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|  |   |   | THURSDAY 1, 20243oz LS Herbed Pork Chops1/3c LS Brown Rice Pilaf1c Chateau Blend Vegetables w/ 1 tsp unsalted butter 3/4c Tossed Salad w/ 1 TBSP light Italain Dressing Wheat Roll w/ 1 tsp unsalted butter 1/2c Fruit cocktail  | FRIDAY 2 ,2024Chicken salad sandwich(1/2c Chicken salad (3oz Chicken), 2 ww bread1 leaf lettuce, 2 tomato slices)1 oz baked chips1/2c Baby carrots 3/4c Broccoli Spears 1/2c Pineapple |
| MONDAY 5, 2024Kielbasa Dog(2oz Polish Sausage, 1 WW Hot dog Bun, 1/4c Sauerkraut)1/2c Parsley Potatoes1/2c Peppers & onions 1c Chopped Watermelon1/2c Light vanilla nonfat yogurt | TUESDAY 6, 20241c Beef Macaroni(3oz beef,1oz sauce,1/2c noodles)3/4c Green Beans 1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing4 LS WW Crackers 3/4c Apricots | WEDNESDAY 7, 20243oz Chicken Strips1oz Country gravy1/2c LS LF broccoli salad1/2c Creamy Cucumber Salad 1 WW Roll w/ 1tsp.unsalted butterPear  | THURSDAY 8, 2024Hamburger(3oz beef,1/2c lettuce, 2 slices tomato, 1 slice onion, 1 bun)1c California blend vegetables w/ 1 tsp unsalted butter 1c Tropical Fruit salad | FRIDAY 9, 2024Chicken Tacos(3oz chicken,1 6in Flour Tortilla, 2 TBSP Salsa, 1/2c lettuce and tomato)1/2c Zucchini, w/ 1/2c NAS diced Tomatoes w/ 1 tsp unsalted butter1/2c Mixed Fruit  |
| MONDAY 12, 2024Chile Relleno(1 grn chile, 1 oz cheese, 1oz breading) 1/2c LS Pinto Beans 1.5c tossed Salad w/2 TBSP light ranch dressing1 6in flour tortilla1/2c sliced apples  | TUESDAY 13, 2024Pork Rib Sandwich(3oz Lean boneless pork,1 bun)1/2c LS Coleslaw (w/ vinegar and oil dressing)1c Chateau blend veg1c Chopped Cantaloupe | WEDNESDAY 14, 20246oz Tuna and Shells (cold)(1/2c macaroni, 3oz Tuna, 1oz reduced fat Mayo)3/4c LS Tomato Soup 1.5c Tossed salad w/ 2 TBSP light Italian dressing6 LS ww Crackers1c Fruit Salad   | THURSDAY 15, 20244 oz Orange Chicken(3oz Chicken, 1oz sauce)1/2c Brown Rice1c Asian Vegetables1 Vegetable Egg Roll1/2c mandarin oranges w/ 1/2c SF gelatin  | FRIDAY 16, 2024Sloppy Joes(3oz ground beef, 1oz sauce, 1/2c bell peppers, 1 WW hamburger bun)1/2c LS Parsley Potatoes1/2c Roasted Brussel Sprouts1/2c SF Spiced Peaches |
| MONDAY 19, 20243oz Chicken Fried Steak1/2c LS Mashed Potatoes2oz LS Country Gravy1c Vegetable Medley1 WW Dinner Roll w/1tsp Margarine1/2c pears | TUESDAY 20, 2024Soft Beef Tacos(2 corn tortillas, 3oz beef1/2c Lettuce & Tomato2 TBSP Salsa)1/2c LS Pinto beans1c Capri Vegetables 1/2c unsweetened applesauce | WEDNESDAY 21, 2024Ham and Cheese Sandwich(2oz LS Ham, 1oz swiss Cheese, 2 slices wheat bread, 1/2c lettuce, 2 slices tomato)1oz Multigrain Chips1c Garden Blend veg. Banana | THURSDAY 22, 2024Frito Pie (3oz beef, 2oz RC sauce,1oz Corn Chips, 1/8c onions)1/2c LS Black beans1/2c Carrot raisin Salad 1/2c Diced mango  | FRIDAY 23, 20243oz LS Herbed Baked Fish2 TBSP Tartar Sauce1/2c Brown rice w/ 1/4c mushrooms 1c Italian blend vegetables 1 Wheat Roll w/ 1 unsalted butter 1c Strawberries  |
| MONDAY 26, 2024GC Grilled Cheese Chicken Sandwich(1 WW bun, 3oz Grilled/baked chicken, .5oz Cheese, 2 TBSP GC)1/2c LS Potato Wedges 1/2c LS Tomato and Cucumber Salad1c Grapes | TUESDAY 27, 2024Chef salad(1c romaine lettuce, 1oz LS Ham, 1oz Turkey, 1 HB Egg, 1/4c cucumber, 1/4c Carrots, 1/8c red cabbage, 1/8c red onion, 1/4c Red Tomato)2 TBSP Light ranch dressing6 LS WW crackers1/2c Pineapples  | WEDNESDAY 28, 2024Red Beef Enchiladas(3oz beef, 1oz RC, 2 corn tort,1/2c lettuce and tomato, 1oz cheese)1/2c LS Pinto Beans1/2c Roasted Zucchini3/4c Apricots  | THURSDAY 29, 2024Spaghetti(3oz ground Beef, 3oz NAS Marinara Sauce,1/2c noodles)1c Italian Blend veg w/ 1 tsp unsalted butter 3/4c Tossed salad w/ 1 TBSP Light Italian Dressing1 Wheat bread w/ 1tsp unsalted butter 1c Tropical Fruit Salad   | FRIDAY 30, 20242oz LS Ham1/2c Yams 1/2c Green Beans w/ 1 tsp unsalted butterWheat Bread w/ 1 tsp unsalted butter 1/2c Nonfat Vanilla Yogurt3/4c Mixed Berries  |

***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:****2** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 723.5 | 701.3 | 706.4 | 727.3 | 705.2 |
| % Carbohydrates from Calories | 45-55% | 46.1 | 49.3 | 50.0 | 48.5 | 50.7 |
| % Protein from Calories | 15-25% | 22.7 | 21.8 | 22.3 | 22.5 | 21.9 |
| % Fat from Calories | 25-35% | 31.2 | 28.9 | 27.7 | 29.0 | 27.4 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 6.7 | 7.7 | 8.0 |
| Fiber | 10g or more | 11.0 | 10.9 | 10.2 | 13.4 | 11.2 |
| Vitamin B-12 | .8ug or more | 1.5 | 2.3 | 2.9 | 2.8 | 2.2 |
| Vitamin A | 300ug RAE or more | 761.8 | 435.7 | 486.4 | 365.3 | 463.7 |
| Vitamin C | 30mg or more | 50.9 | 72.0 | 88.1 | 33.6 | 64.3 |
| Iron | 2.6mg or more | 4.2 | 4.6 | 5.2 | 4.9 | 4.1 |
| Calcium | 400mg or more | 452.2 | 480.4 | 507.9 | 493.9 | 507.1 |
| Sodium | less than 766mg | 706.4 | 755.0 | 760.1 | 685.5 | 758.4 |

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 July 4, 2024