1 c milk	4 g Margarine	Gravy, Rice
Baked spaghetti, Garden salad, corn, peaches, WW roll, milk, dressing	3 oz Ground Beef	4 oz Garden Salad	4 oz Corn	4 oz peaches		1 oz WW roll	1 oz WW roll	1 c milk	4 g dressing	Spaghetti, Cheese

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# 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 equivlent</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 and dumplings, okra, creamed potatoes, fruit cup, peanut butter cookie, WW roll, milk, margarine	3 oz chicken	4 oz Okra	4 oz Creamed potatoes	4 oz fruit cup		2 oz Dumplings	1 oz WW roll	1 c milk	4 g Margarine	Peanut butter cookie
Salmon patties, peas, creamed potatoes, peaches, WW roll, milk, margarine	3 oz Salmon patties	4 oz Peas	4 oz Creamed potatoes	4 oz Peaches		1 oz WW roll	1 oz WW roll	1 c milk	4 g margarine	
Hamburger steak, baked potatoes, carrots, applesauce, WW roll, fruit cobbler, milk, margarine	3 oz Hamburger steak	4 oz Baked potatoes	4 oz carrots	4 oz applesauce		1 oz WW roll	1 oz WW roll	1 c milk	4 g margarine	Fruit cobbler
Pinto beans, slaw, squash nuggets, fruit cup, cornbread, oatmeal cookie, milk, margarine, onions	6 oz Pinto beans	4 oz Slaw	4 oz Squash nuggets	4 oz Fruit cup		2 oz Cornbread	1 oz Oatmeal Cookie	1 c milk	4 g Margarine	onions
Lasagna, garden salad, corn, peaches, WW roll, milk, salad dressing	6 oz Lasagna	4 oz Garden Salad	4 oz Corn	4 oz peaches		1 oz WW roll	1 oz WW roll	1 c milk	4 g dressing	

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# 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)
<i>Taco Salad, refried beans, fruit cup, corn chips, Oatmeal raisin cookie, sour cream, salsa, milk</i>	3 oz Ground beef	4 oz Lettuce, tomato	4 oz Refried beans	4 oz Fruit cup		2 oz Corn Chips	2 oz Oatmeal Raisin Cookie	1 c Milk	4 g Sour Cream	Salsa
<i>Pizza on WW crust, corn, garden salad, fruit cup with cottage cheese, milk, margarine</i>	3 oz Pepperoni and Cheese 4 oz Cottage Cheese	4 oz Corn	4 oz Garden Salad	4 oz Fruit Cup		1 oz WW Pizza Crust	1 oz WW Pizza Crust	1 c Milk	4 g Margarine	
<i>Loaded BBQ baked potato, garden salad, fruit cup, WW roll, milk, sour cream and salad dressing</i>	3 oz BBQ	4 oz Baked Potato	4 oz Garden Salad	4 oz Fruit Cup		1 oz WW roll	1 oz WW Roll	1 c Milk	4 g Sour Cream	Salad Dressing
<i>Ham and Cheese sandwich on WW bread with lettuce, tomato and pickles,</i>	3 oz Ham	4 oz Lettuce and tomato	4 oz Potato Salad	4 oz Fresh fruit		1 oz WW bread	1 oz WW bread	1 c Milk	4 g Margarine	Cheese, pickles
<i>Sloppy Joe on WW bun, baked beans, fried okra, fruit cup, milk, margarine</i>	3 oz Ground Beef	4 oz Baked Beans	4 oz Fried Okra	4 oz Fruit Cup		1 oz WW Bun	1 oz WW Bun	1 c Milk	4 g Margarine	

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AAAD Upper Cumberland Provider Warren County Senior Center Registration # 412786

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 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)
6 oz Beef Stroganoff, Peas and Carrots, Garden Salad, Fruit Cup, WW Roll, Milk, Margarine	3 oz Ground Beef	4 oz Peas and Carrots	4 oz Garden Salad	4 oz Fruit Cup		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	Noodles
12 oz Chicken Noodle Soup with carrots, garden salad, Fruit cup, grilled cheese sandwich on WW bread, crackers, milk, margarine	3 oz Chicken	4 oz Carrots	4 oz Garden Salad	4 oz Fruit Cup		1 oz WW bread	1 oz WW bread	1 c Milk	4 g Margarine	Noodles, Cheese, Crackers
Chicken Parmesan, California blend vegetable, fruit cup, WW pasta, WW roll, milk, margarine	3 oz Chicken	4 oz California Blend	4 oz California Blend	4 oz Fruit Cup		2 oz WW Pasta	2 oz WW Roll	1 c Milk	4 g Margarine	
Hot Ham and Cheese sandwich on WW bread, fries, baked beans, fruit cup, milk, margarine	3 oz Ham	4 oz Fries	4 oz Baked Beans	4 oz Fruit Cup		1 oz WW bread	1 oz WW bread	1 c Milk	4 g Margarine	Cheese

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# Title IIIC/NSIP Meal Pattern Worksheet

Quarter \_\_\_\_\_

Week (or Other Period) Week 11

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)
11 oz Vegetable Beef soup with tomatoes, Peanut butter on WW bread, fruit cup Milk, Margarine	3 oz Ground Beef	4 oz Mixed Vegetables	4 oz Tomatoes	4 oz Fruit Cup		1 oz WW bread	1 oz WW bread	1 c Milk	4 g Margarine	Peanut Butter
Chicken breast, Rice Pilaf, green beans, corn, fruit cup, WW roll, Milk, Margarine	3 oz Chicken Breast	4 oz Green Beans	4 oz Corn	4 oz Fruit Cup		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	Rice Pilaf
11 oz Chili with tomatoes, grilled cheese, fruit cup, Milk, Margarine	3 oz Ground Beef	4 oz Chili Beans	4 oz Tomatoes	4 oz Fruit Cup		1 oz WW bread	1 oz WW bread	1 c Milk	4 g Margarine	Cheese, Crackers
Salisbury Steak, Cream potatoes, Green Peas, fruit cup, WW roll, Milk, Margarine	3 oz Salisbury Steak	4 oz Green Peas	4 oz Cream Potatoes	4 oz Fruit Cup		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	
Chicken Alfredo, broccoli, glazed carrots, fruit cup, WW Roll, Milk, Margarine	3 oz Chicken	4 oz Broccoli	4 oz Glazed Carrots	4 oz Fruit Cup		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	Alfredo Sauce, Noodles

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# Title IIIC/NSIP Meal Pattern Worksheet

Quarter \_\_\_\_\_

Week (or Other Period) Week 12

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 equivlent	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)
Pork tenderloin with gravy, white rice, green beans, fried squash, fruit cup, WW roll, milk, margarine	3 oz Pork Tenderloin	4 oz Green Beans	4 oz Fried Squash	4 oz Fruit Cup		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	Gravy, White Rice
Mixed Beans, Turnip greens, Fried Squash, Cooked Apples, Onions, Corn muffin, Granola Bar, Milk, Margarine	6 oz Mixed Beans	4 oz Turnip Greens	4 oz Fried Squash	4 oz Apples		1 oz Corn Muffin	1 oz Granola Bar	1 c Milk	4 g Margarine	
Chicken Patty, Broccoli and Cheese, Cream Potatoes, Fruit Cup, WW roll, Milk, Margarine	3 oz Chicken Patty	4 oz Broccoli	4 oz Cream Potatoes	4 oz Fruit Cup		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	Cheese
Fish Filet, Green Peas, Cream Potatoes, Fruit Cup, WW roll, Milk, Margarine	3 oz Fish Filet	4 oz Green Peas	4 oz Cream Potatoes	4 oz Fruit Cup		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	
Pulled Pork, Coleslaw, Baked Beans, Fruit Cup, WW bun, Milk, Margarine	3 oz Pulled Pork	4 oz Coleslaw	4 oz Baked Beans	4 oz Fruit Cup		1 oz WW bun	1 oz WW Bun	1 c Milk	4 g Margarine	

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# Title IIIC/NSIP Meal Pattern Worksheet

Quarter \_\_\_\_\_

Week (or Other Period) Week 13

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)
6 oz Beef Stroganoff, Peas and Carrots, Creamed Potatoes, Fruit Cup, WW Roll, Milk, Margarine	3 oz Ground Beef	4 oz Peas and Carrots	4 oz Creamed potatoes	4 oz Fruit Cup		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	Noodles
Loaded ham and potato soup, okra, corn, juice, grilled cheese, WW crackers, milk, margarine	3 oz Ham and cheese	4 oz Okra	4 oz Corn	4 oz Juice		1 oz WW bread	1 oz WW bread	1 c Milk	4 g Margarine	Potatoes Crackers
Beef Patty with Gravy, carrots, creamed potatoes, fruit cup, WW roll, milk, margarine	3 oz Beef Patty	4 oz Carrots	4 oz Creamed Potatoes	4 oz Fruit Cup		1 oz WW Roll	1 oz WW Roll	1 c Milk	4g Margarine	Gravy

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# Title IIIC/NSIP Meal Pattern Worksheet

Quarter \_\_\_\_\_ Week (or Other Period) Week 14

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)
Sloppy Joe, WW Bun, French Fries, Corn, Fruit Cup, Milk, Margarine	3 oz Ground Beef	4 oz French Fries	4 oz Corn	4 oz Fruit Cup		1 oz WW Bun	1 oz WW Bun	1 c Milk	4 g Margarine	
Beef Stroganoff, Pea & Carrots, Cream Potatoes, WW Roll, Fruit Cup, Milk, Margarine	3oz Beef	4 oz Peas & Carrots	4 oz Cream Potatoes	4 oz Fruit Cup		1 oz WW roll	1 oz WW roll	1 c Milk	4 g Margarine	Noodles
Hamburger Steak, Baked Potato, Garden Salad, Fruit Cup, WW Roll, Milk, Margarine	3 oz Hamburger Steak	4 oz Baked Potato	4 oz Garden Salad	4 oz Fruit Cup		1 oz WW Roll	1 oz WW Roll	1 c Milk	4 g Margarine	
Grilled Chicken Breast, Baked Sweet Potato, Steam Broccoli, Fruit Cup, WW Roll, Milk, Margarine	3 oz Grilled Chicken	4 oz Baked Sweet Potato	4 oz Steam Broccoli	4 oz Fruit Cup		1 oz WW Roll	1 oz WW roll	1 c Milk	4 g Margarine	
Cheeseburger, WW Bun, Trimmings, Loaded Potato Salad, Baked Beans, Fresh Fruit, Milk, Margarine	3 oz Hamburger Patty	4 oz Loaded Potato Salad	4 oz Baked Beans	4 oz Fresh Fruit		1 oz WW Bun	1 oz WW Bun	1 c Milk	4 g Margarine	Sliced Cheese, 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 Warren Co. Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature Beth Walker, RD/LDN Date 7-15-24