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| MONDAY 2, 2024  2 Med Scrambled Eggs  1/2c Sweet Potatoes w/  1/2c Peppers & Onions  1 Wheat Bread w/1tsp Margarine  1/2c Mandarin Oranges  1/2c Pineapple Chunks  1/2c LT NF Vanilla Yogurt | TUESDAY 3, 2024  4oz Chicken Fried Chicken  1/2c Spinach  1c Pasta Salad  (1/2c pasta,1/2c veggies)  1 WW Roll  1/2c SF Gelatin w/  1/2c Berries | WEDNESDAY 4, 2024  3oz Meatloaf  1/2c LS Herb Roasted Red Potatoes  1/2c Carrot Raisin Salad  1 WW Roll  3/4c Diced Peaches | THURSDAY 5, 2024  Chicken Fajitas  (3oz chk,1/2c peppers & onions,1 6in flour tort, 2tbsp salsa)  1/2c Calabacitas  1/2c LS Yellow Mexican Rice  3/4c Mixed Fruit | Friday 6, 2024  Spaghetti  (1/2c noodles,3oz ground beef,3oz NAS marinara sauce)  1c Italian Blend Veggies  1 WW Roll w/1tsp Margarine  1 Orange |
| MONDAY 9, 2024  Chile Relleno  (1oz chz,2oz breading,1 GC)  1.5c Tossed Salad w/2TBSP LT Italian Dressing  1/2c Stewed Tomatoes  1/2c Pinto Beans  1 6in Flour Tortilla  1/2c Mixed Fruit | TUESDAY 10, 2024  Pork Stir Fry  (1oz sauce,3oz pork,1/4c peppers & onions)  1/2c Brown Rice  1c Oriental Veggies  3/4c Pineapple  1 Fortune Cookie | WEDNESDAY 11, 2024  Frito Pie  (3oz beef,1/2c pinto beans,2oz RC)  1oz Corn Chips  1/2c Lettuce & Tomato  1/4c Onions  1/2c Spinach  1/2c Calabacitas  1/2c Spiced Peaches | THURSDAY 12, 2024  Crusted Chicken Parm  (3oz chk breast,1oz LS marinara,0.5oz mozz.chz,1tsp parm.chz)  1/2c Spaghetti Noodles  1c Italian Blend Vegetables  1c Grapes | FRIDAY 13, 2024  Tuna Salad Sandwich  (3oz tuna,2 sl.ww bread,1/2c lettuce,1 tomato)  6oz Vegetable soup  4 Wheat Crackers  8 Baby Carrots  1/2c LS Creamy Cucumber Salad  1 Orange |
| MONDAY 16, 2024  4oz Orange Chicken  (30z chicken,1oz sauce)  1c Brown Rice  1 Vegetable Egg Roll  1c Stir Fry Vegetables  1c Fruit Salad | TUESDAY 17, 2024  3oz Lean LS Pork Chop  1/2c Herb Roasted Red Potatoes  1/2c Roasted Cauliflower  1 WW Roll w/1tsp. Margarine  1c Strawberries | WEDNESDAY 18, 2024  1c RC Pork Posole  (3oz pork,1ozRC,1/2c hominy)  1/2c Calabacitas  1c Tossed Salad w/2tbsp FF Ranch Dressing  1 6in WW Flour Tortilla  3/4c Orange Section w/ 1/4c Cinnamon | THURSDAY 19, 2024  Open Faced Turkey Sandwich  (3oz LS Roasted turkey (meat and skin) 1oz gravy, 1 sl. WW bread)  1/2c Mashed Potatoes w/1oz LS Gravy  1c Broccoli & Cauliflower  1c Tossed Salad w/ 2 TBSP FF ranch Dressing  1c Cantaloupe | FRIDAY 20, 2024  2 oz. Low Sodium Glazed Ham  3/4c Brussel Sprouts w/ 1/3c Walnuts  3/4c Asparagus  1 WW Roll w/ 1 tsp. Margarine  1 sl. Dutch Apple Pie |
| MONDAY 23, 2024  Green Chili Cheeseburger  (3oz beef,1/2oz chz,1/2c lettuce,2 sl.tomato,1 sl.onion,1 bun)  1/2c Potato Wedges  1/2c Beets  1 Banana | TUESDAY 24, 2024  BBQ Chicken  (3oz chicken breast,1oz sauce)  1/2c Pinto Beans  1c Yellow squash w/NAS Diced Tomatoes  1 Wheat Roll w/1tsp Margarine  1c Fruit Salad | WEDNESDAY 25, 2024  CLOSED | THURSDAY 26, 2024  4oz Chicken Fried Steak  1/2c LS Mashed Potatoes w/  2oz LS Gravy  1/2c Mixed Vegetables  Wheat Roll w/1tsp Margarine  1/2c Applesauce | FRIDAY 27, 2024  3oz LS Baked Fish w/ Lemon Wedge/2 TBSP Tartar Sauce  1/2c Wild Rice  1c California Blend Vegetables  Wheat Roll w/1tsp Margarine  1/2c Pineapple |
| MONDAY 30, 2024  3oz LS Baked Chicken Breast  1/2c LS Brown Rice Pilaf  1c Chateau Blend Vegetables w/1tsp Margarine  1 Wheat Roll w/1tsp Margarine  1/2c Fruit Cocktail | TUESDAY 31, 2024  Loaded Baked Potato  (1 potato,1tsp margarine, 1tsp chives, .05 chz)  1c Tossed Salad w/2 TBSP FF Italian Dressing w/ 1/4c Garbanzo Beans  6 LS WW Crackers  1/2c Cottage Cheese  Orange |  |  |  |

***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 | 706.6 | 707.2 | 745.8 | 742.7 | 706.2 |
| % Carbohydrates from Calories | 45-55% | 48.3 | 50.7 | 48.5 | 51.0 | 51.9 |
| % Protein from Calories | 15-25% | 20.6 | 20.7 | 21.7 | 23.9 | 21.6 |
| % Fat from Calories | 25-35% | 31.0 | 28.6 | 29.8 | 25.2 | 26.5 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.4 | 7.6 | 7.6 |
| Fiber | 10g or more | 10.0 | 11.2 | 10.0 | 11.2 | 11.8 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.4 | 1.7 | 2.7 | 1.7 |
| Vitamin A | 300ug RAE or more | 555.0 | 614.1 | 360.7 | 300.2 | 521.1 |
| Vitamin C | 30mg or more | 73.1 | 71.2 | 100.2 | 33.8 | 57.0 |
| Iron | 2.6mg or more | 5.1 | 5.1 | 4.0 | 4.8 | 3.8 |
| Calcium | 400mg or more | 472.8 | 541.9 | 434.3 | 451.0 | 517.0 |
| Sodium | less than 766mg | 650.6 | 763.8 | 763.4 | 756.5 | 763.1 |

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 October 2, 2024