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| MONDAY 1, 2024  Orange Chicken  (3oz Diced Chicken, 2oz Sauce)  3/4c Brown Rice  1c Asian Veggies  1 Fortune Cookie  3/4c Mandarin Oranges | TUESDAY 2, 2024  3oz Baked Tilapia  1/2c Parsley Potatoes  1/2c NAS French Style Green Beans  1 WW Roll  1/2c Fruit Cocktail w/ 1/2c SF Gelatin | WEDNESDAY 3, 2024  BBQ Rib Sandwich  (3oz Boneless Country style ribs, 1 TBSP BBQ sauce, 1 bun)  1/2c LS Pinto Beans  1/2c LS LF Broccoli Salad  1 Fresh Pear | THURSDAY 4, 2024  ALL  CENTERS  CLOSED | FRIDAY 5, 2024  3oz Chicken Tenders  1 tsp Buffalo Sauce  1/2c Sweet potato  1c Bahama Veggies  1 WW Roll w/ 1 tsp butter  1c Cantaloupe |
| MONDAY 8, 2024  Meatball Sub  (3oz Turkey meatballs, 2oz NAS Marinara Sauce, 1 hot dog bun, .5oz Mozzarella cheese)  1c Italian Veggies  1oz Sun Chips  1 medium apple | TUESDAY 9, 2024  4oz LS Herbed Baked Cod  2 TBSP Tartar Sauce  1/2c LS Brown Rice Pilaf  1/2c Peas  1/2c Asparagus  Wheat roll  1/2c Diced Peaches | WEDNESDAY 10, 2024  Pork Tamale  (1/3c Mesa, 2oz pork, 1oz RC)  2oz Red Chili Sauce  1c Capri Blend Vegetables  1/2c LS Pinto Beans  1 6 in Flour Tortilla  1/2c Mango w/ 1/2c SF Gelatin | THURSDAY 11, 2024  3oz Roast Beef  w/ 2oz LS Gravy w/ 1/4c Mushrooms  1c Vegetable Medley  1/3c LS Mashed Potatoes  1 WW Roll  3/4c Pineapple | MONDAY 17, 2024  Chef’s Salad  (1 oz. Turkey, 2oz Chicken, 1.5c Romaine Lettuce & 1/4c Tomato, 1/2 HB Egg, 1/4c cucumber, 1/4c carrots, 1/4c Red Cabbage, w/ 2T Light Ranch Dressing)  6 LS WW crackers  1 slice Strawberry Shortcake  (1/2c Fresh strawberries w/ 1 slice SF angel Food Cake) |
| MONDAY 15, 2024  Grilled Chicken Sandwich  (3oz chicken breast, 1 bun, 1/2c lettuce, 1 slice tomato)  3/4c Green Beans  1/2c Carrot Sticks  1c Honeydew | TUESDAY 16, 2024  3oz Meatloaf  2 TBSP Tomato Topping  1/3c Scalloped Potatoes  1c California Blend  1 WW Roll  1c Tropical Fruit | WEDNESDAY 17, 2024  3oz Pork Chop  2oz LS Pork Gravy  1/2c Lemon Herb orzo  1/2c Brussel Sprouts  Spinach Salad  (1c baby spinach, 1/4c red onion, 1 TBSP Cranberries, ¼ Egg)  2 TBSP Light Ranch Dressing  Orange | THURSDAY 18, 2024  Green Chili Cheeseburger  (1oz GC, .5oz Cheese, 1 bun, 3oz beef, 1/2c Lettuce, 2 slices tomatoes, 1 slice onion)  1/2c Calabacitas  3/4c broccoli  1c Fruit Salad  4 Graham Crackers (squares) | FRIDAY 19, 2024  Cheese Tortellini  with Meaty Marinara  (1/2c Tortellini (1oz Cheese),5oz Meat sauce, (2oz Meat, 2oz NAS Marinara Sauce)  1c Italian Veggies  1.5c Green Salad w/ 2 TBSP Light Italian Dressing  Wheat roll;  1/2c Apricots |
| MONDAY 22, 2024  Chicken Salad  (1/2c Chicken salad, 3oz Diced Chicken, 1/2c Lettuce)  1/2c Cold Peas  1/2c Non creamy Cucumber Tomato Salad  1 Petitte Croissant  1 Fresh Apple | TUESDAY 23, 2024  2oz Turkey Roast  2oz LS Turkey Gravy  1/2c Brown Rice  1c Winter vegetables  1 WW Roll  1/2c Mixed Fruit  1/2c Light Vanilla nonfat yogurt | WEDNESDAY 24, 2024  BBQ Chicken  (3oz chicken breast, 1TBSP BBQ sauce)  1/2c LS Ranch Beans  1/2c non creamy Coleslaw (vinegar based)  1/2c Mixed Veggies  Wheat roll  Banana | THURSDAY 25, 2024  Beef Soft Taco  (3oz beef, 1 6in flour tortilla, 1/2c lettuce and tomato)  2TBSP Salsa  1/2c Roasted Zucchini  1/2c NAS diced Tomatoes  1/2c LS Spanish Rice  1c Grapes | FRIDAY 26, 2024  Tuna Macaroni  (3oz light Tuna, 1/2c pasta,  1.5c Tossed salad w/ 2 TBSP light Italian dressing  4 LS WW crackers  ½ slice brownie |
| MONDAY 29, 2024  BLT  (2 slices WW bread toasted ,2 slices reduced sodium bacon 1 TBSP light mayo, 1/2c lettuce, 1 slice tomato)  3/4c LS Three Bean Salad w/ 1/2c Red beans  1c Cantaloupe  1/2c Light vanilla nonfat yogurt | TUESDAY 30, 2024  Chicken Fajitas  (3oz chicken, 1/2c peppers and onions, 2 TBSP salsa, 1 6in Flour Tortilla)  1/2c Calabacitas  1/2c LS Pinto Beans  1/2c Fruit Cocktail | WEDNESDAY 31, 2024  Spaghetti with  Meaty Sauce  (1/2c spaghetti, 3oz meat, 2oz NAS marinara Sauce)  1/2c 5 Way Veggies  Spinach Salad  (1c baby spinach, 1/4c red onion, 1 TBSP Cranberries, ¼ Egg)  2 TBSP Light Ranch Dressing  1 wheat roll  1/2c Pineapple Tidbits w/ 1/2c SF Gelatin |  |  |

***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 | 706.4 | 702.4 | 708.1 | 708.2 | 736.1 |
| % Carbohydrates from Calories | 45-55% | 48.9 | 49.1 | 50.9 | 47.2 | 47.5 |
| % Protein from Calories | 15-25% | 23.2 | 21.2 | 21.2 | 22.4 | 22.1 |
| % Fat from Calories | 25-35% | 27.9 | 29.7 | 27.9 | 30.4 | 30.4 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 8.0 | 7.3 | 7.7 |
| Fiber | 10g or more | 10.2 | 11.2 | 10.6 | 10.8 | 11.5 |
| Vitamin B-12 | .8ug or more | 2.7 | 2.3 | 2.5 | 2.3 | 2.2 |
| Vitamin A | 300ug RAE or more | 395.2 | 340.6 | 578.3 | 410.9 | 303.3 |
| Vitamin C | 30mg or more | 53.3 | 38.7 | 79.0 | 38.9 | 43.7 |
| Iron | 2.6mg or more | 4.1 | 4.1 | 5.3 | 4.8 | 5.7 |
| Calcium | 400mg or more | 408.2 | 434.4 | 515.6 | 440.9 | 487.2 |
| Sodium | less than 766mg | 723.6 | 723.6 | 743.6 | 752.8 | 662.2 |

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, MS, RDN, LD approved on June 24, 2024