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| --- | --- | --- | --- | --- |
| **MONDAY 1, 2024**1c GC Chicken Stew(3oz Diced Chicken, 3/4c potatoes, tomatoes, and onions, GC)3/4c Garden Blend Vegetables 1 6in WW tortilla1c chopped cantaloupe | **TUESDAY 2, 2024**Bean and Cheese Burrito(1/2c LS Pinto Beans, 1oz cheese, 1 8in flour tortilla, 1oz green Chile, 1 TBSP Salsa)1/2c spinach1/2c Calabacitas1/2c Mango 1/2c Light vanilla nonfat yogurt  | **WEDNESDAY 3, 2024**Chili Cheese Dogs(1 WW bun, ½ Beef and Pork Frank (1oz frank), 3oz chili sauce (2oz meat, 1oz Chili Sauce))1/2c no added salt baked French Fries1c Cali Blend Veggies1c Fruit salad w/ 2 TBSP whipped topping  | **THURSDAY 4, 2024**CLOSEDINDEPENDENCE DAY | **FRIDAY 5, 2024****CLOSED** **NOTE:**LS=low sodiumNAS=no added saltWW= whole wheat SF=sugar free |
| **MONDAY 8, 2024**Cheeseburger (3 oz beef, .5oz cheese, 1 oz green Chile, 1 bun, 1/2c lettuce, 2 slices red tomato, 1 slices onion)1c Vegetable Medley 1oz Sun Chips 1c Unsweetened Applesauce | **TUESDAY 9, 2024**6oz LS Chicken and Noodles(3oz chicken, 1/2c noodles, 1oz sauce)1c Roasted broccoli and cauliflower 1 WW Roll w/ 1 tsp unsalted butter 1 Fresh Pear  | **WEDNESDAY 10, 2024**Tuna Salad Sandwich(1/2c Tuna Salad (3oz Light Tuna), 2 sl. Wheat bread, 1/2c lettuce, 2 sliced tomato)1/2c Cucumber slices1/2c Baby carrots 1/2c spiced peaches  | **THURSDAY 11, 2024**1c Beef Stew(3oz beef, 1/2c vegetables)1/2c unsalted Beets 1.5c Tossed salad w/ 2 TBSP Light Italian Dressing6 LS WW Crackers3/4c mixed fruit | **FRIDAY 12, 2024**CLOSED |
| **MONDAY 15, 2024**3oz Baked Chicken1/3c LS Brown Rice Pilaf1/2c Brussel Sprouts 1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1 WW Roll1 banana | **TUESDAY 16, 2024**1c RC Pork Posole(1oz RC, 3oz Pork 1/2c Hominy)1c Chateau blend vegetables 1 6in WW Tortilla1c Tropical Fruit Salad  | **WEDNESDAY 17, 2024**Spaghetti(3oz meat, 1/2c spaghetti, 2oz NAS marinara sauce)1c Italian Blend 1.5c Tossed Salad w/ 2 TBSP Light Raspberry Vinaigrette1/2c Pineapple  | **THURSDAY 18, 2024** 1c Tater Tot Casserole (3oz beef, 1/4c tater tots, 1oz sauce, 1/2c mixed vegetables)1.5c Tossed salad w/ 2 TBSP light Italian Dressing1 WW Roll1c Grapes | **FRIDAY 19, 2024**CLOSED |
| **MONDAY 22, 2024**Egg Salad Sandwich(1/2c Egg salad=1 egg, 2 slices wheat bread)3/4c Sweet Potato 1/2c Broccoli 1c Light nonfat vanilla yogurt 1/2c Strawberries  | **TUESDAY 23, 2024**3 oz Meatloaf1/2c LS Mashed Potatoes w/ 2oz LS gravy1/2c Green Beans Wheat roll1/2c Pears  | **WEDNESDAY 24, 2024**RC Beef Enchiladas(1oz red Chile, 2oz beef, 2 corn tortillas, 1oz cheese, 1/2c tomato and lettuce, 1/4c onion)1/2c LS Spanish rice1/2c Pinto Beans1/2c Apricots | **THURSDAY 25, 2024**Chicken Taco(3oz chicken, 1/2c lettuce and tomato, 1 6in flour tortilla, 2 TBSP salsa)1c zucchini w/ NAS Diced Tomatoes1/2c Cilantro lime Brown Rice Orange  | **FRIDAY 26, 2024**CLOSED |
| **MONDAY 29, 2024**1c Goulash(3oz beef, 1/4c pasta, 1oz tomatoes)1/2c NAS stewed Tomatoes w/ 2 TBSP GC 1.5c Tossed Salad w/ 2 TBSP light ItalianWheat roll1c Tropical Fruit Salad | **TUESDAY 30, 2024**6oz Mexican Chicken Salad(3oz chicken, 1c Romaine lettuce, 1/2c cherry tomatoes/avocado, onions, cilantro2 TBSP Dressing½ c black beans & corn6 LS wheat crackers1/2c sliced apples | **WEDNESDAY 31, 2024**BBQ Pulled Pork Sandwich(3oz LS lean pork, 1oz LS BBQ sauce, 1 WW bun)1/2c LS Three Beans salad1/2c Herb roasted potatoes1c Watermelon  |  |  |

***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:****4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****3** |
| Calories | 700 or more | 702.6 | 700.1 | 703.9 | 705.8 | 756.9 |
| % Carbohydrates from Calories | 45-55% | 54.2 | 50.3 | 51.3 | 52.9 | 49.6 |
| % Protein from Calories | 15-25% | 19.7 | 20.1 | 21.6 | 21.6 | 21.1 |
| % Fat from Calories | 25-35% | 26.0 | 29.5 | 27.1 | 25.5 | 29.3 |
| Saturated Fat | less than 8g | 8.0 | 7.7 | 7.8 | 7.9 | 6.7 |
| Fiber | 10g or more | 12.1 | 12.2 | 10.7 | 12.8 | 13.6 |
| Vitamin B-12 | .8ug or more | 1.6 | 3.1 | 2.5 | 2.4 | 1.9 |
| Vitamin A | 300ug RAE or more | 531.6 | 740.4 | 565.9 | 439.3 | 427.2 |
| Vitamin C | 30mg or more | 68.1 | 60.3 | 66.7 | 56.1 | 48.7 |
| Iron | 2.6mg or more | 4.6 | 461.3 | 4.5 | 4.8 | 5.8 |
| Calcium | 400mg or more | 572.5 | 461.3 | 414.9 | 568.5 | 425.7 |
| Sodium | less than 766mg | 764.8 | 764.0 | 749.9 | 662.1 | 757.8 |

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 24, 2024