|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY, JUNE 3**  Baked spaghetti  3 oz meat, 1/2c WW spaghetti, 2 oz NAS Marinara sauce)  1/2c Green beans  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1/2c 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 wedges  1c 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 Beets  Wheat 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 Chop  1/2c LS Brown Rice Pilaf  1c chateau blend vegetable  1 Wheat Roll w/ 1 tsp. Margarine  1/2c 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 margarine  1c Fruit Salad  1/2c 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 Dressing  1 slice LF Cornbread  Baked apple | **TUESDAY, JUNE 18**  1c Chili relleno casserole  (1/2c green chile, .5oz Cheese, 1oz Crust)  1/2c cauliflower  3/4c Carrots  1/2c Pinto Beans  1 6in Wheat Tortilla  3/4c Mandarin Oranges | **WEDNESDAY, JUNE 19**  CLOSED  HAPPY JUNETEENTH! | **THURSDAY, JUNE 20**  3/4c Beef tamale pie  (3oz beef, 1/4c peppers, tomatoes corn, onions  1 slice LF Cornbread  1.5cTossed Salad w/ 2 TBSP Light Ranch Dressing  1c 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 Dressing  Wheat 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 beans  1.5cTossed 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 Beans  1c yellow squash w/ NAS diced Tomatoes  Banana | **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