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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 2  Tuna Sandwich  (1/2c Tuna (3oz Tuna) , 2 slices wheat bread, 1/2c lettuce, 1 slice tomato)  1/2c NAS Baked French Fries  1.5c Garden Salad w/ 2 TBSP Light Italian Dressing  1/2c Light nonfat cherry vanilla yogurt | July 3  BBQ Chicken  (3oz Chicken Breast, 1 TBSP BBQ sauce)  1/2c Fried Okra  1/2c Corn  Wheat roll w/ 1 tsp unsalted butter  1c Watermelon | July 4  **CLOSED** | July 5  Navajo Taco  (1oz Fry Bread, 3oz beef, 1/2c Pinto beans, 1/2c lettuce, 1/2c tomatoes, 1/4c onions, 2 TBSP Salsa  1/2c Zucchini  1c Strawberries w/ 1 slice SF angel food cake |
| July 8  Ground Pork Stir Fry  Mushroom, Carrots, Onion  Soy sauce  (2oz Pork, 3/4c Mushrooms/carrots, onions)  1 tsp reduced sodium soy sauce  1/2c Spinach  1c Brown Rice  3/4c Mandarin oranges  1/2c light nonfat vanilla yogurt | July 9  RC Beef Smothered Burrito  (2oz Beef, 1 8in flour tortilla, 1/4c Pinto beans, 1/4c tomatoes) 2oz RC sauce  1/2c Yellow Squash w/ 2 TBSP NAS diced Tomatoes  1/2c LS Spanish Rice  1/2c Mixed Fruit | July 10  3oz Chicken Wings w/ 1 TBSP Hot sauce  1/2c Macaroni Salad  3/4c Green Beans  1/2c cauliflower  1c Tropical Fruit Salad | July 11  Roast Beef w/ Gravy  (3oz beef, 1oz LS Gravy)  1/2c LS Parsley Potatoes  1/2c Roasted Brussel Sprouts  1/2c Spiced Pears  **BINGO** | July 12  Grilled Ham & Cheese  (2 slices wheat bread, 1oz cheese, 2oz LS Ham)  3/4c LS Tomato Soup  4 LS WW Crackers  1c Vegetable Medley  1/2c Fruit cocktail |
| July 15  Beef & Potatoes  (3oz Beef, 1/2c Diced Potatoes, 1 8in Flour tortilla, 2 TBSP GC)  1c Chateau Blend Vegetables  1c Cantaloupe | July 16  Chicken Tacos  (4oz Chicken, 2 corn tortilla, 1/2c lettuce and tomato, 2 TBSP salsa)  1/2c Calabacitas  1/2c Spanish Slaw  1/2c LS Spanish Rice  1/2c Apricots | July 17  Breakfast for Lunch  2oz Scrambled eggs w/ 2 TBSP GC  1/2c Sweet potatoes w/  1/2c onions and peppers  1 6in Wheat tortilla  Fresh pear  1/2c Light nonfat vanilla yogurt | July 18  Chile Relleno  (1oz Crust, 1 GC, 1oz Cheese), 1/3c GC sauce  1/2c Pinto Beans  1.5c tossed Salad w/ 2 TBSP light Italian Dressing  1 6 in Flour Tortilla  Orange  **ADVISORY COUNCIL** | July 19  Salisbury Steak w/ brown gravy & Mushrooms  (3oz Salisbury steak, 2oz LS Beef Gravy, 1/4c Mushrooms)  1/2c Noodles  Wheat roll  1c Winter blend Vegetables  1c Pineapple |
| July 22  Sloppy Joes  (1 WW bun, 3oz Beef, 1oz sauce)  1/2c NAS Baked French Fries  1c Garden Blend Vegetables  Banana | July 23  Chicken Alfredo  (3oz Diced chicken, 1oz light Alfredo sauce, 1/2c Fettucine pasta)  1c Capri Vegetables  Garlic Bread  1/2c FF Vanilla ice cream w/ 1/2c Sweet cherries | July 24  3ozLS Herbed Pork Chops  1/2c LS Herb Roasted Red Potatoes  3/4c Carrots  Wheat roll  1/3c SF Gelatin w/ 3/4c Mixed berries | July 25  3/4c Meat Lasagna  (1/2c pasta, 1oz sauce, 1oz cheese, 3oz beef)  1.5c Garden Salad w/ 2 TBSP Light Italian Dressing  6 LS WW Crackers  3/4c Fruit Salad  **BINGO** | July 26  3oz Chicken Tenders  1/2c Corn  1/2c Cucumber and tomato salad  Wheat Roll  1c Tropical Fruit salad |
| July 29  Grilled Chicken Sandwich  (3oz Chicken breast, 1 bun, 1/2c lettuce, 2 slices tomato)  3/4c sweet potatoes  1/2c unsalted beets  1c Strawberries | July 30  Carne Asada Tacos  1 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 31  Frito Pie  (1oz Corn Chips, 2oz RC sauce, 3oz beef, 1/4c onions, 1/4c Tomatoes)  1/2c Pinto beans  1c 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