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| --- | --- | --- | --- | --- |
| 2% milk served at meals |  | WEDNESDAY 1, 2024  4oz Sloppy Joe  (3oz meat, 1oz sauce)  1/2c Mixed Vegetables  3/4c LS Tomato and Cucumber Salad  1c Diced Peaches | THURSDAY 2, 2024  8oz Pork Stir Fry  (3oz Pork, 3/4c Peppers, onions, broccoli, 1oz sauce)  3/4c Stir Fry Veggies  1c Brown Rice  Fresh Orange | FRIDAY 3, 2024  3oz Meatloaf  w/ 2oz LS Gravy  1/2c LS Parslied Potatoes  1c California Blend Vegetables  Spinach Salad  (1c Spinach, 1/4c red onion, 1 TBSP Cranberries)  w/ 2 TBSP Light Raspberry Vinaigrette  Wheat Roll  1/2c Cinnamon Spiced Apples |
| MONDAY 6, 2024  Hot Roast Beef & Swiss Sandwich  (1 hot dog bun, 3oz Roast beef, .5oz Swiss Cheese)  1oz Au Jus Sauce  1/2c LS 3 Bean Salad  1/2c asparagus  1/2c Applesauce | TUESDAY 7, 2024  3oz Pork Chop  1/2c LS Brown Rice Pilaf  1c Emperor Veggies  Wheat Roll w/ 1 tsp margarine  1/2c Apricots | WEDNESDAY 8, 2024  4oz LS Salisbury Steak  1/2c egg noodles w/ Mushroom Gravy  (2oz Gravy, 1/4c Mushrooms)  1c Capri Vegetables  Wheat Roll w/ 1 tsp margarine  1c Tropical Fruit | THURSDAY 9, 2024  Soft Fish Taco  (2 corn tortillas, 3oz LS Cod, 1/2c Spanish Slaw)  1/2c Black Beans  1c Vegetable Medley  Banana | FRIDAY 10, 2024  Cheese Tortellini  with NAS Marinara Sauce  (1/2c Cheese Tortellini, 1/2c Marinara Sauce)  1c Italian Veggies  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  Wheat roll  1c Light nonfat Peach Yogurt |
| MONDAY 13, 2024  3oz LS Herbed Baked Chicken  1c Wild Rice  1/2c Carrots  1/2c LS LF Broccoli Salad  Wheat roll  1/2c SF gelatin w/ 1/2c Fruit cocktail | TUESDAY 14, 2024  County Style BBQ Ribs  (3oz Country Style Ribs, 2 TBSP BBQ Sauce)  1/2c Pinto beans  1c Okra & Collard Greens  Wheat roll  1c Pineapple | WEDNESDAY 15, 2024  Meatball Sub  with Marinara Sauce  (1 hot dog bun, 2oz NAS Marinara Sauce, 3oz beef Meatballs)  1/2c Roasted Zucchini  1/2c LS LF Potato Salad  1/2c Mandarin Oranges | THURSDAY 16, 2024  Chicken & Potato Burrito  with Red Chili Sauce  (3oz Diced Chicken, 1/2c Potato, 2oz RC Sauce, 1 8in tortilla)  1c Chateau blend  1c Mixed Fruit | FRIDAY 17, 2024  3/4c Cheeseburger Macaroni  (1/2c Macaroni, .5oz cheese, 3oz Beef)  3/4c Green Beans  1/2c Cauliflower  1c Cantaloupe |
| MONDAY 20, 2024  3oz LS Baked Cod  2 TBSP Tartar Sauce  1/2c NAS Baked French Fries  1c Vegetable Medley  1/2c Coleslaw w/ 1 TBSP Dressing  6 LS WW Crackers  Fresh Orange | TUESDAY 21, 2024  Green Chili Cheeseburger  (3oz Beef, 1 bun, .5oz Cheese, 1oz GC, 1/2c Lettuce and 2 slices red tomato)  3/4c LS Ranch Beans  3/4c Spinach  1c Watermelon | WEDNESDAY 22, 2024  Chicken Fettuccini  with Alfredo Sauce  (3oz Diced Chicken, 1c Fettuccine, 2oz light Alfredo Sauce)  1c Broccoli & Cauliflower  Fresh Pear | THURSDAY 23, 2024  1c Red Chile Pork Posole  (1/2c hominy, 3oz Pork, 2oz RC)  1.5c Tossed Salad  w/ 2 TBSP light Italian Dressing  1 6in Flour Tortilla  1/2c Spiced Peaches | FRIDAY 24, 2024  Cobb Salad  w/ Chicken, Egg  (1.5c Romaine lettuce, 1 HB egg,  2oz Diced Chicken, 1/4c cucumber,1/4c Carrots, 1/4c Tomatoes,  2 TBSP Light Ranch Dressing  Bread Stick  1c Strawberries w/ 1 slice SF Angel Food cake |
| MONDAY 27, 2024  ALL  KITCHENS  CLOSED | TUESDAY 28, 2024  Teriyaki Chicken  (3oz Chicken, 1 TBSP Sauce, 1/2c Peppers and onions, 1/4c Pineapple chunks)  1/2c Brown Rice  1c Asian Veggies  1-Fortune Cookie  1/2c mandarin oranges | WEDNESDAY 29, 2024  Spaghetti with  Meaty Marinara  (1/2c Spaghetti, 3oz Beef, 2oz NAS marinara Sauce)  1c Italian Veggies w/ 2 tsp margarine  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  4 LS WW Crackers  1c Fruit Salad | THURSDAY 30, 2024  Green Chili Chicken Enchiladas  (3oz Chicken, 1oz GC, 2 corn tortilla, 1oz Cheese, 1/2c lettuce and tomato)  1/2c Pinto Beans  1/2c Zucchini and 1/2c NAS diced tomatoes w/ 1 tsp margarine  3/4c Plums | FRIDAY 31, 2024  Ham & Cheese  Wheat bread  (2oz LS Ham, .5oz Swiss Cheese, 1/2c lettuce, 2 slices tomato, 1 8in Wheat Tortilla)  1/2c baby Carrot & 1/2 Celery Sticks  1/3c Cold Peas  1/2c Light nonfat cherry vanilla yogurt  1c Honeydew |

***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:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 705.7 | 713.8 | 703.0 | 714.4 | 708.4 |
| % Carbohydrates from Calories | 45-55% | 51.5 | 53.0 | 49.5 | 48.7 | 51.2 |
| % Protein from Calories | 15-25% | 21.1 | 21.7 | 23.4 | 22.7 | 23.5 |
| % Fat from Calories | 25-35% | 27.3 | 25.3 | 27.2 | 28.6 | 25.2 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 11.3 | 11.6 | 10.5 | 11.9 | 11.2 |
| Vitamin B-12 | .8ug or more | 2.7 | 2.8 | 2.6 | 2.0 | 2.2 |
| Vitamin A | 300ug RAE or more | 366.7 | 353.3 | 377.1 | 563.9 | 575.0 |
| Vitamin C | 30mg or more | 91.8 | 32.3 | 58.2 | 61.2 | 52.1 |
| Iron | 2.6mg or more | 5.5 | 4.5 | 4.7 | 5.8 | 4.2 |
| Calcium | 400mg or more | 457.1 | 513.3 | 448.0 | 485.1 | 529.8 |
| Sodium | less than 766mg | 715.7 | 590.2 | 661.0 | 754.5 | 726.4 |

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 approved on April 23, 2024