|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| June 3  2oz LS Baked Ham  1/2c Sweet Potatoes  3/4c Broccoli  1c Peaches  Wheat roll w/ 1 tsp unsalted butter  1/2c Light Vanilla nonfat yogurt | June 4  8oz Chicken Pot Pie  (1oz crust, 3oz chicken, 1/2c Mixed vegetables)  3/4c green beans w/ 1/4c pearl Onions  4 LS WW crackers  1c Fruit salad | June 5  3oz Chicken Fried steak  1/2c LS Mashed Potatoes w/ 2oz LS gravy  1c California blend  Wheat roll w/ 1 tsp unsalted butter  1c Pineapples | June 6  Pepperoni Pizza  (7 slices pepperoni=.5oz protein, 1oz crust, .5oz LF Mozzarella cheese, 1oz Sauce)  1c Italian Blend Veggies  1.5c Garden Salad w/ 2 TBSP Light Italian Dressing  1/2c Garbanzo Beans  1/2c Spiced Apples | June 7  4oz LS Herbed Baked Fish  1 TBSP Tartar Sauce  1/3c Scalloped Potatoes  3/4c 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 Beans  1/2c Calabacitas  1 6in Tortilla  1/3c Lemon Pudding  1c Grapes | June 11  1c 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. Margarine  1/2c Fruit Cocktail | June 12  3 oz. Chicken Strips  1/2c LS Herb Roasted Red Potatoes  3/4c LS Three Bean Salad WW Roll w/ 1 tsp. Margarine  3/4c Mandarin Orange | June13  1/2c Spaghetti  w/ 6oz Meat Sauce  (3oz NAS Marinara Sauce, 3oz beef)  1 Wheat roll w/ 1 tsp margarine  1c Chateau blend Vegetables  1c Chopped Cantaloupe | June 14  GC Chicken Sandwich  (1 WW bun, 3oz Grilled/baked chicken, 2 TBSP GC, .5oz Cheese)  3/4c Cucumber Tomato Salad  1/2c LS Roasted Cauliflower  1 Oatmeal Cookie  1c chopped Watermelon |
| Juine 17  Beef 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 Tomatoes  1/2c Apricots | June 18  3.5oz Lemon Garlic Chicken Breast  1/2c Penne pasta w/ 1/2c spinach  1/2c 5-Way Veggies  1 WW Roll  1c Tropical Fruit | June 19  CLOSED | June 20  3 oz Meatloaf  1/2c LS Mashed Potatoes w/ 2oz LS gravy  1c Green Beans & Carrots  1 slice WW bread w/ 1 tsp margarine  1/2c Peaches | June 21  Chicken Fajitas  (3oz Chicken, 1/2c peppers and onion, 1 6in Flour Tortilla, 2 TBSP Salsa)  1/2c LS Spanish rice  1/2c LS Pinto Beans  1c Strawberries and bananas |
| June 24  Open Faced Turkey sandwich  (1 slice wheat bread, 3oz Turkey, 2oz LS gravy)  ½ c Mashed Potatoes  1c Roasted Brussel Sprouts w/ Leeks w/ 1 tsp margarine  ½ c SF gelatin w/ 1/2c Fruit Cocktail | June 25  1c Chicken Pasta Salad  (3 oz diced chicken, 1/4c broccoli/ mixed vegetables 1/2c elbow pasta)  3/4c LS Tomato Soup  1/2c Asparagus w/ 1 tsp margarine  Pear | June 26  8oz RC Beef Enchiladas  (3oz Beef, 1oz Cheese, 1 oz red chile, 2 corn tortillas)  w/1/2c lettuce and tomato  1/2c Pinto Beans  1c Vegetable medley  ½ c LS Spanish Rice  1/2c Plums | June 27  Garden 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 Dressing  6 LS WW Crackers  1c fruit Salad | June 28  Stuffed Green Peppers  (1/2 bell pepper, 1/4c brown rice, 3 oz Ground beef, 1 oz LS Tomato sauce)  1c Capri Veggies  1c 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