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| --- | --- | --- | --- | --- |
| MONDAY 2, 2024BBQ Chicken (3oz Chicken, 2 TBSP BBQ sauce)1/2c Green Beans1c Coleslaw w/ 2 TBSP Dressing1oz Corn Bread w/ 1 tsp unsalted butter, 2 tsp honey Fresh Apple | TUESDAY 3, 20243oz LS Baked Tilapia1 TBSP Tartar Sauce1/3c Scalloped Potatoes1c Vegetable MedleyWheat Roll w/ 1 tsp unsalted butter Fresh Pear  | WEDNESDAY 4, 2024Chili Cheese Dogwith Meaty Red Chili(1oz beef hot dog, ½ hot dog bun, 2oz Meat, 2oz Sauce)1/2c LS Three bean salad3/4c Broccoli w./ 1/4c red bell pepper 1c Mixed Fruit  | THURSDAY 5, 2024Baked Chicken with Mushroom Sauce(3oz Chicken Beast, 2oz Sauce)1c Mushrooms and spinach1/2c Brown and Wild RiceWheat Roll1c apricots | FRIDAY 6, 2024Beef Fajita (3oz lean Beef, 1/2c peppers and onion, 1 6in Flour Tortilla, 1 TBSP salsa)1/2c Black Beans1c Capri Vegetables1c Pineapple  |
| MONDAY 9, 20246oz Beef Tips over Egg Noodles(3oz Beef, 3oz LS Gravy, 1/2c Egg Noodles)1/2c Carrots1.5c Tossed Salad w/ 2 TBSP light Ranch dressingWheat roll Fresh Orange | TUESDAY 10, 20241c Green Chili Chicken Posole(2 TBSP GC, 3oz Chicken, 1/2c Hominy)1/3c Spanish Rice1c Zucchini and NAS Diced Tomatoes1 6in Flour Tortilla1/2c Peaches | WEDNESDAY 11, 20243oz LS Herbed Pork Chop2oz LS Pork Gravy1/2c Brown Rice1c Mediterranean VeggiesWheat Roll1/3c Banana Pudding | THURSDAY 12, 2024Soft Beef Taco(3oz Beef, 1 6in Flour Tortilla, 1/2c Lettuce and tomato)1c Chateau blend vegetables1/2c Pinto Beans3/4c Fruit Cocktail | FRIDAY 13, 2024Pork Stir FryPeppers & Onions(3oz Pork, 1/4c Peppers and onions, 1oz Sauce)3/4c Asian VeggiesVegetable Egg RollFortune Cookie1/2c Mandarin Oranges |
| MONDAY 16, 20243oz LS Pepper Steak2oz LS Brown Gravy1/3c LS brown Rice Pilaf1/2c Asparagus1/2c Winter blend veg. Wheat Roll1c Tropical Fruit | TUESDAY 17, 2024Egg Salad Sandwich(1/2c Egg Salad (1 Egg)1/2c Lettuce, 2 slices wheat bread)Spinach Salad(1c Spinach, 1/2c Red onion, 1/2c Strawberries)2 TBSP light Ranch Dressing1c Light (SF) nonfat vanilla yogurt | WEDNESDAY 18, 2024HOLIDAY DINNER2oz LS Baked Ham1/2c roasted Yams1/2c Green Beans w/ 1/3c Slivered Almonds 3/4c Tossed Salad w/ 1 TBSP Light Ranch Wheat Roll1/2c Sweet Rice with Raisins | THURSDAY 19, 2024Frito Pie(3oz Beef, 2oz RC, 1oz corn chips, 1/2c Lettuce and tomato))1/2c Pinto Beans1c Island blendBanana | FRIDAY 20, 20242oz Polish Sausage1/2c Cabbage1/2c LS parsley Potatoes1/2c LS BeetsWheat Roll1c fruit Salad 1/2c Light (SF) nonfat vanilla yogurt |
| MONDAY 23, 2024Chicken Parmesanover Linguini(4oz Crusted chicken Parm, 1/4c NAS marinara sauce)1/2c Pasta1c Italian blend Wheat roll1/2c Apricots  | TUESDAY 24, 2024Tuna Salad(1/2c Tuna w/ 3oz Light tuna)1/2c Cold Peas1/2c LS LF Broccoli Salad 6 LS Wheat Crackers1c Grapes  | WEDNESDAY 25, 2024AllCENTERS CLOSED | THURSDAY 26, 2024Pork Carne Adovada(3oz Pork, 2oz RC sauce)1/2c LS pinto beans1c Chateau blend 16 in Flour tortilla1/2c FF Sherbet | FRIDAY 27, 2024Sloppy Joes(3oz Ground beef, 1/4c sauce, 1/2c peppers and onions, 1 bun)1c capri vegetables 3/4c Tossed Salad w/ 1 TBSP light Italian dressingWheat roll 1/2c Applesauce |
| MONDAY 30, 2024Green Chili Cheeseburger(3oz Beef, 2 TBSP GC, 1 bun, 0.5oz Cheese, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c Carrots1/2c Green beans1/2c Plums | TUESDAY 31, 20243oz LS HerbedBaked Fish1 TBSP tartar sauce 1/2c NAS French Fries1/2c Brussel Sprouts1.5c Tossed salad w/ 2 TBSP light Italian Dressing Wheat roll1c Fruit Salad  |  |  |  |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- | --- |
| 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:****4** | **Days in Week:****2** |
| Calories | 700 or more | 702.7 | 701.9 | 718.2 | 716.7 | 704.0 |
| % Carbohydrates from Calories | 45-55% | 52.5 | 46.9 | 50.5 | 49.2 | 51.5 |
| % Protein from Calories | 15-25% | 22.5 | 23.4 | 19.3 | 21.5 | 21.7 |
| % Fat from Calories | 25-35% | 25.0 | 29.7 | 30.2 | 29.3 | 26.8 |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 7.6 | 7.8 | 7.9 |
| Fiber | 10g or more | 12.5 | 10.2 | 10.9 | 10.9 | 11.0 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.8 | 2.2 | 2.4 | 3.0 |
| Vitamin A | 300ug RAE or more | 398.7 | 401.2 | 308.5 | 322.9 | 827.0 |
| Vitamin C | 30mg or more | 66.4 | 44.3 | 64.8 | 35.3 | 65.0 |
| Iron | 2.6mg or more | 4.7 | 4.8 | 4.4 | 4.5 | 5.2 |
| Calcium | 400mg or more | 438.3 | 429.6 | 527.4 | 432.8 | 493.6 |
| Sodium | less than 766mg | 766.3 | 667.9 | 759.3 | 721.7 | 757.8 |

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 November 25, 2024