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| **Monday 1, 2024**  3 oz orange chicken  2oz Sauce  1c steamed Brown rice  1c stir Fry Vegetables  1/2c mandarin oranges & 1/2c Pineapple chunks  1 fortune cookie | **Tuesday 2, 2024**  Polish Sausage w/ parsley potatoes and peppers and onions  (2oz Polish Kielbasa, 1/2c parsley potatoes, 1/2c peppers and onions  Wheat roll  1/2c Light nonfat Cherry Vanilla yogurt | **Wednesday 3, 2024**  1c Chili w/ beans  (3 oz ground beef, 1/4c pinto beans, 1 oz sauce,)  1c California blend vegetables  1 slice LF Cornbread  1/2c unsweetened Applesauce | **THURSDAY 4, 2024**  Closed  2% milk served at meals | **FRIDAY 5, 2024**  Tuna salad sandwich  (1/2c Tuna salad, 1/2c lettuce, 2 slices tomato, 2 slices wheat bread)  1c Vegetable medley  1c chopped cantaloupe |
| **MONDAY 8, 2024**  Grilled Cheese Sandwich  (1 oz cheese, 2 slices WW Bread)  3/4c LS Tomato soup  1/2c Garden Blend Vegetables  4 Saltines crackers  Pear  1c Light yogurt nonfat vanilla | **TUESDAY 9, 2024**  Green Chile Meat Burrito  (3 oz beef, 1 oz Chile, 1 8 in WW tortilla, 1/4c GC sauce)  1c Yellow squash w/ NAS diced tomatoes  1/2c Fruit Cocktail  1/2c SF gelatin, w/ 2 TBSP whipped topping | **WEDNESDAY 10, 2024**  6oz Chicken with Mushroom Gravy  3 oz Chicken breast  2oz LS gravy  1/4c Mushrooms  1/3c LS mashed potatoes  3/4c Broccoli w/ 1/4c red bell pepper  Wheat bread w/ 1 tsp Margarine  1 banana | **THURSDAY 11, 2024**  Chile relleno  (1 Green Chile, 1oz Cheese, 1oz Breading, 1/4c Green Chile Sauce)  1/2c LS pinto beans  1/2c Spinach w/ 1 tsp margarine  1/2c Carrots w/ 1 tsp margarine  1/2c Cilantro Lime white rice  1 6in flour tortilla  1c Watermelon | **FRIDAY 12, 2024**  1c Chicken Pasta Salad  (3 oz diced chicken, 1/2c broccoli/ mixed vegetables 1/2c elbow pasta)  1/2c Asparagus w/ 1 tsp margarine  1c Tropical Fruit Salad |
| **MONDAY 15, 2024**  Sloppy Joe  (3 oz ground beef, 1 oz sauce, 1 WW bun, 1/2c Peppers and onions)  1/2c NAS Baked French Fries  1/2c LS Three Bean Salad  1/2c Apricots | **TUESDAY 16, 2024**  Chicken Fettuccine Alfredo  (3 oz diced chicken, 1oz light alfredo sauce, 1/2c fettuccine noodles)  1c Italian blend veggies  w/ 1 tsp margarine  1.5c garden salad w/ 2 TBSP Light Italian Dressing  Wheat roll w/ 1 tsp margarine  1c Grapes | **WEDNESDAY 17, 2024**  Bean and cheese burrito  (3/4c beans, .5oz cheese, 1 8in WW flour tortilla, 2 oz red Chile sauce )  1/2c LS Spanish rice  3/4c Garden Salad w/ 1 TBSP Light French Dressing  1/2c Diced Mango | **THURSDAY 18, 2024**  3/4c Mac and Cheese  (1/2c Macaroni, 1 oz cheese)  1c chateau blend vegetables w 1 tsp Margarine  1c Light nonfat Cherry Vanilla Yogurt | **FRIDAY 19, 2024**  Open faced turkey sandwich  (2oz turkey, 1 sl. WW bread, 1oz LS Gravy)  1/2c Parsley Potatoes  1c mediterranean blend w 1 tsp margarine  1/2c Mixed Fruit  1/2c Light nonfat vanilla yogurt |
| **MONDAY 22, 2024**  Chicken Adovada  (3 oz diced chicken, 2 oz red Chile sauce)  1c Broccoli and cauliflower  1/2c LS Spanish Rice  1 6 in ww flour tortilla  1/2c pineapple chunks & 1/2c SF Gelatin | **TUESDAY 23, 2024**  1c Albondigas Soup  (3-1 oz meat balls, 1/8c rice, 1/2c veggies)  1.5c Tossed salad w/ 2 TBSP Light Italian Dressing  1/2c Unsalted beets  Wheat roll  1c Fruit Salad | **WEDNESDAY 24, 2024**  BBQ Pulled Pork on a Bun  (3 oz pulled pork, 1 oz LS Sauce, 1 WW Bun)  1/2c LS Potato Salad  1/2c Coleslaw w/ 1 TBSP Dressing  1c chopped honeydew. | **THURSDAY 25, 2024**  1c LS Taco Salad  (3 oz LS Seasoned meat, 1 oz tortilla chips, 1/2c Romaine Lettuce, 1/2c Tomatoes, 2 TBSP Salsa)  1/2c Calabacitas  1/2c Tomato and Onion salad  1c Strawberries  1/2 slice SF Angel Food Cake | **FRIDAY 26, 2024**  Red Chile Cheese Enchiladas  (2 corn tortilla, 2 oz red Chile sauce, 1 oz shredded cheese, 1/2c lettuce and tomato)  3/4c Cilantro lime brown Rice  1/2c LS Pinto Beans  1c California blend vegetables  Orange |
| **MONDAY 29, 2024**  3.5 oz Salisbury steak  1/2c LS mashed potatoes w/  2oz LS Gravy  1/2c green beans  1.5c garden salad w/2 TBSP Light Ranch Dressing  1 ww roll w/ 1 tsp margarine  1 medium Apple | **TUESDAY 30, 2024**  GC Cheese Chicken Sandwich  (3oz Chicken breast, .5oz Cheese, 1oz GC, 1 WW Bun)  1/2c Carrot and Raisin salad  1/2c corn salsa  1/2c spiced pears | **WEDNESDAY 31, 2024**  1c Sweet and Sour Pork  (3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)  1/2c Brown Rice  1c Stir Fry Vegetables  1/2c Snow Peas  Fortune Cookie  1/2c Mandarin oranges |  |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 745.9 | 702.2 | 718.2 | 701.2 | 828.1 |
| % Carbohydrates from Calories | 45-55% | 48.0 | 53.1 | 54.7 | 51.2 | 52.1 |
| % Protein from Calories | 15-25% | 23.4 | 21.9 | 19.0 | 18.8 | 22.8 |
| % Fat from Calories | 25-35% | 28.6 | 25.0 | 26.4 | 30.0 | 25.1 |
| Saturated Fat | less than 8g | 7.8 | 8.0 | 7.8 | 8.0 | 7.8 |
| Fiber | 10g or more | 10.0 | 12.1 | 11.2 | 11.3 | 14.2 |
| Vitamin B-12 | .8ug or more | 3.0 | 2.0 | 1.9 | 2.0 | 2.6 |
| Vitamin A | 300ug RAE or more | 341.1 | 538.3 | 426.7 | 329.2 | 551.7 |
| Vitamin C | 30mg or more | 54.4 | 71.5 | 54.5 | 77.2 | 73.6 |
| Iron | 2.6mg or more | 4.9 | 5.4 | 4.3 | 4.0 | 5.8 |
| Calcium | 400mg or more | 455.8 | 589.4 | 535.8 | 470.8 | 506.9 |
| Sodium | less than 766mg | 755.0 | 644.0 | 752.6 | 766.9 | 678.1 |

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 15, 2024