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| Monday 2, 2023  CLOSED’  LABOR DAY | Tuesday 3, 2023  1c Beef Stew  (3oz beef,1/2c veggies)  1/2c Beets  1 Wheat roll w/ 1 tsp margarine  1.5c Salad w/2TBSP LT Italian Dressing  1/2c Cinnamon Applesauce | Wednesday 4, 2023  Beef Taco  (3oz Beef, 1 6in Flour tortilla, 1/2c Lettuce and tomato, 2 TBSP salsa)  1c Capri Vegetables  1/2c Black beans  1/2c Diced Mango | Thursday 5, 2023  BBQ Chicken  (4oz chicken breast, 1 TBSP BBQ sauce)  1/2c LS Potato Salad  1/2c Roasted Zucchini Spears  Wheat roll w/ 1 tsp margarine  1/2c Spiced Peaches  1 slice SF angel food cake | FRIDAY 6, 2023  Chef Salad  (1 hb egg,2oz diced chk, 1.5c romaine lettuce,1/4c tomatoes,1/4c cucumbers, 1oz carrots,1/4c red cabbage)  2T LT Ranch Dressing  6 LS WW crackers  1/2c Hawaiian Fruit Cup  (banana, orange,  pineapple, coconut) |
| MONDAY 9, 2023  3oz Roast Beef  1 Baked Potato w/ 1 tsp chives, 2 TBSP salsa  1/2c Cucumber & Tomato Salad  1c California Veggies  1 WW Roll  1c Tropical Fruit | TUESDAY 10, 2023  1/2c Tuna Salad  4oz tuna salad (3oz Light Tuna, 1/2c Lettuce, 2 sliced tomato, wheat bread)  1/2c LS Three Bean Salad  3/4c LS Tomato Soup  4 WW Crackers  orange | WEDNESDAY 11, 2023  Frito Pie  (3oz beef,1/2c pinto beans,2oz RC)  1oz Corn Chips  1/2c Lettuce & Tomato  1/4c Onions  1/2c Calabacitas  1/2c Spinach  1/2c mixed fruit | THURSDAY 12, 2023  Chicken Parm  (3oz Parm crusted chicken breast,1oz LS marinara,.5oz mozz.chz,1tsp parm chz)  1/2c Spaghetti w/ 2 oz NAS Marinara Sauce  1c Italian Blend Veggies  1c Grapes | FRIDAY 13, 2023  3oz Chicken Fried Steak  1/2c LS mashed Potatoes, w/ 2oz LS gravy  1/2c Green Beans  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  Wheat roll  1/2c Fruit Cocktail |
| MONDAY 16, 2023  Hamburger  (3oz beef,1/2c lettuce,2 tomato,1 sl onion,1 bun)  1/2c Potato Wedges  1/2c LS LF Broccoli Salad  3/4c Apple slices | TUESDAY 17, 2023  Chicken Tacos  (3oz chk,1/2c lettuce & tomato,2 corn tort, 2 TBSP Salsa)  1/2c LS Pinto Beans  1c Chateau blend vegetables  1c Pineapple and Banana | WEDNESDAY 18, 2023  3oz Meatloaf  2 oz LS gravy  3/4c Sweet potatoes  3/4c Roasted Brussel Sprouts  1 WW Roll w/ 1 tsp unsalted butter  1c Fruit salad | THURSDAY 19, 2023  Chicken Stir Fry  (4oz diced chicken, 1.5oz Sauce)  1c oriental vegetables)  1c Brown Rice  1/2c Mandarin Oranges | FRIDAY 20, 2023  BBQ Brisket  (3oz LS lean brisket,1 TBSP BBQ sauce)  1/2c Roasted Tomatoes  1/2c Coleslaw w/ 1 TBSP Dressing  1 Wheat roll  1c Watermelon |
| MONDAY 23, 2023  Beef Fajitas  (3oz beef fajita meat,2 TBSP salsa, 1 6in flour tortilla, peppers and onions,)  1c capri vegetables  1/2c LS Pinto Beans  1/2c Apricots | TUESDAY 24, 2023  Chicken Fettuccini  (4oz Diced Chicken, 1/2c Fettuccine, 2oz Light Alfredo Sauce)  1c Italian blend w/ 1 tsp unsalted butter  Wheat roll  1/2c Spiced Pears | WEDNESDAY 25, 2023  1c Ham and beans  (2oz LS Ham, 1/2c beans, 1/4c Sauce, 1/2c Peppers and onions)  1c Vegetable medley  Wheat roll  3/4c Fruit Cocktail | THURSDAY 26, 2023  3oz Chicken Tenders  2oz LS gravy  1c Mediterranean vegetables  1/2c Herb Roasted Potatoes  WW roll  3/4c Mandarin oranges | FRIDAY 27, 2023  6oz Stroganoff  (3oz Beef, 3oz LS gravy)  1/2c Mushrooms  1/2c Egg Noodles  1.5c Tossed salad w/ 2 TBSP light Ranch Dressing  1/2c Carrots  1c Cantaloupe |
| MONDAY 30, 2023  Chicken Salad Wrap  (3/4c chicken salad (w/ 1/4c Grapes, walnuts, cranberries, celery, 1/2c Lettuce, 2 slices tomato, 8 in WW tortilla)  1c Zucchini w/ NAS diced tomatoes w/ 1 tsp Margarine  1/3c Sweet potato fries  1c Tropical Fruit Salad |  |  |  |  |

***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:**  **1** |
| Calories | 700 or more | 724.8 | 760.3 | 700.0 | 708.4 | 811.6 |
| % Carbohydrates from Calories | 45-55% | 46.0 | 51.5 | 49.0 | 52.1 | 51.8 |
| % Protein from Calories | 15-25% | 24.1 | 20.7 | 23.2 | 22.6 | 20.7 |
| % Fat from Calories | 25-35% | 29.8 | 27.7 | 27.8 | 26.3 | 27.5 |
| Saturated Fat | less than 8g | 7.8 | 7.9 | 8.0 | 7.8 | 7.0 |
| Fiber | 10g or more | 10.8 | 12.7 | 10.1 | 13.2 | 13.4 |
| Vitamin B-12 | .8ug or more | 2.8 | 3.0 | 2.5 | 2.4 | 1.2 |
| Vitamin A | 300ug RAE or more | 688.8 | 400.8 | 403.5 | 518.6 | 668.4 |
| Vitamin C | 30mg or more | 69.9 | 59.6 | 57.2 | 58.4 | 68.4 |
| Iron | 2.6mg or more | 5.3 | 5.6 | 4.8 | 5.4 | 3.6 |
| Calcium | 400mg or more | 436.0 | 521.1 | 411.1 | 461.9 | 491.7 |
| Sodium | less than 766mg | 746.2 | 705.0 | 726.5 | 765.7 | 550.0 |

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 August 16, 2024