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| --- | --- | --- | --- | --- |
| **Monday 2**  **2% Milk**  3 oz. Chicken Breast w/  2oz Low Sodium Gravy  1/2c Scalloped Potato  1/2c Green Beans  1c tossed Salad w/ 2 TBSP Fat free Dressing  1 Sl. Wheat Bread w/  1 tsp Margarine  1 Banana | **Tuesday 3**  **2% Milk**  Beef Stroganoff  (3 oz. Beef, 2oz. Sauce)  3/4c Penne Pasta  1c Chateau Vegetables w/ 1 tsp margarine  1 sl. WW Bread w/  1 tsp. Margarine  Orange | **Wednesday 4**  **2% Milk**  8oz Beef Stew  (3oz Beef, 1oz Sauce  1/2c Potato and Vegetables)  1/2c Beets  4 LS WW Crackers  1/2c Peaches in 1/2c Nonfat vanilla Greek Yogurt | **Thursday 5**  **2% Milk**  Chile Cheese Dog  (1oz Hot Dog, 3oz Chile Meat Sauce (2oz meat, 1oz sauce, .5oz Cheese, 1 WW bun, 1/4c Peppers and onions)  1c Coleslaw w/ 2 TBSP Dressing  1 Fresh Pear | **Friday 6**  **2% Milk**  BBQ Pulled Pork Sandwich  (3oz Pork, 1oz BBQ Sauce, 1 bun)  1/2c LS Baked Beans  1/2c Collard greens w/ 1/4c Garlic and onions  1/2c Applesauce |
| **Monday 9**  **1% Milk**  Tamale W/Red Chile  (3oz. Pork, 2oz. Red Chile  1 oz. Masa)  1c Quelites  (1/2c Spinach & 1/2c Beans w/ Onion)  1/3c LS Spanish Rice  1/2c Mango | **Tuesday 10**  **1% Milk**  Beef Soft Tacos  (3oz Beef, .5oz Cheese,  2 6in Flour Tortilla)  1c Vegetable Medley  1 oz. Salsa  1/2c Peppers and Onions  1/2c Mixed Fruit | **Wednesday 11**  **1% Milk**  3/4c Beef and Macaroni  (3oz Beef, 1/2c Macaroni,  1oz Tomato Sauce)  1c Capri Vegetables  4 Low Sodium WW Crackers  1/2c SF Gelatin w/ 1/2c bananas | **Thursday 12**  **1% Milk**  5oz Meatball Casserole  (3 oz. Meatballs w/ 1oz Marinara Sauce, 1oz. Cheese)  1/2c Roasted Cauliflower  1/2c NAS Stewed Tomatoes  1 sl. WW Bread w/  1 tsp. margarine  1/2c Fruit Cocktail | **Friday 13**  **1% Milk**  1c LS Potato Chowder  (1/3c Potatoes,  1/8c Corn, 1/8c Celery, 1/8c Carrots, 1oz LS Ham, 1/2c Red beans)  1 sl. LF Cornbread w/ 1 tsp. Margarine  1c California blend w/ 1 tsp margarine  1/2c Pineapple  1/2c Vanilla nonfat yogurt |
| **Monday 16**  **1% Milk**  8 oz Pork Posole  (1oz RC, 1/2c hominy, 3oz Pork)  1/3c Roasted Zucchini  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  1 6in WW Flour Tortilla  1/2c Mango | **Tuesday 17**  **1% Milk**  GC Cheese Chicken Sandwich  (1bun, 3oz chicken Breast, .5oz Cheese, 2 TBSP GC)  1/2c Celery sticks  1/2c baby carrots w/ 1 tsp margarine  1oz Sun chips  1/2c Peaches | **Wednesday 18**  **1% Milk**  Christmas Dinner  2 oz Christmas Ham  1/3c Sweet Potatoes w/ 1/3c Chopped pecans  1/2c green beans w/ 1/4c red peppers w/ 1 tsp unsalted butter  1 WW roll  1c fruit salad w/ 5oz Nonfat vanilla yogurt  1 sugar cookie | **Thursday 19**  **1% Milk**  1 Chile relleno  (1oz Crust, 1oz Cheese, 1 pepper)  1/2c LS pinto beans  1c Mediterranean Blend w/ 1 tsp unsalted butter  1 6in. WW flour tortilla w/ 1 tsp unsalted butter  1 apple | **Friday 20**  **1% Milk**  Grilled Cheese Sandwich  (1 oz cheese, 2 ww slices wheat bread)  1c LS tomato soup  1c Capri Vegetables w/ 1 tsp margarine  1 HB Egg  5oz nonfat vanilla Greek yogurt  1c Tropical fruit Salad in light syrup |
| **Monday 23**  **1% Milk**  Cheeseburger  (3 oz patty, 5oz Cheese, 1 hamburger bun  1/2c lettuce, 1 slice tomato, 1 slice onion)  1/2c LS Potato Salad  3/4c Green Beans  1 Chocolate Chip Cookie  1/2c Mixed Fruit | **Tuesday 24**  **CLOSED** | **Wednesday 25**  **CLOSED** | **Thursday 26**  **1% Milk**  3/4c Chili Beans  3 oz ground beef, 1/3c Tomatoes, 1/8c onion/ green pepper,1/2c red and pinto beans,  1c Chateau Blend Vegetables  1 slice LF corn bread w/ 1 tsp margarine  1/2c Apricots | **Friday 27**  **1% Milk**  1c LS Chicken Noodle Soup  (3oz chicken 1/2c noodle 2 oz sauce)  1 slice ww bread w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1/2c Plums |
| **Monday 30**  **2% Milk**  BBQ Chicken  (3oz chicken,  1 TBSP BBQ Sauce)  1/2c Yams  1/2c Winter blend vegetables  1/2c LS Three bean salad  1 WW Roll w/ 1 tsp unsalted butter  1c Fruit Salad | **Tuesday 31**  **2% Milk**  Chef’s Salad  1 oz. Turkey, 2oz Chicken, 1.5c Lettuce & 1/4c Tomato, 1 HB Egg, 1/4c cucumber, 1/4c carrots, 1/4c Red Cabbage, 2T Light Ranch Dressing  6 LS WW crackers  Banana |  |  |  |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week:**  **2** |
| Calories | 700 or more | 708.2 | 701.9 | 700.6 | 744.2 | 713.0 |
| % Carbohydrates from Calories | 45-55% | 50.8 | 49.1 | 49.1 | 46.9 | 49.6 |
| % Protein from Calories | 15-25% | 23.3 | 21.1 | 22.5 | 24.9 | 22.6 |
| % Fat from Calories | 25-35% | 25.8 | 29.9 | 28.4 | 28.2 | 27.8 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 7.8 | 7.8 | 7.6 |
| Fiber | 10g or more | 10.4 | 11.9 | 11.6 | 11.2 | 10.6 |
| Vitamin B-12 | .8ug or more | 2.9 | 2.7 | 2.1 | 8.7 | 1.7 |
| Vitamin A | 300ug RAE or more | 460.6 | 511.1 | 613.7 | 542.3 | 492.3 |
| Vitamin C | 30mg or more | 35.9 | 50.3 | 72.9 | 42.5 | 37.2 |
| Iron | 2.6mg or more | 4.5 | 6.5 | 3.5 | 6.2 | 3.7 |
| Calcium | 400mg or more | 519.5 | 590.2 | 612.5 | 506.9 | 413.4 |
| Sodium | less than 766mg | 710.8 | 743.7 | 763.8 | 649.5 | 734.4 |

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 October 1, 2024