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| All Meals Served with 2% Milk |  |  | Thursday August 1  3oz LS baked Chicken Breast  1/2c LS Brown Rice Pilaf  1c Chateau Blend Vegetables w/ 1 tsp margarine  Wheat Roll w/ 1 tsp margarine  1/2c Fruit cocktail | Friday August 2  Loaded Baked Potato  (1 potato, 1 tsp margarine, 1 tsp chives, .5oz Cheese)  1c Tossed Salad w/ 1/2c Lentils, w/ 2 TBSP FF Italian Dressing, w/ 1/4c LS Garbanzo Beans  6 LS WW crackers  1/2c Cottage Cheese  Orange |
| MONDAY 5, 2024  Hot Dog  (2oz Chicken Frank, 1 WW Bun)  3/4c LS Three Bean Salad  (1/4c Red beans)  1/2c Roasted Cauliflower  1c Chopped Watermelon  1/2c Light vanilla nonfat yogurt | TUESDAY 6, 2024  3/4c Beef Macaroni  (3oz beef,1oz sauce,1/2c noodles)  1.5c Garden Salad w/  2 TBSP Light Ranch Dressing  4 LS WW Crackers  3/4c Apricots | WEDNESDAY 7, 2024  3oz Spicy Chicken Strips  1/2c carrots w/ 1 tsp margarine  1/2c Creamy cucumber salad  1 wheat Roll w/ 1tsp. Margarine  Pear | THURSDAY 8, 2024  Hamburger  (3oz beef,1/2c lettuce, 2 slices tomato, 1 slice onion, 1 WW bun)  1c California blend vegetables w/ 1 tsp margarine  1c Tropical Fruit salad | FRIDAY 9, 2024  Chicken Tacos  (3oz chicken,1 6in Flour Tortilla  2 TBSP Salsa, 1/2c lettuce and tomato)  1/2c Zucchini, w/ 1/2c NAS diced Tomatoes w/ 1 tsp margarine  3/4c Mixed Fruit |
| MONDAY 12, 2024  4oz Hawaiian Chicken  (3oz Chicken, pineapple, 1oz pineapple/sauce)  1/2c Steamed Brown Rice  1c Stir Fry Veg, 1/2c Snow peas  1 wheat Roll  1/2c Mandarin oranges  1/2c SF Gelatin | TUESDAY 13, 2024  Pork Rib Sandwich  (3oz Lean boneless pork,1 bun)  1/2c LS Coleslaw (w/ vinegar and oil dressing)  3/4c green beans  1/2c spinach  1c Chopped Cantaloupe | WEDNESDAY 14, 2024  3oz Roast Beef w/ 1 oz LS gravy  1/2c LS Parsley Potatoes  1c Chateau Blend vegetables  1 Wheat Roll  1c Fruit Salad | THURSDAY 15, 2024  Chicken Salad Sandwich  (1/2c salad (3oz Diced Chicken), 2 sl wheat bread, 1/2c lettuce, 2 slices tomato)  1 oz Multigrain Chips  1c vegetable medley  banana | FRIDAY 16, 2024  Frito Pie  (3oz beef, 2oz RC sauce,1oz Corn Chips, 1/8c onions)  1/2c LS Pinto Beans  3/4c Roasted Brussel Sprouts  1c Diced mango |
| MONDAY 19, 2024  3oz Chicken Fried Chicken  1/2c LS Potato Salad  1c California Blend Veggies  1 WW Dinner Roll w/1tsp Margarine  1/2c spiced pears | TUESDAY 20, 2024  Soft Beef Tacos  (2 corn torts,3oz beef  1/2c Lettuce & Tomato  2 TBSP Salsa)  1/2c LS Pinto beans  1c Squash w/ NAS Diced Tomatoes  1/2c unsweetened applesauce | WEDNESDAY 21, 2024  6 oz Orange Chicken  (3oz Chk,3oz sauce)  1/2c Brown Rice  1c Asian Vegetables  1 Vegetable Egg Roll  1/2c Tapioca Pudding | THURSDAY 22, 2024  5oz Beef Steak Ranchero  (3oz Meat,2oz sauce)  1/2c Sweet Potatoes  1c Vegetable Medley  Wheat roll  1 Orange | FRIDAY 23, 2024  3oz LS Herbed Baked Fish  2 TBSP Tartar Sauce  1/2c LS LF Broccoli Salad  1c Italian blend vegetables  1 Wheat Roll w/ 1 tsp Margarine  1/2c Pineapple Tidbits |
| MONDAY 26, 2024  GC Cheese Chicken Sandwich  (1 bun, 3oz Grilled/baked chicken, .5oz Cheese, 2 TBSP GC)  1/2c LS Herb Roasted red Potatoes  1/2c Tomato and cucumber salad  1c Grapes | TUESDAY 27, 2024  Sweet & Sour Pork  (3oz pork 1/2c sauce/bell peppers/onions/pineapple chunks/green onions/sesame seeds)  1/2c Brown Rice  1c Asian Veggies  1/2c Mandarin Oranges | WEDNESDAY 28, 2024  Red Beef Enchiladas  (3oz beef,1oz RC,2 corn tort,1/2c lettuce and tomato, 1oz chez)  1/2c LS Pinto Beans  1/2c Roasted Zucchini  1/2c peaches | THURSDAY 29, 2024  Spaghetti  (3oz ground Beef,3oz NAS Marinara Sauce,1/2c noodles)  1c Capri Vegetables  1.5c Tossed salad w/ 2 TBSP Light Ranch Dressing  1 Garlic Bread  1/2c Plums | FRIDAY 30, 2024  2oz LS Ham  1/2c Yams  1/2c Green Beans w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  1/2c Strawberries and 1/4c 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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 706.2 | 705.0 | 701.1 | 714.6 | 716.0 |
| % Carbohydrates from Calories | 45-55% | 51.9 | 48.9 | 45.8 | 47.0 | 52.0 |
| % Protein from Calories | 15-25% | 21.6 | 20.7 | 21.7 | 24.1 | 22.5 |
| % Fat from Calories | 25-35% | 26.5 | 30.3 | 32.5 | 28.9 | 25.5 |
| Saturated Fat | less than 8g | 7.6 | 7.8 | 8.0 | 7.8 | 7.9 |
| Fiber | 10g or more | 11.8 | 10.4 | 10.3 | 10.0 | 10.1 |
| Vitamin B-12 | .8ug or more | 1.7 | 2.3 | 2.7 | 2.7 | 2.4 |
| Vitamin A | 300ug RAE or more | 521.1 | 528.9 | 339.0 | 355.4 | 347.0 |
| Vitamin C | 30mg or more | 57.0 | 52.1 | 62.4 | 46.7 | 46.1 |
| Iron | 2.6mg or more | 3.8 | 4.2 | 5.0 | 4.2 | 4.6 |
| Calcium | 400mg or more | 517.0 | 473.6 | 455.8 | 453.8 | 496.2 |
| Sodium | less than 766mg | 763.1 | 763.7 | 652.5 | 622.9 | 764.0 |

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 6, 2024