|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day #11pkgMiss Olives Cheese Ravioli1/2c Light nonfat vanilla Yogurt 1c California Blend veg w/ 1 tsp unsalted butter 1/4c White beans1/2c ApplesauceWheat roll w/ 1 tsp unsalted margarine | Day #21pkg Creole style Chicken1c Italian Style Vegetablesw/ 1 tsp unsalted butterWheat roll w/ 1 tsp unsalted butter 3/4c Tropical Fruit Salad | Day #31 pkg Southwest bean and Grain 1c Zucchini w/ NAS diced Tomatoes w/ 1 tsp unsalted butter Orange 11/2c Light nonfat vanilla Yogurt  | Day #41 pkg Miss Olives Cheese Ravioli1/2c Light nonfat vanilla Yogurt 1/2c Spinach, w/ 1 tsp unsalted butter 1/2c Green Beans, 1/3c Slivered almonds, w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter  | Day #51 pkg Creole Style Chicken1c Vegetable medley w/ 2 tsp unsalted butter 1 slice cornbread w1 tsp unsalted butter 1/2c SF Gelatin |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****5** | **Days in Week:****n/a** | **Days in Week:****n/a** | **Days in Week:****n/a** | **Days in Week:****n/a** |
| Calories | 700 or more | 612.8 |  |  |  |  |
| % Carbohydrates from Calories | 45-55% | 54.7 |  |  |  |  |
| % Protein from Calories | 15-25% | 16.5 |  |  |  |  |
| % Fat from Calories | 25-35% | 28.9 |  |  |  |  |
| Saturated Fat | less than 8g | 7.8 |  |  |  |  |
| Fiber | 10g or more | 12.1 |  |  |  |  |
| Vitamin B-12 | .8ug or more | 1.1 |  |  |  |  |
| Vitamin A | 300ug RAE or more | 357.9 |  |  |  |  |
| Vitamin C | 30mg or more | 30.4 |  |  |  |  |
| Iron | 2.6mg or more | 4.1 |  |  |  |  |
| Calcium | 400mg or more | 562.7 |  |  |  |  |
| Sodium | less than 766mg | 713.2 |  |  |  |  |

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 May 13, 2024