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| --- | --- | --- | --- | --- |
| **MONDAY 3, 2024**Loaded Baked Potato(1 med potato, 1/2c LS pinto beans, 2oz red chile,1oz cheese)1/2c Broccoli 1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1 WW Roll1/2c SF Gelatin  | **TUESDAY 4, 2024**1c LS Green Chile Pork Stew(3oz pork, 1/2c potatoes, tomatoes and onions)1/2c Calabacitas1 slice LF Cornbread1/2c Peaches | **WEDNESDAY 5, 2024**BBQ Chicken(3oz chicken, 1oz BBQ Sauce)1/2c LS Potato Salad1/2c LS Three Bean salad 1 WW Roll1 Orange | **THURSDAY 6, 2024**Hamburger (3 oz beef, .5oz cheese, 1 oz green Chile, 1 bun, 1/2c lettuce, 2 slices red tomato, 1 slices onion)1c California Blend Vegetables 1oz Mutigrain Chips1c Fruit Salad  | **FRIDAY 7, 2024****CLOSED** **NOTE:**2% Milk served at mealsLS=low sodiumNAS=no added saltWW= whole wheat SF=sugar free |
| **MONDAY 10, 2024**Beef Taco(3oz beef, 1 6in flour tortilla, .5oz shredded cheese, 1/2c lettuce and tomato, 1/4c onion) 1/2c Brussel Sprouts 1/2c Mexicorn1/2c Apricots | **TUESDAY 11, 2024**3oz Lemon Garlic Chicken Breast1/2c LS Brown Rice Pilaf1/2c Mushooms 1/2c 5-Way Veggies1 WW Roll1/2c Tropical Fruit | **WEDNESDAY 12, 2024**3 oz Meatloaf1/2c LS Mashed Potatoes w/ 2oz LS gravy1c Green Beans & Carrots 1 slice WW bread w/ 1 tsp margarine 1C Grapes | **THURSDAY 13, 2024**Chicken Fajitas(3oz Chicken, 1/2c peppers and onion, 1 6in Flour Tortilla)1/2c LS Spanish rice 1/2c Pinto Beans1 Banana | **FRIDAY 14, 2024**CLOSED |
| **MONDAY 17, 2024**Navajo Taco(1oz Fry bread, 3oz Ground Beef, 1/2c Romaine Lettuce, 1/2c tomatoes, 1/4c onions)1/2c Pinto Beans1/2c Squash1/2c Fruit cocktail 1 slice SF Angel Food cake | **TUESDAY 18, 2024**3oz Baked Chicken1/2c Scalloped Potatoes1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1 WW Roll1c Watermelon | **WEDNESDAY 19, 2024**Spaghetti(3oz meat, 1/2c spaghetti, 2oz NAS marinara sauce)1/2c Italian Blend 1.5c Tossed Salad w/ 2 TBSP Light Raspberry Vinaigrette1/2c unsalted BeetsFresh Pear  | **THURSDAY 20, 2024**1c RC Pork Posole(1oz RC, 3oz Pork 1/2c Hominy)1c Chateau blend vegetables 1 6in Tortilla3/4c Diced Mango  | **FRIDAY 21, 2024**CLOSED |
| **MONDAY 24, 2024**3oz Pork Roast3/4c Yams1/2c Spinach1.5c Tossed Salad w/ 2 TBSP light Italian Dressing1 WW Roll1/3c Vanilla Pudding1/2c Sweet cherries  | **TUESDAY 25, 2024**1/2c Mac & Cheese(1/2c macaroni, 1oz Cheese)1c Vegetable Medley 1c Strawberries & Bananas1c Light Vanilla nonfat yogurt | **WEDNESDAY 26, 2024**2oz Bratwurst1/2c cooked red cabbage 1/2c Green Beans1 WW Roll 1.5c Tossed Salad w/ 2 TBSP light Italian Dressing1/2c Light nonfat vanilla yogurt 3/4c blueberries | **THURSDAY 27, 2024**4oz LS Herbed Cod 2 TBSP Tartar Sauce1/2c Coleslaw w/ 1 TBSP Dressing1/2c NAS Baked French Fries 3/4c Brown Rice w/ 1/4c onions1 Orange | **FRIDAY 28, 2024**CLOSED |

***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:****n/a** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****4** |
| Calories | 700 or more |  | 718.2 | 801.2 | 700.2 | 704.6 |
| % Carbohydrates from Calories | 45-55% |  | 51.6 | 50.1 | 49.3 | 53.0 |
| % Protein from Calories | 15-25% |  | 20.9 | 23.2 | 23.7 | 19.0 |
| % Fat from Calories | 25-35% |  | 27.5 | 26.7 | 27.0 | 28.1 |
| Saturated Fat | less than 8g |  | 7.9 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more |  | 12.1 | 11.6 | 11.2 | 11.0 |
| Vitamin B-12 | .8ug or more |  | 2.1 | 2.4 | 2.6 | 1.9 |
| Vitamin A | 300ug RAE or more |  | 377.1 | 437.9 | 462.8 | 538.2 |
| Vitamin C | 30mg or more |  | 66.8 | 58.8 | 36.2 | 66.1 |
| Iron | 2.6mg or more |  | 4.4 | 5.9 | 5.2 | 3.6 |
| Calcium | 400mg or more |  | 505.1 | 446.4 | 440.9 | 561.3 |
| Sodium | less than 766mg |  | 736.1 | 534.1 | 638.2 | 764.9 |

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 30, 2024