|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| June 32oz LS Baked Ham 1/2c Sweet Potatoes3/4c Broccoli1c PeachesWheat roll w/ 1 tsp unsalted butter 1/2c Light Vanilla nonfat yogurt  | June 48oz Chicken Pot Pie(1oz crust, 3oz chicken, 1/2c Mixed vegetables)3/4c green beans w/ 1/4c pearl Onions4 LS WW crackers 1c Fruit salad | June 53oz Chicken Fried steak1/2c LS Mashed Potatoes w/ 2oz LS gravy1c California blendWheat roll w/ 1 tsp unsalted butter 1c Pineapples | June 6Pepperoni Pizza(7 slices pepperoni=.5oz protein, 1oz crust, .5oz LF Mozzarella cheese, 1oz Sauce)1c Italian Blend Veggies1.5c Garden Salad w/ 2 TBSP Light Italian Dressing 1/2c Garbanzo Beans1/2c Spiced Apples | June 74oz LS Herbed Baked Fish1 TBSP Tartar Sauce 1/3c Scalloped Potatoes3/4c Roasted Brussel Sprouts Wheat Roll w/ 1 tsp unsalted butter 1/2c SF gelatin w/ 1/2c Bananas |
| June 10 5oz Carne Adovada( pork w/ red chile sauce)(3oz Pork, 2oz RC sauce)1/2c LS Pinto Beans1/2c Calabacitas 1 6in Tortilla1/3c Lemon Pudding1c Grapes  | June 111c Beef Stew(3 oz Beef, 1 oz. Sauce, 1/4c Carrots, 1/4c Potatoes)1/2c Stewed red cabbage and beets, 1 slice reduced sodium bacon)1 Wheat roll w/ 1 tsp. Margarine1/2c Fruit Cocktail  | June 123 oz. Chicken Strips1/2c LS Herb Roasted Red Potatoes 3/4c LS Three Bean Salad WW Roll w/ 1 tsp. Margarine3/4c Mandarin Orange | June131/2c Spaghettiw/ 6oz Meat Sauce(3oz NAS Marinara Sauce, 3oz beef)1 Wheat roll w/ 1 tsp margarine 1c Chateau blend Vegetables1c Chopped Cantaloupe  | June 14GC Chicken Sandwich (1 WW bun, 3oz Grilled/baked chicken, 2 TBSP GC, .5oz Cheese)3/4c Cucumber Tomato Salad 1/2c LS Roasted Cauliflower1 Oatmeal Cookie1c chopped Watermelon  |
| Juine 17Beef Taco(3oz beef, 1 6in flour tortilla, 1/2c lettuce and tomato, 1/4c onion, 2 TBSP Salsa)1/2c Cilantro Lime Brown Rice 1c Yellow squash w/ NAS diced Tomatoes1/2c Apricots | June 183.5oz Lemon Garlic Chicken Breast1/2c Penne pasta w/ 1/2c spinach1/2c 5-Way Veggies1 WW Roll1c Tropical Fruit | June 19CLOSED | June 203 oz Meatloaf1/2c LS Mashed Potatoes w/ 2oz LS gravy1c Green Beans & Carrots 1 slice WW bread w/ 1 tsp margarine 1/2c Peaches  | June 21Chicken Fajitas(3oz Chicken, 1/2c peppers and onion, 1 6in Flour Tortilla, 2 TBSP Salsa)1/2c LS Spanish rice 1/2c LS Pinto Beans1c Strawberries and bananas |
| June 24Open Faced Turkey sandwich(1 slice wheat bread, 3oz Turkey, 2oz LS gravy)½ c Mashed Potatoes1c Roasted Brussel Sprouts w/ Leeks w/ 1 tsp margarine ½ c SF gelatin w/ 1/2c Fruit Cocktail  | June 251c Chicken Pasta Salad(3 oz diced chicken, 1/4c broccoli/ mixed vegetables 1/2c elbow pasta)3/4c LS Tomato Soup1/2c Asparagus w/ 1 tsp margarinePear | June 268oz RC Beef Enchiladas(3oz Beef, 1oz Cheese, 1 oz red chile, 2 corn tortillas)w/1/2c lettuce and tomato1/2c Pinto Beans1c Vegetable medley ½ c LS Spanish Rice 1/2c Plums | June 27Garden Salad w/ Egg, chicken, LS Ham(1c Romaine lettuce, 1/4c tomato, 1/4c shredded carrots, 1/4c Shredded red cabbage, 1/4c Cucumber, w/ 2 TBSP Light Ranch Dressing6 LS WW Crackers1c fruit Salad  | June 28Stuffed Green Peppers(1/2 bell pepper, 1/4c brown rice, 3 oz Ground beef, 1 oz LS Tomato sauce)1c Capri Veggies1c Grapes 4 LS WW Crackers  |
|  |  |  |  | 2% Milk served at meals |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:****4** | **Days in Week:****5** | **Days in Week:****n/a** |
| Calories | 700 or more | 702.3 | 717.1 | 789.5 | 719.1 |  |
| % Carbohydrates from Calories | 45-55% | 53.0 | 45.3 | 51.8 | 50.5 |  |
| % Protein from Calories | 15-25% | 20.2 | 25.3 | 21.1 | 21.8 |  |
| % Fat from Calories | 25-35% | 26.8 | 29.4 | 27.2 | 27.7 |  |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.9 | 8.0 |  |
| Fiber | 10g or more | 11.2 | 10.1 | 12.4 | 12.7 |  |
| Vitamin B-12 | .8ug or more | 1.9 | 2.6 | 2.4 | 2.4 |  |
| Vitamin A | 300ug RAE or more | 462.4 | 385.9 | 550.3 | 424.7 |  |
| Vitamin C | 30mg or more | 53.5 | 56.5 | 62.0 | 53.5 |  |
| Iron | 2.6mg or more | 4.1 | 4.7 | 6.4 | 5.2 |  |
| Calcium | 400mg or more | 463.9 | 451.8 | 479.2 | 476.5 |  |
| Sodium | less than 766mg | 765.0 | 703.4 | 544.9 | 701.8 |  |

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 approved on May 21, 2024