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| MONDAY 1, 2024Orange Chicken(3oz Diced Chicken, 2oz Sauce)3/4c Brown Rice1c Asian Veggies1 Fortune Cookie3/4c Mandarin Oranges | TUESDAY 2, 20243oz Baked Tilapia1/2c Parsley Potatoes1/2c NAS French Style Green Beans1 WW Roll1/2c Fruit Cocktail w/ 1/2c SF Gelatin  | WEDNESDAY 3, 2024BBQ Rib Sandwich(3oz Boneless Country style ribs, 1 TBSP BBQ sauce, 1 bun)1/2c LS Pinto Beans1/2c LS LF Broccoli Salad 1 Fresh Pear | THURSDAY 4, 2024ALLCENTERSCLOSED | FRIDAY 5, 20243oz Chicken Tenders1 tsp Buffalo Sauce1/2c Sweet potato1c Bahama Veggies1 WW Roll w/ 1 tsp butter 1c Cantaloupe  |
| MONDAY 8, 2024Meatball Sub(3oz Turkey meatballs, 2oz NAS Marinara Sauce, 1 hot dog bun, .5oz Mozzarella cheese)1c Italian Veggies1oz Sun Chips 1 medium apple  | TUESDAY 9, 20244oz LS Herbed Baked Cod2 TBSP Tartar Sauce 1/2c LS Brown Rice Pilaf1/2c Peas 1/2c AsparagusWheat roll1/2c Diced Peaches | WEDNESDAY 10, 2024Pork Tamale(1/3c Mesa, 2oz pork, 1oz RC)2oz Red Chili Sauce1c Capri Blend Vegetables1/2c LS Pinto Beans1 6 in Flour Tortilla1/2c Mango w/ 1/2c SF Gelatin  | THURSDAY 11, 20243oz Roast Beef w/ 2oz LS Gravy w/ 1/4c Mushrooms1c Vegetable Medley1/3c LS Mashed Potatoes1 WW Roll3/4c Pineapple | MONDAY 17, 2024Chef’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 crackers1 slice Strawberry Shortcake(1/2c Fresh strawberries w/ 1 slice SF angel Food Cake) |
| MONDAY 15, 2024Grilled Chicken Sandwich(3oz chicken breast, 1 bun, 1/2c lettuce, 1 slice tomato)3/4c Green Beans1/2c Carrot Sticks1c Honeydew | TUESDAY 16, 20243oz Meatloaf2 TBSP Tomato Topping1/3c Scalloped Potatoes1c California Blend 1 WW Roll1c Tropical Fruit | WEDNESDAY 17, 20243oz Pork Chop2oz LS Pork Gravy1/2c Lemon Herb orzo1/2c Brussel SproutsSpinach Salad(1c baby spinach, 1/4c red onion, 1 TBSP Cranberries, ¼ Egg)2 TBSP Light Ranch DressingOrange  | THURSDAY 18, 2024Green 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, 2024Cheese Tortelliniwith Meaty Marinara (1/2c Tortellini (1oz Cheese),5oz Meat sauce, (2oz Meat, 2oz NAS Marinara Sauce)1c Italian Veggies1.5c Green Salad w/ 2 TBSP Light Italian DressingWheat roll;1/2c Apricots  |
| MONDAY 22, 2024Chicken Salad(1/2c Chicken salad, 3oz Diced Chicken, 1/2c Lettuce)1/2c Cold Peas1/2c Non creamy Cucumber Tomato Salad 1 Petitte Croissant1 Fresh Apple | TUESDAY 23, 20242oz Turkey Roast2oz LS Turkey Gravy1/2c Brown Rice 1c Winter vegetables1 WW Roll1/2c Mixed Fruit1/2c Light Vanilla nonfat yogurt  | WEDNESDAY 24, 2024BBQ Chicken(3oz chicken breast, 1TBSP BBQ sauce)1/2c LS Ranch Beans1/2c non creamy Coleslaw (vinegar based)1/2c Mixed Veggies Wheat roll Banana | THURSDAY 25, 2024Beef Soft Taco(3oz beef, 1 6in flour tortilla, 1/2c lettuce and tomato)2TBSP Salsa1/2c Roasted Zucchini1/2c NAS diced Tomatoes1/2c LS Spanish Rice1c Grapes | FRIDAY 26, 2024Tuna Macaroni(3oz light Tuna, 1/2c pasta, 1.5c Tossed salad w/ 2 TBSP light Italian dressing4 LS WW crackers½ slice brownie  |
| MONDAY 29, 2024BLT(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 beans1c Cantaloupe1/2c Light vanilla nonfat yogurt  | TUESDAY 30, 2024Chicken Fajitas(3oz chicken, 1/2c peppers and onions, 2 TBSP salsa, 1 6in Flour Tortilla)1/2c Calabacitas1/2c LS Pinto Beans1/2c Fruit Cocktail | WEDNESDAY 31, 2024Spaghetti with Meaty Sauce(1/2c spaghetti, 3oz meat, 2oz NAS marinara Sauce)1/2c 5 Way VeggiesSpinach Salad(1c baby spinach, 1/4c red onion, 1 TBSP Cranberries, ¼ Egg)2 TBSP Light Ranch Dressing1 wheat roll1/2c 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