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| --- | --- | --- | --- | --- |
| July1 Hamburger(1/2c lettuce, 2 slices tomato, 1 slice onion, 1 bun, 3oz patty) 1oz Multigrain chips 1c California blend vegetables w/ 1 tsp unsalted butter 1c Fruit Salad | July 2Tuna Sandwich(1/2c Tuna (3oz Tuna) , 2 slices wheat bread, 1/2c lettuce, 1 slice tomato)1/2c NAS Baked French Fries1.5c Garden Salad w/ 2 TBSP Light Italian Dressing 1/2c Light nonfat cherry vanilla yogurt  | July 3BBQ Chicken(3oz Chicken Breast, 1 TBSP BBQ sauce)1/2c Fried Okra1/2c CornWheat roll w/ 1 tsp unsalted butter 1c Watermelon | July 4**CLOSED** | July 5Navajo Taco(1oz Fry Bread, 3oz beef, 1/2c Pinto beans, 1/2c lettuce, 1/2c tomatoes, 1/4c onions, 2 TBSP Salsa 1/2c Zucchini1c Strawberries w/ 1 slice SF angel food cake |
| July 8Ground Pork Stir FryMushroom, Carrots, OnionSoy sauce(2oz Pork, 3/4c Mushrooms/carrots, onions)1 tsp reduced sodium soy sauce1/2c Spinach1c Brown Rice3/4c Mandarin oranges1/2c light nonfat vanilla yogurt  | July 9RC Beef Smothered Burrito(2oz Beef, 1 8in flour tortilla, 1/4c Pinto beans, 1/4c tomatoes) 2oz RC sauce1/2c Yellow Squash w/ 2 TBSP NAS diced Tomatoes1/2c LS Spanish Rice1/2c Mixed Fruit | July 103oz Chicken Wings w/ 1 TBSP Hot sauce 1/2c Macaroni Salad3/4c Green Beans 1/2c cauliflower 1c Tropical Fruit Salad | July 11Roast Beef w/ Gravy(3oz beef, 1oz LS Gravy)1/2c LS Parsley Potatoes1/2c Roasted Brussel Sprouts 1/2c Spiced Pears **BINGO** | July 12Grilled Ham & Cheese(2 slices wheat bread, 1oz cheese, 2oz LS Ham)3/4c LS Tomato Soup4 LS WW Crackers 1c Vegetable Medley1/2c Fruit cocktail  |
| July 15Beef & Potatoes(3oz Beef, 1/2c Diced Potatoes, 1 8in Flour tortilla, 2 TBSP GC)1c Chateau Blend Vegetables1c Cantaloupe  | July 16Chicken Tacos(4oz Chicken, 2 corn tortilla, 1/2c lettuce and tomato, 2 TBSP salsa)1/2c Calabacitas1/2c Spanish Slaw 1/2c LS Spanish Rice1/2c Apricots | July 17Breakfast for Lunch2oz Scrambled eggs w/ 2 TBSP GC 1/2c Sweet potatoes w/ 1/2c onions and peppers1 6in Wheat tortillaFresh pear 1/2c Light nonfat vanilla yogurt  | July 18Chile Relleno (1oz Crust, 1 GC, 1oz Cheese), 1/3c GC sauce1/2c Pinto Beans 1.5c tossed Salad w/ 2 TBSP light Italian Dressing1 6 in Flour Tortilla Orange **ADVISORY COUNCIL** | July 19Salisbury Steak w/ brown gravy & Mushrooms(3oz Salisbury steak, 2oz LS Beef Gravy, 1/4c Mushrooms)1/2c NoodlesWheat roll1c Winter blend Vegetables 1c Pineapple  |
| July 22Sloppy Joes(1 WW bun, 3oz Beef, 1oz sauce)1/2c NAS Baked French Fries1c Garden Blend Vegetables Banana | July 23Chicken Alfredo(3oz Diced chicken, 1oz light Alfredo sauce, 1/2c Fettucine pasta)1c Capri VegetablesGarlic Bread1/2c FF Vanilla ice cream w/ 1/2c Sweet cherries  | July 243ozLS Herbed Pork Chops1/2c LS Herb Roasted Red Potatoes 3/4c CarrotsWheat roll1/3c SF Gelatin w/ 3/4c Mixed berries  | July 253/4c Meat Lasagna(1/2c pasta, 1oz sauce, 1oz cheese, 3oz beef)1.5c Garden Salad w/ 2 TBSP Light Italian Dressing6 LS WW Crackers3/4c Fruit Salad**BINGO** | July 263oz Chicken Tenders1/2c Corn1/2c Cucumber and tomato salad Wheat Roll1c Tropical Fruit salad |
| July 29Grilled Chicken Sandwich(3oz Chicken breast, 1 bun, 1/2c lettuce, 2 slices tomato)3/4c sweet potatoes1/2c unsalted beets 1c Strawberries  | July 30Carne Asada Tacos1 6in flour tortilla, 3oz beef, 1/2c lettuce and tomato, 2 TBSP salsa)1c Zucchini w/ NAS Diced Tomatoes w/ 1 tsp margarine 1c Broccoli and Apple Salad(1/2c Broccoli, w/1/2c Apples)1c Watermelon  | July 31Frito Pie(1oz Corn Chips, 2oz RC sauce, 3oz beef, 1/4c onions, 1/4c Tomatoes)1/2c Pinto beans1c Chateau Blend Vegetables w/ 1 tsp margarine 1c Mixed Fruit  |  | 2% Milk served at meals |

***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 | 742.6 | 704.6 | 708.3 | 738.9 | 717.1 |
| % Carbohydrates from Calories | 45-55% | 50.3 | 52.8 | 52.2 | 54.1 | 47.3 |
| % Protein from Calories | 15-25% | 22.9 | 19.8 | 21.8 | 20.9 | 22.8 |
| % Fat from Calories | 25-35% | 26.8 | 27.4 | 26.0 | 25.0 | 29.9 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 8.0 | 8.0 | 7.5 |
| Fiber | 10g or more | 10.8 | 10.0 | 12.0 | 10.3 | 11.2 |
| Vitamin B-12 | .8ug or more | 3.0 | 2.4 | 547.1 | 2.4 | 2.7 |
| Vitamin A | 300ug RAE or more | 428.3 | 378.5 | 94.4 | 522.8 | 512.7 |
| Vitamin C | 30mg or more | 57.4 | 44.0 | 94.4 | 30.6 | 72.1 |
| Iron | 2.6mg or more | 5.5 | 4.9 | 5.0 | 4.7 | 4.7 |
| Calcium | 400mg or more | 462.1 | 509.5 | 525.4 | 472.2 | 440.5 |
| Sodium | less than 766mg | 766.3 | 765.2 | 744.7 | 748.1 | 566.2 |

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 approved on June 18, 2024