|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2% milk served at meals |  | WEDNESDAY 1, 20244oz Sloppy Joe(3oz meat, 1oz sauce)1/2c Mixed Vegetables3/4c LS Tomato and Cucumber Salad1c Diced Peaches | THURSDAY 2, 20248oz Pork Stir Fry(3oz Pork, 3/4c Peppers, onions, broccoli, 1oz sauce)3/4c Stir Fry Veggies1c Brown Rice Fresh Orange | FRIDAY 3, 20243oz Meatloafw/ 2oz LS Gravy1/2c LS Parslied Potatoes 1c California Blend Vegetables Spinach Salad(1c Spinach, 1/4c red onion, 1 TBSP Cranberries) w/ 2 TBSP Light Raspberry VinaigretteWheat Roll1/2c Cinnamon Spiced Apples |
| MONDAY 6, 2024Hot Roast Beef & Swiss Sandwich(1 hot dog bun, 3oz Roast beef, .5oz Swiss Cheese)1oz Au Jus Sauce1/2c LS 3 Bean Salad1/2c asparagus 1/2c Applesauce | TUESDAY 7, 20243oz Pork Chop1/2c LS Brown Rice Pilaf1c Emperor VeggiesWheat Roll w/ 1 tsp margarine 1/2c Apricots | WEDNESDAY 8, 20244oz LS Salisbury Steak1/2c egg noodles w/ Mushroom Gravy(2oz Gravy, 1/4c Mushrooms)1c Capri VegetablesWheat Roll w/ 1 tsp margarine 1c Tropical Fruit | THURSDAY 9, 2024Soft Fish Taco(2 corn tortillas, 3oz LS Cod, 1/2c Spanish Slaw)1/2c Black Beans1c Vegetable MedleyBanana | FRIDAY 10, 2024Cheese Tortelliniwith NAS Marinara Sauce(1/2c Cheese Tortellini, 1/2c Marinara Sauce)1c Italian Veggies1.5c Tossed Salad w/ 2 TBSP Light Italian DressingWheat roll 1c Light nonfat Peach Yogurt  |
| MONDAY 13, 20243oz LS Herbed Baked Chicken 1c Wild Rice1/2c Carrots 1/2c LS LF Broccoli SaladWheat roll 1/2c SF gelatin w/ 1/2c Fruit cocktail  | TUESDAY 14, 2024County Style BBQ Ribs(3oz Country Style Ribs, 2 TBSP BBQ Sauce)1/2c Pinto beans1c Okra & Collard GreensWheat roll1c Pineapple | WEDNESDAY 15, 2024Meatball Subwith Marinara Sauce(1 hot dog bun, 2oz NAS Marinara Sauce, 3oz beef Meatballs)1/2c Roasted Zucchini1/2c LS LF Potato Salad1/2c Mandarin Oranges  | THURSDAY 16, 2024Chicken & Potato Burritowith Red Chili Sauce(3oz Diced Chicken, 1/2c Potato, 2oz RC Sauce, 1 8in tortilla)1c Chateau blend 1c Mixed Fruit  | FRIDAY 17, 20243/4c Cheeseburger Macaroni(1/2c Macaroni, .5oz cheese, 3oz Beef)3/4c Green Beans1/2c Cauliflower 1c Cantaloupe |
| MONDAY 20, 20243oz LS Baked Cod2 TBSP Tartar Sauce1/2c NAS Baked French Fries1c Vegetable Medley1/2c Coleslaw w/ 1 TBSP Dressing6 LS WW Crackers Fresh Orange  | TUESDAY 21, 2024Green Chili Cheeseburger(3oz Beef, 1 bun, .5oz Cheese, 1oz GC, 1/2c Lettuce and 2 slices red tomato)3/4c LS Ranch Beans3/4c Spinach1c Watermelon | WEDNESDAY 22, 2024Chicken Fettucciniwith Alfredo Sauce(3oz Diced Chicken, 1c Fettuccine, 2oz light Alfredo Sauce)1c Broccoli & CauliflowerFresh Pear | THURSDAY 23, 20241c Red Chile Pork Posole(1/2c hominy, 3oz Pork, 2oz RC)1.5c Tossed Salad w/ 2 TBSP light Italian Dressing1 6in Flour Tortilla1/2c Spiced Peaches | FRIDAY 24, 2024Cobb Saladw/ 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 DressingBread Stick1c Strawberries w/ 1 slice SF Angel Food cake |
| MONDAY 27, 2024ALLKITCHENSCLOSED | TUESDAY 28, 2024Teriyaki Chicken(3oz Chicken, 1 TBSP Sauce, 1/2c Peppers and onions, 1/4c Pineapple chunks)1/2c Brown Rice1c Asian Veggies1-Fortune Cookie1/2c mandarin oranges  | WEDNESDAY 29, 2024Spaghetti withMeaty 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 Dressing4 LS WW Crackers 1c Fruit Salad  | THURSDAY 30, 2024Green Chili Chicken Enchiladas(3oz Chicken, 1oz GC, 2 corn tortilla, 1oz Cheese, 1/2c lettuce and tomato)1/2c Pinto Beans1/2c Zucchini and 1/2c NAS diced tomatoes w/ 1 tsp margarine 3/4c Plums | FRIDAY 31, 2024Ham & CheeseWheat bread(2oz LS Ham, .5oz Swiss Cheese, 1/2c lettuce, 2 slices tomato, 1 8in Wheat Tortilla)1/2c baby Carrot & 1/2 Celery Sticks1/3c Cold Peas 1/2c Light nonfat cherry vanilla yogurt1c Honeydew |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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