|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  ALL MEALS SERVED WITH 2% MILKRC= Red ChiliGC- Green Chili |  MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCT |  |  | FRIDAY 1, 20243oz LS Herbed Baked Fish (1 tsp Mrs. Dash1 TBSP Tartar Sauce1/2c Brown Rice w/ 1/4c mushrooms and 1 tsp unsalted butter 1/2c Brussel Sprouts w/ 1 tsp margarine1c Tossed Salad w/ 2 TBSP FF ranch dressing4 LS WW Crackers 3/4c Fruit Salad |
| MONDAY 4, 2024Grilled Chicken Sandwich (3oz Chicken Breast, 1/2c lettuce, 1 slice tomato, 1 bun)1/2c Green Beans1/2c Tater Tots 1/2c Pineapples | TUESDAY 5, 2024Salisbury Steak w/Mushrooms(3oz beef, 1/2c Mushrooms, 1oz LS Gravy)1/2c Brown Rice1/2c Broccoli w/ 1 tsp margarineWheat Roll w/ 1 tsp margarine 1c Tropical Fruit | WEDNESDAY 6, 2024Chicken Pot Pie(3oz chicken, 1oz Crust, 1/2c peas and carrots)1c Tossed Salad w/ 2 TBSP FF Italian Dressing1c Strawberries & Peaches | THURSDAY 7, 20241c RC Pork Posole(3oz Pork, 1/2c Hominy, 1 oz RC)1c Capri Veggies w/ 1 tsp margarine 6 LS WW Crackers1/2c Spiced Pears | FRIDAY 8, 2024RC Smothered Bean Burrito(1 8n Flour tortilla, 3/4c LS Pinto beans, .5oz Cheese, 2oz RC Sauce) 1/2c LS Spanish Rice1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1/2c Spiced Apples |
| MONDAY 11, 2024BBQ Pulled Pork Sandwich (3oz Pork, 1oz BBQ Sauce, 1 bun)1/2c LS Potato Salad1/2c Okra1 slice LF Cornbread w/ 1 tsp margarine  1/2c Fruit Cocktail  | TUESDAY 12, 2024Tamale(2oz Pork, 1/3c Masa, 1oz RC)1/2c Pinto Beans 1c Chateau Blend Vegetables w/ 1 tsp margarineSopapillaOrange | WEDNESDAY 13, 2024Chef Salad w/ Chicken(2oz Chicken, 1.5c Romaine Lettuce, 1 HB egg, 1/4c onion, 1/4c cucumber, 1/4c Cabbage, 1/4c Tomato, 1 slice reduce sodium bacon 2 TBSP FF Ranch Dressing6 LS WW Crackers1c Fruit salad | THURSDAY 14, 2024Turkey and cheese Wrap (1 8in WW tortilla, ,2oz turkey, 1oz Swiss cheese, 1/2c lettuce, 2 slices tomato), 1c California Blend w/ 1 tsp margarine 1/2c Mixed fruit 1/2c Light nonfat vanilla yogurt BINGO  | FRIDAY 14, 2024GC Cheese Enchilada(2 corn tortilla, 1oz cheese, 2oz GC Sauce, 1 oz GC, 1/2c Pinto Beans)1c squash with NAS diced Tomtoes 1/2c LS Spanish Rice1 Fresh Pear  |
| MONDAY 18, 2024Corned Beef & Cabbage3oz Lean LS Corned Beef, 1/2c Cabbage)1/2c Scalloped Potatoes 1/2c carrots 1 slice Rye Bread w/ 1 tsp margarine1/2c Lime Sherbetbanana | TUESDAY 19, 20242oz LS Baked Ham 1/2c Green Beans w/ ¼ slivered almonds1/2c Sweet PotatoesWheat Roll1/2c Light vanilla nonfat yogurt 1/2c Berries  | WEDNESDAY 20, 2024 Chicken Alfredo(4oz Diced chicken,1oz Light alfredo sauce,1/2c Fettuccine)1c Italian blend vegetablesWheat roll w/ 1 tsp margarine3/4c Mandarin Oranges | THURSDAY 21, 20241c Beef Stew w/ mixed veggies(3oz meat, 1/2c carrots, celery ,potatoes, peas)1/2c NAS Stewed Tomatoes & 1oz GCWheat roll1/2c Applesauce | FRIDAY 22, 2024Trotta de Huevo (2 med Eggs, 1oz. Cheese, 2 oz. Red Chile)1/2c LS Pinto Beans1/2c Asparagus with 1/2c onions and mushrooms 1 6in WW tortilla1c Fruit Salad |
| MONDAY 25, 2024Pork Chop w/ Stuffing(3oz Pork Chop, 1/4c Cornbread Stuffing)3/4c green beans 1/2c Parsley PotatoesWheat Roll w/ 1 tsp margarine1/2c Applesauce | TUESDAY 26, 2024Chicken Fajitas(3oz Chicken, 1/2c peppers and onions, 1 6in Flour Tortilla, 2 TBSP Salsa)1/2c Calabacitas 1/2c SF gelatin w/ 1/2c mandarin Oranges  | WEDNESDAY 27, 2024Pork Stir Fry(3oz Diced Pork, 3oz sauce, 1/4c broccoli, red bell pepper)1c Brown Rice1c Oriental Veggies3/4c pineapple  | THURSDAY 28,2024Tortilla Burger(3oz Patty, 2 corn tortilla, 1oz GC, .5oz Cheese, 1/2c Lettuce 1 slice tomato, 1 slice onion)1c Vegetable Medley 1/2c LS 3 bean salad BananaBINGO | FRIDAY 29, 2024Baked Tilapia3oz LS Herbed Tilapia,  2 TBSP Tartar Sauce1/2c LS Brown Rice Pilaf1c Capri vegetables1/2c Carrot Raisin Salad  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Daily Lunch Requirement** | **Menu Week 1** | **Menu Week 2** | **Menu Week 3** | **Menu Week 4** | **Menu Week 5** |
|  |  | **Days in Week:****1** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| **Calories** | 700 or more | 717.3 | 737.3 | 705.6 | 703.1 | 725.3 |
| **% Carbohydrates from Calories** | 45-55% | 53.9 | 51.9 | 54.1 | 49.9 | 47.2 |
| **% Protein from Calories** | 15-25% | 21.1 | 19.9 | 20.1 | 23.0 | 21.1 |
| **% Fat from Calories** | 25-35% | 25.0 | 28.1 | 25.8 | 27.1 | 31.7 |
| **Saturated Fat** | less than 8g | 7.7 | 7.9 | 7.9 | 8.0 | 7.9 |
| **Fiber** | 10g or more | 11.8 | 11.1 | 12.7 | 12.1 | 10.1 |
| **Vitamin B-12** | .8ug or more | 2.2 | 1.8 | 1.9 | 2.5 | 2.3 |
| **Vitamin A** | 300ug RAE or more | 714.4 | 457.0 | 366.4 | 623.8 | 323.7 |
| **Vitamin C** | 30mg or more | 86.3 | 57.4 | 55.2 | 31.8 | 47.1 |
| **Iron** | 2.6mg or more | 5.1 | 4.5 | 3.6 | 5.0 | 3.5 |
| **Calcium** | 400mg or more | 402.2 | 440.0 | 572.9 | 543.9 | 423.4 |
| **Sodium** | less than 766mg | 641.2 | 762.9 | 714.5 | 766.3 | 585.4 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, fiber and sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

 Constance Rudnicki MS, RDN, LD approved on February 14, 2024