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| MONDAY 2, 2024  BBQ Chicken  (3oz Chicken, 2 TBSP BBQ sauce)  1/2c Green Beans  1c Coleslaw w/ 2 TBSP Dressing  1oz Corn Bread w/ 1 tsp unsalted butter, 2 tsp honey  Fresh Apple | TUESDAY 3, 2024  3oz LS Baked Tilapia  1 TBSP Tartar Sauce  1/3c Scalloped Potatoes  1c Vegetable Medley  Wheat Roll w/ 1 tsp unsalted butter  Fresh Pear | WEDNESDAY 4, 2024  Chili Cheese Dog  with Meaty Red Chili  (1oz beef hot dog, ½ hot dog bun, 2oz Meat, 2oz Sauce)  1/2c LS Three bean salad  3/4c Broccoli w./ 1/4c red bell pepper  1c Mixed Fruit | THURSDAY 5, 2024  Baked Chicken  with Mushroom Sauce  (3oz Chicken Beast, 2oz Sauce)  1c Mushrooms and spinach  1/2c Brown and Wild Rice  Wheat Roll  1c apricots | FRIDAY 6, 2024  Beef Fajita  (3oz lean Beef, 1/2c peppers and onion, 1 6in Flour Tortilla, 1 TBSP salsa)  1/2c Black Beans  1c Capri Vegetables  1c Pineapple |
| MONDAY 9, 2024  6oz Beef Tips  over Egg Noodles  (3oz Beef, 3oz LS Gravy, 1/2c Egg Noodles)  1/2c Carrots  1.5c Tossed Salad w/ 2 TBSP light Ranch dressing  Wheat roll  Fresh Orange | TUESDAY 10, 2024  1c Green Chili Chicken Posole  (2 TBSP GC, 3oz Chicken, 1/2c Hominy)  1/3c Spanish Rice  1c Zucchini and NAS Diced Tomatoes  1 6in Flour Tortilla  1/2c Peaches | WEDNESDAY 11, 2024  3oz LS Herbed Pork Chop  2oz LS Pork Gravy  1/2c Brown Rice  1c Mediterranean Veggies  Wheat Roll  1/3c Banana Pudding | THURSDAY 12, 2024  Soft Beef Taco  (3oz Beef, 1 6in Flour Tortilla, 1/2c Lettuce and tomato)  1c Chateau blend vegetables  1/2c Pinto Beans  3/4c Fruit Cocktail | FRIDAY 13, 2024  Pork Stir Fry  Peppers & Onions  (3oz Pork, 1/4c Peppers and onions, 1oz Sauce)  3/4c Asian Veggies  Vegetable Egg Roll  Fortune Cookie  1/2c Mandarin Oranges |
| MONDAY 16, 2024  3oz LS Pepper Steak  2oz LS Brown Gravy  1/3c LS brown Rice Pilaf  1/2c Asparagus  1/2c Winter blend veg.  Wheat Roll  1c Tropical Fruit | TUESDAY 17, 2024  Egg 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 Dressing  1c Light (SF) nonfat vanilla yogurt | WEDNESDAY 18, 2024  HOLIDAY DINNER  2oz LS Baked Ham  1/2c roasted Yams  1/2c Green Beans w/ 1/3c Slivered Almonds  3/4c Tossed Salad w/ 1 TBSP Light Ranch  Wheat Roll  1/2c Sweet Rice with Raisins | THURSDAY 19, 2024  Frito Pie  (3oz Beef, 2oz RC, 1oz corn chips, 1/2c Lettuce and tomato))  1/2c Pinto Beans  1c Island blend  Banana | FRIDAY 20, 2024  2oz Polish Sausage  1/2c Cabbage  1/2c LS parsley Potatoes  1/2c LS Beets  Wheat Roll  1c fruit Salad  1/2c Light (SF) nonfat vanilla yogurt |
| MONDAY 23, 2024  Chicken Parmesan  over Linguini  (4oz Crusted chicken Parm, 1/4c NAS marinara sauce)  1/2c Pasta  1c Italian blend  Wheat roll  1/2c Apricots | TUESDAY 24, 2024  Tuna Salad  (1/2c Tuna w/ 3oz Light tuna)  1/2c Cold Peas  1/2c LS LF Broccoli Salad  6 LS Wheat Crackers  1c Grapes | WEDNESDAY 25, 2024  All  CENTERS  CLOSED | THURSDAY 26, 2024  Pork Carne Adovada  (3oz Pork, 2oz RC sauce)  1/2c LS pinto beans  1c Chateau blend  16 in Flour tortilla  1/2c FF Sherbet | FRIDAY 27, 2024  Sloppy 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 dressing  Wheat roll  1/2c Applesauce |
| MONDAY 30, 2024  Green Chili Cheeseburger  (3oz Beef, 2 TBSP GC, 1 bun, 0.5oz Cheese, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c Carrots  1/2c Green beans  1/2c Plums | TUESDAY 31, 2024  3oz LS Herbed  Baked Fish  1 TBSP tartar sauce  1/2c NAS French Fries  1/2c Brussel Sprouts  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  Wheat roll  1c 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