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| Monday 1, 20241c 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, 2024Chicken 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, 2024Cheeseburger(3 oz. Beef Patty, .5oz Cheese, 1Bun, 1/2c Lett, 2 slices tom, 1 slice Onion)1/2c LS Potato Salad1/2c Roasted Brussel Sprouts 1c Fruit Salad  | THURSDAY 4, 2024CLOSEDHAPPY FOURTH OF JULY! | FRIDAY 5, 2024 Tamale w/ Red Chile( oz. Pork, 2oz. LS Red Chile Sauce, 1 oz. Masa)1/2c Pinto Beans1c Capri Vegetables4 LS WW crackers 3/4c Fruit Cocktail |
| MONDAY 8, 20241c Hamburger Macaroni(3oz Beef, 1/2c Macaroni, 1oz Tomato Sauce)1c Normandy Blend Vegetables3/4c Strawberries 1 SF angel Food Cake | TUESDAY 9, 20248 oz. RC Pork Posole (3 oz. Pork, 1/2c Hominy, 2 oz. Red Chile)1c Roasted zucchini and yellow squash1 6 inch WW Flour Tortilla1/2c Diced Peaches | WEDNESDAY 10, 20243oz. Salisbury Steak w/2oz LS Gravy w/ 1/4c Mushrooms1/2c Herb Roasted Potatoes3/4c Broccoli Wheat roll 1/2c Pears1/2c SF gelatin  | THURSDAY 11, 2024Turkey 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 peppers1 apple  |
| MONDAY 15, 20243/4c Meat Ball Casserole(3 oz. Meatballs w/ 1oz Marinara Sauce, 1oz. Cheese)1c Green Beans with OnionsWW Roll w/ 1 tsp unsalted butter 1c Mixed Fruit  | TUESDAY 16, 20242oz Kielbasa Sausage1/2c braised red cabbage, w/ ¼ c red onion1/2c Wheat beans1 slice cornbread1/2c Light yogurt nonfat cherry vanilla 1c Cantaloupe  | WEDNESDAY 17, 2024 3oz Chicken Fried Chicken Steak1oz. LS Country Gravy1/2c LS Mashed Potatoes1c Vegetable medley1 WW Dinner Roll w/ 1 tsp unsalted butter 1c Watermelon  | THURSDAY 18, 20244 oz. BBQ Chicken(3oz Chicken Breast,1 TBSP BBQ Sauce)1c Monte Carlo Blend Vegetables1/2c Macaroni Salad 1/2c Spiced Peaches1 Peanut Butter cookie | FRIDAY 19, 2024Beef Soft Tacos(3oz Beef, 1 6 in Flour Tortillas, 1/2c Lettuce and tomato)1 TBSP Salsa1/2c NAS Stewed tomatoes w/ 2 TBSP GC 1/2c LS Refried Beans1c Tropical Fruit Salad  |
| MONDAY 22, 20241 Chicken Fajita (3 oz. Chicken, .5oz. Cheese,1/2c Peppers and Onions, 1 Flour Tortilla, 2 TBSP Salsa)1/2c LS Spanish Rice1/2c Spinach1/2c unsweetened Applesauce  | TUESDAY 23, 2024Sloppy Joe Sandwich(3 oz. Beef,1oz Sauce, 1 WW Bun)1/2c cucumbers and tomato salad1c Coleslaw w/ 2 TBSP dressing 1c Grapes | WEDNESDAY 24, 2024Chef 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 Crackers1c Honeydew  | THURSDAY 25, 20241c Meat Lasagna (3oz Meat, 1 oz Cheese, 1/4Noodles, 2 oz Sauce)1c Broccoli and Cauliflower1 Wheat Roll 1/2c Apricots | FRIDAY 26, 2024Chicken & Vegetables(3oz Chicken breast1/2c mixed vegetables, 1/4c Sauce) 1/2c LS LF Broccoli Salad 1/2c Stmd. Brown RiceWheat roll 1c Strawberries and mandarin oranges  |
| MONDAY 29, 2024Beef & Papas(3oz Ground Beef, 1/2c Potato)1/2c Pinto Beans2 TBSP Salsa1c Capri Blend Vegetables1 6in Tortilla1/2c Diced Mango  | TUESDAY 30, 2024Tuna Salad Sandwich(1/2c Tuna Salad (3oz Light tuna), Croissant, 1/2c lettuce, 2 slices tomato)1c California blend vegetables1/2c Low Fat Vanilla Pudding w/ 1/2c Bananas | WEDNESDAY 31, 2024Frito Pie(3oz. Beef,1 oz. Corn Chips, 2 oz. RC Sauce, 1/2c Lettuce and Tomato)1c Vegetable Medley1/2c Carrot Raisin Salad1/2c Baked Spiced pears | All meals Served with 8oz 1% Milk as AvailableMenu 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