|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY 3, 2025  Chicken Fajitas  (3oz Chicken, 1/2c Peppers and onions,  1 6in wheat tortilla, 1 TBSP salsa)  1/2c LS pinto beans  1c Island Blend Vegetables  1/2c Peaches  1 PB cookie | TUESDAY 4, 2025  Pork Stir Fry  (3oz Pork, 0.5oz Sauce)  3/4c Brown Rice  1c Stir Fry Vegetables  1/2c Mandarin oranges  1 slice SF Angel food cake | WEDNESDAY 5, 2025  Breaded Chicken Sandwich  (1 wheat bun, 3oz Chicken patty, 1/2c lettuce, 2 slices tomato)  1/2c Baby carrots  1/2c Cucumber and tomato salad  1c Tropical Fruit | THURSDAY 6, 2025  2oz LS Baked Ham  1/2c Yams  1c Vegetable Madely  3/4c Garden Salad w/ 1 TBSP light ranch Dressing  1c Pineapple Tidbits  Wheat roll w/ 1 tsp unsalted butter  1/2c Light (SF) nonfat vanilla yogurt | FRIDAY 7, 2025  3/4c Chicken & Rice Casserole  (3oz Chicken 1/2c brown rice, 0.5oz Cheese)  1c California Veggies w/ 2 tsp unsalted butter  Spinach Salad  (1c baby spinach, 1/4c red onion, ¼ HB Egg)  2 TBSP Light Ranch Dressing  Fresh Apple |
| MONDAY 10, 2025  3oz Chicken Tenders  1/3c Sweet Potato Fries  1c chateau blend vegetables  1c strawberries  6oz Light (SF) nonfat vanilla yogurt | TUESDAY 11, 2025  Meatball Sub  (1 hot dog bun, 3oz meatballs, 3oz NAS marinara Sauce)  1c Italian Veggies  1/2c SF gelatin w/ 1/2c Banana | WEDNESDAY 12, 2025  8oz Green Chile Chicken Enchiladas  (2 corn tortilla, 3oz chicken, 2oz GC, 1oz Cheese, 1/2c Lettuce, tomato)  1/2c Pinto Beans  1c Capri blend vegetables  1c sliced Pears | THURSDAY 13, 2025  3oz Beef Roast  Mushroom Gravy  (1oz LS gravy, 1/2c Mushrooms)  ½ Baked Potato  1/2c Carrots, 1/4c onions)  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  Wheat roll  1c Fruit salad | FRIDAY 14, 2025  3oz LS Herbed Pork Chop  2oz LS Gravy  1/2c Lemon herb Orzo  3/4c Broccoli 1/4c Red bell pepper  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  6 wheat crackers  3/4c Cinnamon Spiced Apples |
| MONDAY 17, 2025  5oz Orange Chicken  (3oz Chicken, 2oz sauce)  1/2c Brown Rice  1c Asian blend vegetables  Vegetable egg roll  1/2c pineapple chunks | TUESDAY 18, 2025  Open Face Turkey  Sandwich  (1 wheat bread, 2oz LS Gravy, 2oz LS gravy)  1c Mediterranean Blend w/ 2 tsp unsalted butter  1/2c Fruit cocktail  1/2c Light (SF) nonfat vanilla yogurt | WEDNESDAY 19, 2025  Spaghetti with  (1/2c Spaghetti, 6oz Meat sauce  (3oz beef, 3oz NAS marinara Sauce)  1c Italian Blend w/ 1 tsp unsalted butter  1.5c Green Salad w/ 2TBSP  Light Italian Dressing  1c Fruit Salad | THURSDAY 20, 2025  Pork Carne Adovada Burrito  (1 8in wheat tortilla, 3oz Pork, 2oz RC sauce)  1/2c Pinto beans  1c Zucchini w/ NAS diced tomatoes w/ 1 tsp unsalted butter  1c Tropical Fruit salad | FRIDAY 21, 2025  1c Green Chile Chicken Posole  (2 TBSP GC, 3oz Chicken, 1/2c Posole)  1.5c Tossed Salad w/ 2 TBSP light Italian Dressi1 6in wheat Tortilla  1/2c Mixed Fruit |
| MONDAY 24, 2025  3oz LS Salisbury Steak  Mushroom Gravy  (2oz LS gravy, 1/4c mushrooms)  1/3c Mashed Potatoes  3/4c Asparagus  Wheat roll  Fresh Pear | TUESDAY 25, 2025  3oz Baked Chicken  2oz LS gravy  1/2c LS Rice Pilaf w/ 1/2c Mushrooms  1c winter blend vegetables  Orange | WEDNESDAY 26, 2025  Frito Pie  (1oz Corn Chips, 2oz RC sauce, 3oz Beef 1/2c Lettuce and tomato, 1/4c onions)  1/2c Pinto Beans  1c Capri Vegetables  1c Apricots | THURSDAY 27, 2025  1c Beef & Potato Stew  with Veggies  1/2c Steamed Spinach & 1/4c Onions  1.5 Tossed Salad w/ 2TBSP light Italian Dressing  Wheat roll  1/2c SF gelatin  1c Strawberries | FRIDAY 28, 2025  Chicken Salad Sandwich  (1/2c Chicken salad w/ 3oz Chicken, 1/2c Lettuce, 2 slices tomato, 2 slices wheat bread)  1/2c cold beets  1/2c Carrot raisin salad  Banana |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **n/a** |
| Calories | 700 or more | 700.7 | 701.0 | 713.4 | 713.9 |  |
| % Carbohydrates from Calories | 45-55% | 51.7 | 49.3 | 52.4 | 47.7 |  |
| % Protein from Calories | 15-25% | 20.5 | 23.7 | 22.8 | 23.7 |  |
| % Fat from Calories | 25-35% | 27.7 | 27.0 | 25.0 | 28.6 |  |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 7.9 | 7.4 |  |
| Fiber | 10g or more | 10.6 | 12.6 | 10.0 | 13.7 |  |
| Vitamin B-12 | .8ug or more | 1.5 | 2.5 | 1.9 | 2.9 |  |
| Vitamin A | 300ug RAE or more | 478.8 | 605.7 | 374.4 | 692.3 |  |
| Vitamin C | 30mg or more | 53.6 | 45.0 | 50.5 | 63.6 |  |
| Iron | 2.6mg or more | 3.4 | 4.4 | 4.1 | 5.8 |  |
| Calcium | 400mg or more | 452.5 | 523.7 | 431.1 | 471.2 |  |
| Sodium | less than 766mg | 765.7 | 696.6 | 709.8 | 592.7 |  |

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 January 21, 2025