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|  | **TUESDAY, Oct 1**  3.5oz Salisbury Steak  2oz LS gravy,  1/3c LS mashed potatoes  3/4c Green beans  WW Roll  1c Fruit Salad w/ 1 TBSP whipped topping | **WEDNESDAY, Oct 2**  Baked Chicken crusted Parmesan  4oz Chicken Parm Crusted  (3oz Chicken breast, 1oz parm crust), 1/3c NAS Marinara Sauce, 0.5oz Mozzarella. Cheese, 1/2c WW pasta)  1c Italian blend  Wheat roll w/ 1 tsp margarine  Fresh pear | **THURSDAY, Oct 3**  1c Reduced sodium Menudo  (3oz tripe, 1/2c hominy, 1/4c red Chile)  1 6in WW tortilla  1c Capri Blend Vegetables  Banana | **FRIDAY, Oct 4**  Breakfast for Lunch  2 scrambled eggs  1/2c Sweet potatoes, 1/2c Peppers and onions, 2 TBSP Salsa  Wheat bread toasted w/ 1 tsp margarine  1/2c Light nonfat yogurt  1c Tropical Fruit Salad |
| **MONDAY, Oct 7**  Sausage w/ peppers and Onions  (2oz polish sausage, 3/4c peppers and onions)  1/3c LS Herb roasted potatoes  1 WW roll  Spinach Salad  (1/2c Spinach, 1 TBSP Cranberries, 1/8c Red  onion, 1 TBSP Light Ranch Dressing)  1/2c Light nonfat Vanilla yogurt  1/2c Pears | **TUESDAY, Oct 8**  Bean and Cheese Burrito  (3/4c LS pinto beans, 0.5oz cheese, 1 8in WW flour tortilla, 1/4c red Chile sauce)  1c Chateau Blend vegetables w/ 1 tsp unsalted butter  3/4c sliced Apples | **WEDNESDAY, Oct 9**  Chicken Tacos  (3 oz. Shredded Chicken,  1/2c Red cabbage slaw, 1 6in WW Tortilla, 2 TBSP pineapple salsa)  1/2c LS Spanish Rice  1c Yellow squash w/ NAS diced Tomatoes  1/2c Apricots | **THURSDAY, Oct 10**  4oz LS Lemon Herb Cod  0.5oz LS Cucumber Dill Sauce  3/4c Brown Rice  1/2c Asparagus w/ 1 tsp margarine  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1/2c Mixed Fruit | **FRIDAY, Oct 11**  Garden Salad w/ Grilled Chicken  (3oz Chicken breast , 1c romaine lettuce, 1/4c tomato, 1/4c cucumber, 1/8c carrots, 2 TBSP Light Ranch dressing)  1 WW Roll w/ 1 tsp unsalted butter  3/4c Fruit Cocktail |
| **MONDAY, Oct 14**  Closed  Indigenous Peoples Day | **TUESDAY, Oct 15**  1c Shepherd’s Pie  (3oz ground beef, 1/2c carrots and peas, 1/4c LS mashed potatoes)  1/2c LS Beets  3/4c Tossed Salad w/ 1 TBSP Light ranch Dressing  WW Roll w/ 1 tsp margarine  1c Mandarin oranges | **WEDNESDAY, Oct 16**  6oz Red Chile Chicken Enchiladas  (2 corn tortillas, 1oz cheese, 3oz Chicken, 2oz Red Chile Sauce, 1/2c lettuce and tomato)  1/2c LS Spanish rice  1c Vegetable Medley  1c Strawberries and bananas | **THURSDAY, Oct 17**  Turkey and Ham Sandwich  (1oz Turkey, 1oz LS ham, 2 slice WW bread)  1/2c lettuce and 2 slices tomato  1c Green beans and carrots  1/2c Light Nonfat Vanilla yogurt  1c mixed Berries | **FRIDAY, Oct 18**  4oz LS Baked Chicken Breast  1/2c LS Diced Potatoes  1/2c Roasted broccoli  3/4c Tossed Salad w/ 1 TBSP Light Ranch Dressing  1 WW roll  3/4c Diced peaches |
| **MONDAY, Oct 21**  1c Green Chile Hamburger and Potato Stew  (1oz GC, 3oz Beef, 1/2c Potatoes)  1.5 Tossed Salad w/ 2 TBSP Light Italian Dressing  1oz Cornbread  1/2c Pineapple chunks | **TUESDAY, Oct 22**  3oz Chicken Breast  2 TBSP BBQ Sauce  1/2c Scalloped Potatoes  1/2c Roasted Brussels Sprouts  1 WW roll  1c Fruit salad | **WEDNESDAY, Oct 23**  Taco Salad  (1oz tortilla chips, 3oz beef, 1c romaine lettuce, 1/2c tomatoes, 1/8c red onion, 2 TBSP salsa, 2 TBSP light Ranch)  1/2c LS pinto beans  1/2c Diced mango | **THURSDAY, Oct 24**  Southwest Chicken  (3 oz Chicken breast, 1/4c black beans, 1/4c corn, 0.5oz Cheese, 1/4c Green Chile sauce)  1/2c spinach  1/2c Tomato wedges  1/2c LS Spanish Rice  1/2c Light NF Vanilla yogurt  1/2c Cherries | **FRIDAY, Oct 25**  Sloppy Joe  (3 oz ground beef, 1/4c sauce, 1 WW bun, 1/2c Peppers and onions)  1/2c NAS Baked French Fries  1/2c LS Three Bean Salad  1/2c SF gelatin |
| **MONDAY, Oct 28**  4oz Meatloaf  1/3c Mashed potatoes  2oz LS gravy  3/4c Broccoli spears  Wheat Roll  1.5c Tossed Salad w/ 1 TBSP light Italian Dressing  1 banana | **Tuesday, Oct 29**  1c Egg Roll in a Bowl  3oz ground turkey  1c Cabbage, carrots, onions, garlic, ginger  1 TSP LS Soy Sauce  1/2c Brown Rice  1c Pineapple Chunks | **Wednesday, Oct 30**  Egg Salad  (1/2c egg salad=1 egg)  2 slice WW bread  1/2c Cucumber and tomato salad  1/2c Asparagus  1/2c Spiced peaches  1c Light nonfat vanilla yogurt | **Thursday, Oct 31**  Zucchini Boats  1 Zucchini (2 halves)  3oz ground turkey, 1/2c chopped tomato, corn, black beans  1oz LS Taco Seasoning  0.5oz reduced fat Cheddar cheese  1c California blend  1/2c Brown Rice  Pear |  |

***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 | 709.7 | 700.2 | 707.7 | 713.8 | 732.4 |
| % Carbohydrates from Calories | 45-55% | 52.8 | 50.9 | 47.0 | 49.7 | 51.9 |
| % Protein from Calories | 15-25% | 21.6 | 20.3 | 23.6 | 21.6 | 20.1 |
| % Fat from Calories | 25-35% | 25.7 | 28.8 | 29.3 | 28.8 | 28.0 |
| Saturated Fat | less than 8g | 7.7 | 7.9 | 8.0 | 7.8 | 8.0 |
| Fiber | 10g or more | 11.3 | 12.4 | 12.1 | 11.4 | 12.4 |
| Vitamin B-12 | .8ug or more | 2.6 | 1.6 | 2.1 | 2.7 | 2.6 |
| Vitamin A | 300ug RAE or more | 398.3 | 462.8 | 551.4 | 449.4 | 737.0 |
| Vitamin C | 30mg or more | 61.7 | 46.6 | 72.0 | 57.2 | 65.7 |
| Iron | 2.6mg or more | 4.0 | 3.8 | 4.2 | 5.6 | 5.0 |
| Calcium | 400mg or more | 535.7 | 478.3 | 512.8 | 496.6 | 552.1 |
| Sodium | less than 766mg | 758.2 | 748.4 | 752.3 | 726.6 | 691.9 |

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 30, 2024