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| Monday 1, 2024  1c Green Chile Beef Stew  (3 oz. Beef, 1 oz. Sauce,  1/4c Potatoes,  1/4c 4-way Mixed Vegetables, 1oz Green Chile)  1/2c spinach  6 LS WW Crackers  1 Orange | TUESDAY 2, 2024  Chicken Salad Wrap  (1/2c Chicken Salad,  1 8 in Flour Tortilla,  1/2c Lettuce, 2 slices tomato)  1c Spanish slaw  1 oz. Sun Chips  Banana | WEDNESDAY 3, 2024  Cheeseburger  (3 oz. Beef Patty, .5oz Cheese, 1  Bun, 1/2c Lett, 2 slices tom, 1 slice Onion)  1/2c LS Potato Salad  1/2c Roasted Brussel Sprouts  1c Fruit Salad | THURSDAY 4, 2024  CLOSED  HAPPY FOURTH OF JULY! | FRIDAY 5, 2024  Tamale w/ Red Chile  ( oz. Pork, 2oz. LS Red Chile Sauce,  1 oz. Masa)  1/2c Pinto Beans  1c Capri Vegetables  4 LS WW crackers  3/4c Fruit Cocktail |
| MONDAY 8, 2024  1c Hamburger Macaroni  (3oz Beef, 1/2c Macaroni,  1oz Tomato Sauce)  1c Normandy Blend Vegetables  3/4c Strawberries  1 SF angel Food Cake | TUESDAY 9, 2024  8 oz. RC Pork Posole  (3 oz. Pork,  1/2c Hominy, 2 oz. Red Chile)  1c Roasted zucchini and yellow squash  1 6 inch WW Flour Tortilla  1/2c Diced Peaches | WEDNESDAY 10, 2024  3oz. Salisbury Steak w/  2oz LS Gravy w/ 1/4c Mushrooms  1/2c Herb Roasted Potatoes  3/4c Broccoli  Wheat roll  1/2c Pears  1/2c SF gelatin | THURSDAY 11, 2024  Turkey and Cheese Sandwich  (2 oz. Turkey, 1oz. Swiss Cheese,  2 Sl. Wheat Bread, 1/2c Lettuce, 2 slices tomato,)  1c Pasta Salad  (1/2c pasta, 1/2c mixed vegetables)  1/2c Tomato and onion salad  3/4c Mandarin Oranges | FRIDAY 12, 2024  Chile Cheese Dog  (1oz Beef and Pork Hot Dog, 3oz. Chile con carne  (2oz meat,1oz Sauce) .5oz. Cheese, 1 WW Hot Dog Bun,)  1/2c LS black beans &1/2c Red and green peppers  1 apple |
| MONDAY 15, 2024  3/4c Meat Ball Casserole  (3 oz. Meatballs w/ 1oz Marinara Sauce, 1oz. Cheese)  1c Green Beans with Onions  WW Roll w/ 1 tsp unsalted butter  1c Mixed Fruit | TUESDAY 16, 2024  2oz Kielbasa Sausage  1/2c braised red cabbage, w/ ¼ c red onion  1/2c Wheat beans  1 slice cornbread  1/2c Light yogurt nonfat cherry vanilla  1c Cantaloupe | WEDNESDAY 17, 2024  3oz Chicken Fried Chicken Steak  1oz. LS Country Gravy  1/2c LS Mashed Potatoes  1c Vegetable medley  1 WW Dinner Roll w/ 1 tsp unsalted butter  1c Watermelon | THURSDAY 18, 2024  4 oz. BBQ Chicken  (3oz Chicken Breast,1 TBSP BBQ Sauce)  1c Monte Carlo Blend Vegetables  1/2c Macaroni Salad  1/2c Spiced Peaches  1 Peanut Butter cookie | FRIDAY 19, 2024  Beef Soft Tacos  (3oz Beef,  1 6 in Flour Tortillas, 1/2c Lettuce and tomato)  1 TBSP Salsa  1/2c NAS Stewed tomatoes w/ 2 TBSP GC  1/2c LS Refried Beans  1c Tropical Fruit Salad |
| MONDAY 22, 2024  1 Chicken Fajita  (3 oz. Chicken, .5oz. Cheese,  1/2c Peppers and Onions,  1 Flour Tortilla, 2 TBSP Salsa)  1/2c LS Spanish Rice  1/2c Spinach  1/2c unsweetened Applesauce | TUESDAY 23, 2024  Sloppy Joe Sandwich  (3 oz. Beef,1oz Sauce, 1 WW Bun)  1/2c cucumbers and tomato salad  1c Coleslaw w/ 2 TBSP dressing  1c Grapes | WEDNESDAY 24, 2024  Chef Salad w/ Chicken and Egg  (1.5c Romain lettuce, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1oz Carrots, 1/4c Cucumbers, 2 TBSP Light Ranch Dressing)  6 WW Crackers  1c Honeydew | THURSDAY 25, 2024  1c Meat Lasagna  (3oz Meat, 1 oz Cheese, 1/4Noodles, 2 oz Sauce)  1c Broccoli and Cauliflower  1 Wheat Roll  1/2c Apricots | FRIDAY 26, 2024  Chicken & Vegetables  (3oz Chicken breast  1/2c mixed vegetables, 1/4c Sauce)  1/2c LS LF Broccoli Salad  1/2c Stmd. Brown Rice  Wheat roll  1c Strawberries and mandarin oranges |
| MONDAY 29, 2024  Beef & Papas  (3oz Ground Beef, 1/2c Potato)  1/2c Pinto Beans  2 TBSP Salsa  1c Capri Blend Vegetables  1 6in Tortilla  1/2c Diced Mango | TUESDAY 30, 2024  Tuna Salad Sandwich  (1/2c Tuna Salad (3oz Light tuna), Croissant, 1/2c lettuce, 2 slices tomato)  1c California blend vegetables  1/2c Low Fat Vanilla Pudding w/ 1/2c Bananas | WEDNESDAY 31, 2024  Frito Pie  (3oz. Beef,  1 oz. Corn Chips, 2 oz. RC Sauce, 1/2c Lettuce and Tomato)  1c Vegetable Medley  1/2c Carrot Raisin Salad  1/2c Baked Spiced pears | All meals Served with 8oz 1% Milk as Available  Menu Subject to Change |  |

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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 | 736.8 | 702.8 | 723.7 | 738.2 | 705.2 |
| % Carbohydrates from Calories | 45-55% | 48.9 | 49.9 | 51.9 | 46.3 | 49.6 |
| % Protein from Calories | 15-25% | 19.4 | 22.8 | 21.5 | 23.6 | 20.5 |
| % Fat from Calories | 25-35% | 31.7 | 27.8 | 26.6 | 30.2 | 29.9 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.9 | 7.7 | 6.8 |
| Fiber | 10g | 12.7 | 11.7 | 10.2 | 10.0 | 12.0 |
| Vitamin B-12 | .8ug | 2.2 | 2.6 | 2.4 | 2.4 | 3.1 |
| Vitamin A | 300ug RAE | 460.5 | 315.7 | 321.4 | 530.5 | 364.2 |
| Vitamin C | 30mg | 71.8 | 70.2 | 44.4 | 65.5 | 33.2 |
| Iron | 2.6mg | 5.4 | 5.4 | 5.4 | 5.5 | 4.6 |
| Calcium | 400mg | 502.2 | 505.1 | 522.9 | 521.4 | 456.4 |
| Sodium | less than 766mg | 751.2 | 692.9 | 759.5 | 760.7 | 712.5 |

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, RD, LD approved on June 26, 2024