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|  | **TUESDAY 1, 2024**  6 oz Meat Ball Casserole  (3 oz. Meatballs w/ 1oz Marinara Sauce, 1oz. Cheese)  1c California blend vegetables  1 sl. Wheat roll w/  1 tsp. Margarine  6oz Light nonfat strawberry yogurt | **WEDNESDAY 2, 2024**  Chicken & Vegetables  (3oz. diced Chicken w/ 1/2c Vegetables/sauce)  1/2c Steamed Brown Rice  1/2c Squash w/ 1 tsp margarine  1/2c SF Gelatin in 1/2c Fruit cocktail w/ 1 TBSP whipped topping | **THURSDAY 3, 2024**  Beef Soft Tacos  (3oz Beef,  1 6in Flour Tortillas, 1/2c Lettuce and tomato, 2 TBSP Salsa)  1c Vegetable Medley w/ 1 tsp margarine  Orange | **FRIDAY 4, 2024**  1c Mexican Goulash  (3oz Ground turkey, 1/2c Peppers Onions, corn, salsa, GC, tomatoes, 1/4c Macaroni)  1c Italian blend vegetables  2oz Cornbread w/ 1 tsp margarine  1c Grapes |
| **MONDAY 7, 2024**  2 oz. Kielbasa Sausage  1c Red Cabbage/carrots  1/3c LS Herb Roasted Potatoes  Wheat roll w/ 1 tsp unsalted butter  1/2c light nonfat vanilla yogurt  1c strawberries | **TUESDAY 8, 2024**  BBQ Pulled Pork on a Bun  (3oz. Pork, 1oz BBQ Sauce,  1 WW Bun)  1c Coleslaw w/ 2 TBSP Dressing  3/4c LS Stewed Tomatoes, w/ 2 TBSP GC  1c Mandarin Oranges and Pineapple chunks | **WEDNESDAY 9, 2024**  10oz LS Green Chile Beef Stew  (3oz Beef, 1oz Sauce  1/2c Potato and Vegetables, 1oz Green Chile)  1/2c LS Pinto beans  1/2c LF LS Broccoli Salad  1 6 in wheat Tortilla  banana  1/2c SF Gelatin | **THURSDAY 10, 2024**  Baked Fish  5 oz. LS Baked Fish w/ lemon wedge  1/3c LS Scalloped Potatoes  3/4c Roasted brussel sprouts  1/2c LS Three Bean Salad  1 slice wheat bread w/ 1 tsp unsalted butter  1c Cantaloupe | **FRIDAY 11, 2024**  Sloppy Joes  (3oz Beef, 1`/4c Sauce, 1 WW Bun, 1/2c Green pepper)  1c Chateau blend veg w/ 1 tsp margarine  1/2c LS black beans and red bell pepper  1c Tropical Fruit salad |
| **MONDAY 14, 2024**  **CLOSED**  **COLUMBUS DAY** | **TUESDAY 15, 2024**  8oz Posole w/Pork  (3oz Pork, 1oz Red Chile,  1/2c Hominy)  1/2c Calabacitas  1 6 in Flour Tortilla w/  1 tsp. margarine  1c Mixed Fruit | **WEDNESDAY 16, 2024**  1c Maque Choux  (1oz Sausage crumbles, 3/4c -  1oz Onion, 1 oz Red Bell Pepper, 1oz Green Bell Pepper, 1/2c Corn, 1oz Sauce)  1c Scandinavian Blend Vegetables  Wheat roll w/ 1 tsp margarine  3/4c Peaches  1c Light nonfat vanilla yogurt | **THURSDAY 17, 2024**  Salisbury Steak  (3oz LS patty, 2oz LS gravy, 1/4c mushrooms, 1/8c sauteed onions)  1/3c LS mashed potatoes  3/4c roasted green beans  3/4c Tossed salad w/ 1 TBSP light Ranch Dressing  1c Fruit Salad | **FRIDAY 18, 2024**  Turkey & Cheese Sandwich  (2oz Turkey,1oz Swiss Cheese, 1/2c Lettuce, 2 slices tomato, 1 8 in wheat tortilla),  1c LS Tomato Soup  1c Chateau blend vegetables  1 Fresh Pear |
| **MONDAY 21, 2024**  Beef and Bean Burrito  (2oz. Beef, 1/2c Beans,  1oz. Cheese, 1 8 in Tortilla)  2 TBSP Salsa  3/4c spinach  1/2c:LS Cilantro Lime Brown Rice  3/4c Apricots | **TUESDAY 22, 2024**  Chef Salad w/ Chicken and Egg  (1.5c Romaine lettuce, 1 HB Egg, 2oz Diced Chicken, 1/4c tomatoes, 1oz Carrots, 1/4c Cucumbers, 2 TBSP Light Ranch Dressing)  6 WW Crackers  1/2c spiced pears | **WEDNESDAY 23, 2024**  2oz.beef Hot Dog  w/ 1 WW Bun  3/4c Roasted Sweet potatoes  1/2c Broccoli  1c Watermelon  1/2c Light Nonfat vanilla yogurt | **THURSDAY 24, 2024**  Frito Pie  (3oz. Beef  1 oz.Corn Chips 2 oz RC)  1/2c LS Pinto Beans  1/2c Roasted Cauliflower w/ 1/4c red bell pepper  3/4c Pineapple Tidbits | **FRIDAY 25, 2024**  Tuna Salad Sandwich  (1/2c Tuna Salad, 2 slices Wheat bread)  1/2c LS Creamy Cucumber Salad  1/2c LS Cold beets  1c Strawberries and Bananas |
| **MONDAY 28, 2024**  BBQ Chicken  (3oz Chicken, 2 TBSP BBQ Sauce)  1/2c LS stewed okra with tomatoes and onions  1/2c Chuckwagon Corn  1oz LF Cornbread w/ 1 tsp margarine  Fresh Pear | **TUESDAY 29, 2024**  6oz Red Chile Beef Enchiladas  (2 oz. Beef, 1 oz. Cheese, 2 Corn Tortillas, 1 oz. Red Chile  1/2c Lettuce & Tomato)  1c Capri Vegetables  1/2c LS Spanish Rice  1/2c Pinto Beans  1c LS SF Berries in Cream, 3T graham Cracker crumbs  Halloween Party Day. | **MONDAY 30, 2024**  3oz Tamale W/Red Chile  (2oz. Pork, 1/4c Red Chile Sauce  3 oz. Masa)  1c Quelites  (Spinach & Beans w/ Onion)  1/2c yellow squash  1 orange | **THURSDAY 31, 2024**  4oz Meatloaf  1/3c Mashed Potatoes w/ 2oz LS Gravy  1c Green beans and Carrots  Wheat bread  1/2c Fruit cocktail | Menu Subject to Change |

**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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| **Calories** | 700 or more | 745.0 | 721.7 | 706.7 | 703.9 | 765.7 |
| **% Carbohydrates from Calories** | 45-55% | 46.5 | 48.0 | 52.1 | 47.7 | 51.6 |
| **% Protein from Calories** | 15-25% | 24.7 | 22.2 | 18.9 | 21.4 | 20.6 |
| **% Fat from Calories** | 25-35% | 28.8 | 29.8 | 29.0 | 30.9 | 27.8 |
| **Saturated Fat** | less than 8g | 7.9 | 7.7 | 7.9 | 7.9 | 7.9 |
| **Fiber** | 10g or more | 10.1 | 11.0 | 11.2 | 11.0 | 15.7 |
| **Vitamin B-12** | .8ug or more | 2.9 | 2.5 | 2.0 | 2.6 | 2.2 |
| **Vitamin A** | 300ug RAE or more | 379.4 | 332.1 | 355.7 | 667.9 | 714.8 |
| **Vitamin C** | 30mg or more | 39.4 | 112.7 | 41.0 | 71.9 | 45.5 |
| **Iron** | 2.6mg or more | 5.2 | 4.7 | 3.9 | 5.4 | 6.2 |
| **Calcium** | 400mg or more | 554.3 | 481.7 | 592.3 | 554.4 | 633.9 |
| **Sodium** | less than 766mg | 764.7 | 766.0 | 745.7 | 760.4 | 762.5 |

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, RDN, LD approved on September 23, 2024