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| **Monday, July 1**  3oz Baked Chicken Breast  1/2c LS brown Rice pilaf  1c California Blend vegetables w/ 2 tsp margarine  1.5c tossed salad w/ 2 TBSP light Italian Dresing  1 WW Roll w/ 1 tsp  margarine  1/2c Mixed Fruit | **Tuesday, July 2**  1c Sweet and Sour Pork  (3oz pork, 1/2c red/.green peppers, onions, green onions, sesame seeds, 1oz Sauce)  1c Steamed Brown Rice  1c Asian Blend Vegetables  1/2c Mandarin Oranges | **Wednesday, July 3**  Cheeseburger  (3oz beef patty, .5oz cheese, 1 WW bun, 1/2c lettuce, 1 slice tomato, 1 slice onion)  1/2c LS Potato Salad  3/4c LS Three Bean Salad  1C Watermelon  1 peanut butter cookie | **Thursday, July 4**  **CLOSED**  Happy 4th of July! | **Friday, July 5**  **CLOSED** |
| **Monday, July 8**  2oz Kielbasa  1/2c Cabbage w/ 1/2c Potatoes  1c Vegetable Medley  1 WW Roll  1/2c Light nonfat Vanilla yogurt  3/4c sliced Apricots | **Tuesday, July 9**  Spaghetti  (3oz meat, 1/2c spaghetti, 3oz NAS marinara sauce)  1.5C Tossed Salad w/ 2 TBSP light ranch Dressing  4 LS WW Crackers  1c Garden Blend Vegetables  1c Grapes | **Wednesday, July 10**  Spinach/Tomato Alfredo Pizza  (1oz crust, 1/8c light Alfredo Sauce, .5oz mozz. cheese,  1/2c spinach and tomato)  1/2c Cucumber and 1/2c Garbanzo bean  1c Light vanilla nonfat yogurt  1c Strawberries | **Thursday, July 11**  Chef Salad  (1oz Turkey, 1oz Diced Chicken, 1.5c Romaine Lettuce & 1/4c Tomato, 1 HB Egg, 1/4c cucumber, 1/4c carrots, 1/4c Red Cabbage, 2T Light Ranch Dressing)  6 LS WW crackers  1/2c Orange Carrot Gelatin Salad | **Friday, July 12**  **CLOSED** |
| **Monday, July 15**  3oz Chicken Fried Steak  1/3c LS Mashed Potatoes  w/ 1oz LS White Pepper Gravy  1c Chateau Blend veg w/ 1 tsp margarine  1 Wheat roll w/ 1 tsp unsalted butter  1 Fresh pear | **Tuesday, July 16**  BBQ Pork on Bun  (3oz pork, 1oz BBQ sauce, 1 WW bun)  1/2c LS Pinto beans  3/4c Roasted Brussel Sprouts  1c Fruit salad | **Wednesday, July 17**  **Breakfast for Lunch**  2oz Scrambled eggs w/ 2 TBSP GC  2oz reduced fat sausage  1/2c LS Sweet potatoes w/  1/2c onions and peppers  1 8in Wheat tortilla  Orange | **Thursday, July 18**  Fish Taco  (3 oz. Cod, 1c cilantro lime slaw, 2 Corn Tortillas, 2 TBSP Salsa)  1/2c LS Black beans & 1/2c Red bell peppers  1c Diced Mango  ½ slice SF angel Food cake  2 TBSP whipped topping | **Friday, July 19**  **CLOSED** |
| **Monday, July 22**  Philly Cheese Steak  (2oz sliced beef, .5oz mozz. cheese, 1 hot dog bun)  1/2c peppers and onions  1/2c NAS Baked French Fries  1/2c Steamed Carrots  1c chopped cantaloupe  1/2c Light Vanilla Yogurt | **Tuesday, July 23**  3/4c Chicken & Rice Casserole  (3oz Diced Chicken, 1/2c Rice, .5oz cheese, 1oz Sauce)  1/2c NAS French Style Green Beans  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  4 LS WW crackers | **Wednesday, July 24**  Soft Beef Tacos  (2 oz beef, 1 6in tortilla,  2 TBSP Salsa  1/2c Lettuce and Tomato, 1/4c onion)  1/2 c LS pInto beans  1c Capi Vegetables  1c Tropical Fruit Salad | **Thursday, July 25**  Loaded Baked Potatoes  (1 med potato, 1 tsp margarine, 1 tsp chives, 1/2c Broccoli, 2 TBSP salsa)  1 HB Egg  1 WW Roll  1c Light Cherry Vanilla nonfat yogurt | **Friday, July 26**  **CLOSED** |
| **Monday July 29**  Tuna Salad Sandwich  (1/2c Tuna Salad (3oz Light Tuna), 2 sl. Wheat bread, 1/2c lettuce, 2 sliced tomato)  Spinach Salad  (1c spinach, 1/4c red onion, 1 TBSP Cranberries, 1/4c unsalted chopped walnuts)  2 TBSP Lite Raspberry Dressing  1/2c mixed vegetables w/ 1 tsp unsalted butter  1/2c sliced apples | **Tuesday, July 30**  Bean and Cheese Burrito  with Green Chili Sauce  (1/2c LS Pinto beans, .5oz cheese,, 1 8n WW tortilla)  1/3c Green Chile sauce  1c Chateau Blend Vegetables  1/2c pineapple chunks , 1/2c Banana, & 1 tsp coconut  1/2c Light nonfat vanilla yogurt | **Wednesday, July 31**  3oz Meatloaf  1/2c LS Parsley Potatoes  1oz LS Gravy  3/4c Asparagus  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  1 WW Roll  Orange |  |  |

***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:**  **3** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **3** |
| Calories | 700 or more | 785.6 | 701.9 | 703.9 | 706.7 | 700.3 |
| % Carbohydrates from Calories | 45-55% | 53.7 | 52.3 | 50.4 | 54.6 | 50.1 |
| % Protein from Calories | 15-25% | 20.1 | 18.9 | 23.2 | 19.8 | 18.6 |
| % Fat from Calories | 25-35% | 26.2 | 28.8 | 27.4 | 25.8 | 31.3 |
| Saturated Fat | less than 8g | 7.4 | 8.0 | 7.9 | 7.9 | 7.8 |
| Fiber | 10g or more | 10.4 | 11.2 | 13.1 | 10.2 | 15.1 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.0 | 2.3 | 2.0 | 2.5 |
| Vitamin A | 300ug RAE or more | 486.6 | 592.4 | 408.9 | 602.4 | 554.0 |
| Vitamin C | 30mg or more | 75.3 | 53.5 | 97.4 | 71.6 | 59.8 |
| Iron | 2.6mg or more | 4.5 | 4.6 | 4.4 | 4.4 | 5.7 |
| Calcium | 400mg or more | 458.1 | 531.5 | 467.8 | 552.6 | 536.6 |
| Sodium | less than 766mg | 733.7 | 754.8 | 766.0 | 728.6 | 762.8 |

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 MS, RDN, LD approved on June 14, 2024