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| All Meals Served With 8oz 1% Milk as available |  | WEDNESDAY 1, 2024SWEET & SOUR PORK(3oz pork, 1/2c peppers and onion, 1/4c sauce)1c Oriental Blend Veggies1/2c brown rice1 Vegetable Spring Roll1/2c Pineapple | THURSDAY 2, 2024SANTA FE CHICKEN SANDWICH(1 WW bun, 3oz baked chicken breast, 2oz GC, .5oz Monterey jack cheese, 1/4c avocado)1/2c Calabacitas1/2c fire roasted corn and black bean saladBanana | FRIDAY 3, 2024BACON MUSHROOM PORK CHOP(3oz pork chop, 1/2c mushrooms, 1 slice reduced sodium bacon, 2oz gravy)WW Roll1/2c carrots3/4c Broccoli and Apple Salad(1/4c Broccoli, 1/2c Apples) |
| MONDAY 6, 2024CHICKEN AND SPINACH ORZO(3oz chicken breast, 1oz creamy sauce, 1/4c orzo pasta, ½ cup spinach, 1/2c NAS Diced Tomatoes)1/2c roasted asparagus1 garlic Knot1/2c apricots | TUESDAY 7, 2024FRITO PIE(3oz ground beef, 2oz red chile, 1/2c pinto beans, 1oz Corn chips)1/2c Roasted Zucchini1.5c Garden Salad w/ 2 TBSP Light Ranch dressing1/2c Kiwi | WEDNESDAY 8, 2024CHICKEN CHOW MEIN(3oz diced chicken, 1/4c mushrooms, 1/4c green beans, 1/4 c celery, 1oz sauce, 1oz baby corn, 1c lo mein noodles)1/2c Stir fry Veggies1/2c Mandarin oranges | THURSDAY 9, 2024BAKED ZITI(2oz marinara sauce, 1/2c ziti pasta, 1oz mozzarella cheese)WW Roll1c Italian Veggies1c Light Vanilla nonfat yogurt w/ 1/2c Mixed Berries  | FRIDAY 10, 2024HOT TURKEY SANDWICH(3oz roasted turkey, 2oz LS turkey gravy, 1 SL ww bread)1/4c cranberry sauce½c LS mashed potatoes1c Capri Veggies1/2c Grape Salad |
| MONDAY 13, 2024GRILLED HOT DOG (1 2oz all beet frank, 1 HD WW bun)1c Pasta Salad(1/2c Pasta, 1/2c Vegetables)1/2c Roasted Cauliflower1c Watermelon1/2c Light Vanilla nonfat yogurt  | TUESDAY 14, 2024HONEY GLAZED SALMON(3oz salmon filet, 1oz glaze)3/4c Lemon Herb Orzo pasta 1/2c Roasted Green Beans1/2c Brussel Sprouts 1c Cantaloupe | WEDNESDAY 15, 2024TULIE TOASTADA(1 fried 6” flour tortilla, 1/4c refried beans, 2oz ground beef, 1/4c tomato, 1/4c lettuce, 2 TBSP salsa)1c Garden Blend vegetables 1/2c LS Spanish Rice1/2c diced Mango | THURSDAY 16, 2024CHICKEN TENDERS(2 1.5oz chicken tender, 1oz LS Country gravy)1/2c Roasted herbed gold Yukon potatoes3/4c chateau blend veggies6 LS WW Crackers 1/2c warm sliced apples1 slice LF Cornbread  | FRIDAY 17, 2024 3/4c CHILE BEANS(3oz ground beef, 2oz red chile sauce, 1/2c pinto beans)1/2c Beets1slice LF cornbread1/2c spiced peaches  |
| MONDAY 20, 20241c GREEN CHILE PORK STEW(3oz diced pork, 2oz green chile, 1/2c potatoes, 1oz diced tomato 2oz broth)1 6” tortilla1c Winter blend veggies1c Honeydew | TUESDAY 21, 2024TOMATO BASIL PASTA W/ SAUSAGE(3oz lean turkey sausage, 1/2c tomato basil sauce, 1/2c penne pasta, 1oz mozz cheese)Wheat roll w/ 1 tsp magarine1/2c Spinach½c Roasted Broccoli1/2c Spiced Pears | WEDNESDAY 22, 20243/4c CHICKEN SALAD SANDWICH(3oz diced chicken, 2 SL WW bread, 1oz walnuts, 2 TBSP mayo, 1oz celery, 1/4c grapes, 1oz onion, 1/2c Lettuce)1/2c sweet potato fries1/2c cucumber and tomato salad 1/2c apples in 1/4c crisp | THURSDAY 23, 2024TACO SALAD(3oz ground beef, 1oz Sauce, 1/2c tomato, 1/2c lettuce, 1oz tortilla chips, 1 TBSP salsa)1/2c black beans1c Grapes | FRIDAY 24, 2024CHILE RELLENOS(1 pepper, 1oz cheese, 1oz crust)2oz green chile sauce)1/2c Pinto Beans1/2c Roasted Zucchini1c Vanilla nonfat Yogurtw/ 1/2c Strawberries  |
| MONDAY 27,2024CLOSED MEMORIAL DAY  | TUESDAY 28, 2024CHICKEN FRIED STEAK(3oz chicken fried steak, 2oz LS peppered gravy)1/2c Roasted Brussel Sprouts1/2c LS Mashed PotatoesWW Roll w/ 1 tsp unsalted butter 1c Tropical Fruit Salad  | WEDNESDAY 29, 2024SHEET PAN GARLIC SHRIMP & VEGGIES(3oz shrimp w/ 1 TSP garlic, LS seasoning, 1/4c broccoli, 1/4c mushrooms, 1/4c squash, 5 grape tomatoes)1/2c Peas and Carrots1 garlic knot1/2c Fruit Cocktail  | THURSDAY 30, 2024CHICKEN BACON RANCH WRAP(1WW 8 in tortilla, 3oz diced chicken, 1 strip LS bacon, 1 TBSP Light Ranch dressing, 1/2c romaine lettuce, 2 SL tomato, 1oz avocado)1/2c LS Potato Salad1/2c Spring Vegetables1 Fresh Pear  | FRIDAY 31, 20241c Shepherd’s PIE(3oz ground beef, 2oz LS sauce, 1/2c mixed vegetables, 1/4c mashed potato)WW Roll w/ 1 tsp unsalted butter 1.5c Garden Salad W/ 2 TBSP Light Italian1/2 c Raspberries & 1/2c Bananas |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** |
| Calories | 700 or more | 767.1 | 733.0 | 776.8 | 742.6 | 706.1 |
| % Carbohydrates from Calories | 45-55% | 48.4 | 49.1 | 45.9 | 48.7 | 48.5 |
| % Protein from Calories | 15-25% | 24.4 | 23.0 | 20.2 | 20.8 | 21.4 |
| % Fat from Calories | 25-35% | 27.2 | 27.9 | 34.0 | 30.5 | 29.9 |
| Saturated Fat | less than 8g | 7.0 | 7.2 | 7.9 | 7.7 | 7.7 |
| Fiber | 10g or more | 11.4 | 10.9 | 10.7 | 12.4 | 11.5 |
| Vitamin B-12 | .8ug or more | 1.8 | 1.8 | 6.2 | 1.8 | 2.2 |
| Vitamin A | 300ug RAE or more | 413.9 | 441.2 | 360.2 | 428.6 | 479.1 |
| Vitamin C | 30mg or more | 59.1 | 52.2 | 70.0 | 76.6 | 66.6 |
| Iron | 2.6mg or more | 4.0 | 5.1 | 5.4 | 5.1 | 5.3 |
| Calcium | 400mg or more | 459.2 | 542.4 | 512.1 | 599.9 | 455.9 |
| Sodium | less than 766mg | 644.5 | 752.9 | 754.6 | 752.8 | 761.2 |

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 April 22, 2024