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| --- | --- | --- | --- | --- |
| **MONDAY, JUNE 3**Baked spaghetti3 oz meat, 1/2c WW spaghetti, 2 oz NAS Marinara sauce)1/2c Green beans1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1/2c SF Gelatin w/ 1/2c Bananas | **TUESDAY, JUNE 4**Tuna salad sandwich(1/2c Tuna salad, 2 slices wheat bread, 1/2c lettuce, 1 slice tomato)1c LS Minestrone soup 1/2c broccoli Spears 1/2c Fruit cocktail | **WEDNESDAY, JUNE 5**Hamburger(1bun, 3oz Patty, 1/2c Lettuce, 2 slices tomato, 1 slice onion)1/2c Potato wedges1c California Blend Vegetables orange  | **THURSDAY, JUNE 6**1c Egg roll in a bowl(1c Coleslaw/carrots, 3oz Pork, 1oz Sauce) 3/4c Brown Rice 1c Pineapple Chunks  | **FRIDAY, JUNE 7****CLOSED** |
| **MONDAY, JUNE 10**Beef stroganoff(3 oz. Beef, 1 oz. Sauce, 1/2c Noodles, 1/2c Mushrooms)1/2c unsalted BeetsWheat Roll w/ 1 tsp margarine 1c cantaloupe | **TUESDAY, JUNE 11**1c Green Chili Chicken Enchiladas(3oz Chicken, 2 corn tortilla, 1oz Green chili, 1oz Shredded Cheese)3/4c Pinto beans 1/2c Diced Mango & 1/2c Strawberries  | **WEDNESDAY, JUNE 12**3 oz. Pork Chop1/2c LS Brown Rice Pilaf 1c chateau blend vegetable 1 Wheat Roll w/ 1 tsp. Margarine1/2c Spiced Peaches  | **THURSDAY, JUNE 13**Scalloped Potatoes w/Ham(2 oz Low Sodium Ham, 1/3c scalloped potatoes)3/4c Brussel sprouts w/ 1 tsp margarine Wheat roll w/ 1 tsp margarine1c Fruit Salad1/2c Light nonfat vanilla yogurt  | **FRIDAY, JUNE 14****CLOSED** |
| **MONDAY, JUNE 17**1c Beef Stew(3oz beef, 1/2c vegetables)1.5cTossed Salad w/ 2 TBSP Light Ranch Dressing1 slice LF CornbreadBaked apple | **TUESDAY, JUNE 18**1c Chili relleno casserole (1/2c green chile, .5oz Cheese, 1oz Crust)1/2c cauliflower3/4c Carrots 1/2c Pinto Beans1 6in Wheat Tortilla3/4c Mandarin Oranges | **WEDNESDAY, JUNE 19**CLOSEDHAPPY JUNETEENTH! | **THURSDAY, JUNE 20**3/4c Beef tamale pie(3oz beef, 1/4c peppers, tomatoes corn, onions1 slice LF Cornbread 1.5cTossed Salad w/ 2 TBSP Light Ranch Dressing1c Tropical Fruit Salad | **FRIDAY, JUNE 21****CLOSED** |
| **MONDAY, JUNE 24**1c Shepherd’s Pie(3 oz. Beef, 1 oz. Sauce, 1/2c & Veggies. 1/4c LS Mashed Potatoes 1.5cTossed Salad w/ 2 TBSP Light Ranch DressingWheat Roll  1 Fresh pear  | **TUESDAY, JUNE 25**Classic Chicken Salad Sandwich (wheat bun, 1/2c Chicken Salad, 1/2c lettuce, 2 slices tomato)1/2c Green beans1.5cTossed Salad w/ 2 TBSP Light Italian Dressing 3/4c Fruit cocktail | **WEDNESDAY, JUNE 26**Frito pie(3oz Beef, 2oz RC, 1oz Corn Chips. 1/2c lettuce and tomato, 1/4c onion)1/2c LS Pinto Beans1c yellow squash w/ NAS diced TomatoesBanana | **THURSDAY, JUNE 27**Chef Salad(1c romaine lettuce, 1 HB Egg, 1oz LS Ham, 1oz Diced Chicken, 1/4c Tomatoes, 1/4c Cucumber, 1/4c Red Cabbage, 2 TBSP Light Ranch Dressing)6 LS WW crackers 1c Fruit salad  | **FRIDAY, JUNE 28****CLOSED** |

***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:****n/a** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****3** | **Days in Week:****4** |
| Calories | 700 or more |  | 704.8 | 702.6 | 702.6 | 702.5 |
| % Carbohydrates from Calories | 45-55% |  | 48.8 | 47.4 | 53.4 | 45.3 |
| % Protein from Calories | 15-25% |  | 22.5 | 25.0 | 19.4 | 20.5 |
| % Fat from Calories | 25-35% |  | 28.8 | 27.6 | 27.2 | 34.2 |
| Saturated Fat | less than 8g |  | 8.0 | 7.9 | 8.0 | 7.9 |
| Fiber | 10g or more |  | 10.0 | 10.2 | 12.7 | 11.9 |
| Vitamin B-12 | .8ug or more |  | 3.2 | 2.3 | 3.2 | 2.4 |
| Vitamin A | 300ug RAE or more |  | 477.7 | 308.5 | 1124.2 | 522.5 |
| Vitamin C | 30mg or more |  | 63.9 | 58.5 | 68.3 | 34.6 |
| Iron | 2.6mg or more |  | 4.9 | 5.0 | 5.2 | 4.4 |
| Calcium | 400mg or more |  | 442.5 | 484.3 | 561.5 | 427.1 |
| Sodium | less than 766mg |  | 608.2 | 723.3 | 677.0 | 748.2 |

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 May 2, 2024