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| **MONDAY, JULY 1**  BURRITO BAKE  (1 6in Flour tortilla, 3oz ground Beef, 2 TBSP salsa, 1/2c LS pinto beans, .5oz Cheese)  1/2c FIESTA SALAD  (black beans, corn, bell peppers, jalapeno pepper, tomatoes, avocado, 1 TBSP Cilantro lime dressing  1/2c Zucchini  1c FRUIT SALAD | **TUESDAY, JULY 2**  3oz PORK CHOP 1/2c SPINACH  3/4c Brown Rice 1.5C GARDEN SALAD w/ 2 TBSP LIGHT RANCH DRESSING  1/2c unsweetened Applesauce | **WEDNESDAY, JULY 3**  BBQ CHICKEN  (3oz CHICKEN breast , 2 TBSP BBQ SAUCE)  1/2c FRIED OKRA  1/2c LS Potato Salad  1 WW ROLL 1/2c Light NONFAT VANILLA YOGURT  3/4c BLUEBERRIES | **THURSDAY, JULY 4**  Closed  1% milk served at meals | **FRIDAY, JULY 5**  GREEN CHILI CHICKEN ENCHILADAS  (2 CORN TORTILLAS, 1oz CHEESE, 3oz CHICKEN,  1oz GC SAUCE, 1/2c LETTUCE AND TOMATO)  1/2c LS CAULIFLOWER RICE  1c Yellow squash w/ NAS diced Tomatoes  1/2c Mixed Fruit |
| **MONDAY, JULY 8**  3oz SALISBURY STEAK w/ 2oz LS BROWN GRAVY  1/2c MUSHROOMS 1/2c NOODLES 1/2c BROCCOLI SPEARS 1 WW ROLL 1/2c APPLEs in 1/4c CRISP | **TUESDAY, JULY 9**  CHICKEN FAJITAS  (3oz CHICKEN, 1 6in FLOUR TORTILLA, 1/2c PEPPERS AND ONIONS, 2 TBSP SALSA)  1/2c LS Three bean salad  1/2c LS tomato and onion salad  1/2c MANGO & MINT | **WEDNESDAY, JULY 10**  1c STUFFED BELL Pepper SOUP  (3oz Beef, 1/4 c bell pepper, onions, tomatoes, 1/4c rice cook)  1.5C GARDEN SALAD w/ 2 TBSP LIGHT RANCH DRESSING  6 LS WW Crackers  1/2c pineapple chunks | **THURSDAY, JULY 11**  3/4c CHILI & PINTO BEANS  (2oz BEEF, 1/2c LS PINTO BEANS, 1oz RED CHILI)  1.5C GARDEN SALAD W/ 2 TBSP LIGHT Italian DRESSING  1/2 SLICE LF CORNBREAD  1 SLICE SF ANGEL FOOD CAKE w/ 1/2c Spiced APRICOTS & 1 TBSP WHIPPED TOPPING | **FRIDAY, JULY 12**  3oz ROAST BEEF  w/ 2oz LS NATURAL GRAVY 1/2c GREEN BEANS & 1/4c PEARL ONIONS  1/2c LS MASHED POTATOES  1 WW ROLL 1/2c MANDARIN ORANGES |
| **MONDAY, JULY 15**  SAUSAGE & PEPPERONI PIZZA  (1oz crust, 1oz Pizza sauce, .5oz Mozzarella cheese, .5oz or 7 slices of pepperoni, .5oz sausage)  SPINACH SALAD  (1c Spinach, 1/4c strawberries, 1/4c red onion, 1/4c garbanzo beans)  w/ 2TBSP Lite raspberry vinaigrette  4 LS WW Crackers  1/2c Light Nonfat Vanilla yogurt  Pear | **TUESDAY, JULY 16**  1c TACO SOUP  (2oz beef, 1/4c red kidney beans, 1/2c hominy/onions, red tomatoes)  1.5C TOSSED SALAD W/ 2 TBSP LIGHT Italian DRESSING 2 TBSP PICO DE GALLO  6 LS WW crackers w/ 1 tsp unsalted butter 3/4c ORANGES wedges w/ ¼ tsp cinnamon | **WEDNESDAY, JULY 17**  Chicken w/mushrooms  (3oz Chicken, 2oz LS gravy, 1/2c Mushrooms)  1/2c LS Roasted Herb red potatoes  1/2c CARROT COINS w/1 tsp unsalted butter 1 WW ROLL w/ 1 tsp unsalted butter  1/2c Fruit Cocktail | **Thursday July 18**  1c Sweet & Sour Pork  (3oz pork, 1/2c onions, peppers, green onions, 1 tsp sesame seeds)  3/4c brown Rice w/ 1tsp unsalted butter  1c Stir Fry Vegetables & sugar snap peas  3/4c Frozen Tropical fruit salad | **FRIDAY, JULY 19**  Chef Salad  (1.5c Romaine Lettuce, 1/4c Tomatoes, 1 HB Egg, 1/4c red Onion, 1/4c Red cabbage, 2oz diced Chicken, 1/4c Cucumber, w/ 2 TBSP Light Ranch Dressing  6 LS WW Crackers  3/4c Fruit Salad w/ 2 TBSP whipped topping |
| **MONDAY, JULY 22**  GC Chile CHEESEBURGER  (1oz GC, 3oz PATTY, 1 BUN, .5oz CHEESE)  1/2c NAS Baked French Fries 1/2c LS Three bean salad  1c WHOLE STRAWBERRIES | **TUESDAY, JULY 23**  Chicken Taco  (3oz Chicken, 1 6in flour tortilla, 1/2c Lettuce and tomato, 1 TBSP Pico de Gallo) 1/2c LS PINTO BEANS  1c Chateau Blend Vegetables  1/2c PEACHES | **WEDNESDAY, JULY 24**  3oz CHICKEN FRIED STEAK  1/2c LS Mashed POTATOES & 1oz LS PEPPERED GRAVY 1/2c GREEN BEANS w/ 1 tsp unsalted butter  Wheat roll  1/2c Warm apple slices | **THURSDAY, JULY 25**  3oz FRIED CATFISH  2 TBSP TARTAR SAUCE  1c Coleslaw w/ 2 TBSP dressing  1c Winter Vegetables  Wheat roll  1/2c Berries in 1/4cCrisp | **FRIDAY, JULY 26**  3oz MEATLOAF 1/2c BRUSSLES SPROUTS 1 BAKED SWEET POTATO  3/4c TOSSED SALAD W/ 1 TBSP LIGHT RANCH DRESSING 1 WW ROLL 1/2c Pears |
| **Monday , JULY 29**  Lemon Garlic Chicken  (3oz Chicken)  1c Italian blend w/ 1 tsp unsalted butter  1c Penne pasta w/ 1 tsp unsalted butter  Wheat roll w/ 1 tsp margarine  1c Cantaloupe | **Tuesday July 30**  5oz Carne Adovada  ( pork w/ red chile sauce)  (3oz Pork, 2oz RC sauce)  3/4c Broccoli w/ 1 tsp unsalted butter  3/4c Calabacitas  1 6in Tortilla  Banana  1/2c SF Gelatin | **WEDNESDAY, JULY 31**  3oz Pepper steak  (3oz beef, 1/2c Peppers and onions, 2oz Sauce)  1/2c stir fry vegetables  1c Brown rIce w/ 1 tsp unsalted butter  Vegetable egg roll  1c mandarin oranges/pineapple chunks |  |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 793.3 | 742.0 | 704.5 | 826.2 | 781.7 |
| % Carbohydrates from Calories | 45-55% | 45.4 | 46.4 | 53.8 | 51.2 | 49.9 |
| % Protein from Calories | 15-25% | 23.0 | 22.3 | 20.7 | 19.6 | 25.0 |
| % Fat from Calories | 25-35% | 31.6 | 31.3 | 25.5 | 30.2 | 25.1 |
| Saturated Fat | less than 8g | 7.6 | 8.0 | 7.5 | 7.6 | 7.3 |
| Fiber | 10g or more | 11.4 | 10.4 | 11.0 | 12.4 | 10.4 |
| Vitamin B-12 | .8ug or more | 2.1 | 3.3 | 1.9 | 2.5 | 2.6 |
| Vitamin A | 300ug RAE or more | 475.4 | 442.3 | 543.9 | 497.5 | 392.7 |
| Vitamin C | 30mg or more | 47.4 | 63.2 | 60.4 | 57.9 | 98.3 |
| Iron | 2.6mg or more | 4.9 | 5.9 | 5.0 | 5.3 | 4.8 |
| Calcium | 400mg or more | 564.8 | 455.9 | 462.1 | 480.8 | 432.9 |
| Sodium | less than 766mg | 761.2 | 689.0 | 765.9 | 753.7 | 676.6 |

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 May 13, 2024.