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| All Meals Served with 2% Milk |   |   | Thursday August 1 3oz LS baked Chicken Breast 1/2c LS Brown Rice Pilaf1c Chateau Blend Vegetables w/ 1 tsp margarineWheat Roll w/ 1 tsp margarine1/2c 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, 2024Hot Dog(2oz Chicken Frank, 1 WW Bun)3/4c LS Three Bean Salad(1/4c Red beans)1/2c Roasted Cauliflower1c Chopped Watermelon1/2c Light vanilla nonfat yogurt | TUESDAY 6, 20243/4c Beef Macaroni(3oz beef,1oz sauce,1/2c noodles)1.5c Garden Salad w/2 TBSP Light Ranch Dressing4 LS WW Crackers 3/4c Apricots  | WEDNESDAY 7, 20243oz Spicy Chicken Strips1/2c carrots w/ 1 tsp margarine 1/2c Creamy cucumber salad 1 wheat Roll w/ 1tsp. MargarinePear  | THURSDAY 8, 2024Hamburger(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, 2024Chicken Tacos(3oz chicken,1 6in Flour Tortilla2 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, 20244oz Hawaiian Chicken (3oz Chicken, pineapple, 1oz pineapple/sauce)1/2c Steamed Brown Rice1c Stir Fry Veg, 1/2c Snow peas 1 wheat Roll 1/2c Mandarin oranges1/2c SF Gelatin  | TUESDAY 13, 2024Pork Rib Sandwich(3oz Lean boneless pork,1 bun)1/2c LS Coleslaw (w/ vinegar and oil dressing)3/4c green beans1/2c spinach1c Chopped Cantaloupe | WEDNESDAY 14, 20243oz Roast Beef w/ 1 oz LS gravy1/2c LS Parsley Potatoes1c Chateau Blend vegetables1 Wheat Roll 1c Fruit Salad  | THURSDAY 15, 2024Chicken Salad Sandwich(1/2c salad (3oz Diced Chicken), 2 sl wheat bread, 1/2c lettuce, 2 slices tomato)1 oz Multigrain Chips1c vegetable medleybanana | FRIDAY 16, 2024Frito Pie(3oz beef, 2oz RC sauce,1oz Corn Chips, 1/8c onions)1/2c LS Pinto Beans3/4c Roasted Brussel Sprouts 1c Diced mango  |
| MONDAY 19, 20243oz Chicken Fried Chicken1/2c LS Potato Salad1c California Blend Veggies1 WW Dinner Roll w/1tsp Margarine1/2c spiced pears | TUESDAY 20, 2024Soft Beef Tacos(2 corn torts,3oz beef1/2c Lettuce & Tomato2 TBSP Salsa)1/2c LS Pinto beans1c Squash w/ NAS Diced Tomatoes1/2c unsweetened applesauce | WEDNESDAY 21, 20246 oz Orange Chicken(3oz Chk,3oz sauce)1/2c Brown Rice1c Asian Vegetables1 Vegetable Egg Roll1/2c Tapioca Pudding | THURSDAY 22, 20245oz Beef Steak Ranchero(3oz Meat,2oz sauce)1/2c Sweet Potatoes1c Vegetable MedleyWheat roll1 Orange  | FRIDAY 23, 20243oz LS Herbed Baked Fish2 TBSP Tartar Sauce1/2c LS LF Broccoli Salad1c Italian blend vegetables 1 Wheat Roll w/ 1 tsp Margarine1/2c Pineapple Tidbits |
| MONDAY 26, 2024GC Cheese Chicken Sandwich(1 bun, 3oz Grilled/baked chicken, .5oz Cheese, 2 TBSP GC)1/2c LS Herb Roasted red Potatoes1/2c Tomato and cucumber salad1c Grapes | TUESDAY 27, 2024Sweet & Sour Pork(3oz pork 1/2c sauce/bell peppers/onions/pineapple chunks/green onions/sesame seeds)1/2c Brown Rice1c Asian Veggies1/2c Mandarin Oranges | WEDNESDAY 28, 2024Red Beef Enchiladas(3oz beef,1oz RC,2 corn tort,1/2c lettuce and tomato, 1oz chez)1/2c LS Pinto Beans1/2c Roasted Zucchini1/2c peaches  | THURSDAY 29, 2024Spaghetti(3oz ground Beef,3oz NAS Marinara Sauce,1/2c noodles)1c Capri Vegetables 1.5c Tossed salad w/ 2 TBSP Light Ranch Dressing1 Garlic Bread1/2c Plums   | FRIDAY 30, 20242oz LS Ham1/2c Yams 1/2c Green Beans w/ 1 tsp margarine Wheat roll w/ 1 tsp margarine1/2c 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