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| **MONDAY, JUNE 3**  1/2c TUNA FISH SALAD ON ROMAINE LETTUCE LEAF 1/2c SLICED TOMATOES 1/2c FRESH BABY CARROTS 6 WW CRACKERS 3/4c APRICOTd | **TUESDAY, JUNE 4**  Beef Taco  (3oz Ground beef, 1 6in flour tortilla, 1/2c Lettuce and tomato, 1 TBSP Pico de Gallo)  1/2c LS PINTO BEANS  1c yellow squash w/ NAS diced Tomatoes w/ 1 tsp margarine  1/2c SPICED PEACHES | **WEDNESDAY, JUNE 5**  BBQ CHICKEN  (3oz CHICKEN, 1 TBSP BBQ SAUCE)  1/2c FRIED OKRA 1/2c SPINACH 1.5c TOSSED SALAD w/  2 TBSPLIght RANCH DRESSING  WW ROLL w/ 1 tsp unsalted butter  3/4c CRUSHED PINEAPPLE | **THURSDAY, JUNE 6**  PEPPERONI PIZZA  (1oz crust, 1oz Pizza sauce, .5oz Mozzarella cheese, .5oz or 7 slices of pepperoni) 1c Broccoli and cauliflower w/ 1 tsp unsalted butter  1c Light Nonfat VANILLA YOGURT w/ 1/2c BLUEBERRIES | **FRIDAY, JUNE 7**  1c GREEN CHILI CHICKEN ENCHILADAS  (2 CORN TORTILLAS, 1oz CHEESE, 3oz CHICKEN,  1oz GC SAUCE, 1/2c Lettuce and tomato)  1/2c LS Spanish Rice  1c Chateau Blend Vegetables w/ 1 tsp margarine  1c Tropical fruit salad |
| **MONDAY, JUNE 10**  GREEN CHILe, BEEF, POTATO, & CHEESE BURRITO  (1 8n Flour Tortilla, 3oz beef, 1/4c GC sauce, 1/4c Diced Potatoes, .5oz Cheese)  1/2c CILANTO & LIME Brown RICE  1.5c SALAD W/ 2 TBSP LIGHT ITALIAN DRESSING  1/2c Warm Apple Slices | **TUESDAY, JUNE 11**  3oz LS Herbed GRILLED FISH  2 TBSP Tartar Sauce  1c Coleslaw w/2 TBSP Dressing  1/2c ITALIAN GREEN BEANS  WW ROLL w/ 1 tsp margarine  1/2c Mixed fruit | **WEDNESDAY, JUNE 12**  3 oz ROAST BEEF w/  2oz LS GRAVY  1/2c LS MASHED POTATOES 1/2c GREEN BEANS WW ROLL w/ 1 tsp margarine 1/2c MANDARIN ORANGES | **THURSDAY, JUNE 13**  CHICKEN FAJITAS  (3oz CHICKEN, 1 6in FLOUR TORTILLA, 1/2c PEPPERS AND ONIONS, 2 TBSP SALSA)  1/2c CORN salsa  1/2c Roasted Brussel Sprouts  1/2c MANGO & MINT | **FRIDAY, JUNE 14**  3oz HAMBURGER STEAK & 1/4c GRILLED ONIONS  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1/2c LS BAKED BEANS banana |
| **MONDAY, JUNE 17**  GREEN 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, JUNE 18**  3oz CHICKEN STRIPS 1/2c BUTTER BEANS 1/2c CARROT COINS WW ROLL w/ 1 tsp margarine  1/2c Fruit Cocktail | **WEDNESDAY, JUNE 19**  RED CHILI BEEF ENCHILADAS  (2 CORN TORTILLAS, 1oz CHEESE, 2oz BEEF,  1oz RED SAUCE, 1/2c lettuce and tomato) 1/2c LS PINTO BEANS  1/2c Broccoli spears  1/2c ORANGE SHERBERT | **THURSDAY, JUNE 20**  BLT  (2 SLICES WW BREAD, 2 slices reduced sodium BACON, 1/2c LETTUCE, 2 SLICES TOMATO, 1 HB Egg)  3/4c LS Tomato Soup  1/2c SWEET POTATO  1c Fruit Salad  1c Light nonfat Vanilla yogurt | **FRIDAY, JUNE 21**  3oz CHICKEN FRIED STEAK W/ 1 TBSP LS PEPPERED GRAVY  1/2c Beets  1/2c LS Parsley Potatoes  1 slice LF Cornbread w/ 1 tsp margarine  1 Fresh Pear |
| **MONDAY, JUNE 24**  CHICKEN SALAD Sandwich  (1/2c Chicken salad w/ 2 Slices WW bread, 1/2c lettuce, 2 slices tomato)  1/2c Cucumber and tomato salad  1/2c Asparagus  1c Grapes | **TUESDAY, JUNE 25**  STEAK w/ peppers  (3oz Beef, 1/2c onions, mushrooms, 1/2c red & Green peppers)  1/2c SPINACH 1/3c SCALLOPED POTATOES 1.5C GARDEN SALAD w/ 2 TBSP LIGHT RANCH DRESSING  1c CANTALOUPE  Wheat roll | **WEDNESDAY, JUNE 26**  Lemon Garlic Chicken  (3oz Chicken)  1/2c Green Beans  1/2c Cauliflower  1.5C GARDEN SALAD w/  2 TBSP LIGHT ITALIAN DRESSING  Wheat roll  1c WATERMELON | **THURSDAY, JUNE 27**  3oz MEATLOAF  1oz LS gravy  1/2c LS brown rice pilaf  1c vegetable medley  3/4C TOSSED SALAD w/ 1 TBSP LIGHT RANCH DRESSING WW ROLL 1c FROZEN TROPICAL FRUIT | **FRIDAY, JUNE 28**  3oz FRIED CATFISH  2 TBSP Tartar Sauce 1/2c LS PINTO BEANS 1/2c PICNIC MARINATED SUMMER SLAW  Wheat roll 1/2c Peaches in 1/4c SF Cobber |

***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:**  **5** | **Days in Week:**  **n/a** |
| Calories | 700 or more | 715.4 | 735.2 | 763.6 | 804.0 |  |
| % Carbohydrates from Calories | 45-55% | 52.1 | 47.2 | 52.0 | 47.7 |  |
| % Protein from Calories | 15-25% | 21.7 | 22.9 | 21.4 | 21.1 |  |
| % Fat from Calories | 25-35% | 26.1 | 29.9 | 26.6 | 31.3 |  |
| Saturated Fat | less than 8g | 7.3 | 7.9 | 7.8 | 7.6 |  |
| Fiber | 10g or more | 10.5 | 10.1 | 12.9 | 11.2 |  |
| Vitamin B-12 | .8ug or more | 2.3 | 2.9 | 2.6 | 1.9 |  |
| Vitamin A | 300ug RAE or more | 633.0 | 395.5 | 546.0 | 620.9 |  |
| Vitamin C | 30mg or more | 38.6 | 58.1 | 45.3 | 80.2 |  |
| Iron | 2.6mg or more | 4.9 | 4.2 | 5.4 | 5.9 |  |
| Calcium | 400mg or more | 558.7 | 510.1 | 606.1 | 495.4 |  |
| Sodium | less than 766mg | 763.5 | 680.1 | 764.2 | 761.6 |  |

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 6, 2024