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|  |  |  | THURSDAY 1, 2024  3oz LS Herbed Pork Chops  1/3c LS Brown Rice Pilaf  1c 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 ,2024  Chicken salad sandwich  (1/2c Chicken salad (3oz Chicken), 2 ww bread  1 leaf lettuce, 2 tomato slices)  1 oz baked chips  1/2c Baby carrots  3/4c Broccoli Spears  1/2c Pineapple |
| MONDAY 5, 2024  Kielbasa Dog  (2oz Polish Sausage, 1 WW Hot dog Bun, 1/4c Sauerkraut)  1/2c Parsley Potatoes  1/2c Peppers & onions  1c Chopped Watermelon  1/2c Light vanilla nonfat yogurt | TUESDAY 6, 2024  1c Beef Macaroni  (3oz beef,1oz sauce,1/2c noodles)  3/4c Green Beans  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  4 LS WW Crackers  3/4c Apricots | WEDNESDAY 7, 2024  3oz Chicken Strips  1oz Country gravy  1/2c LS LF broccoli salad  1/2c Creamy Cucumber Salad  1 WW Roll w/  1tsp.unsalted butter  Pear | THURSDAY 8, 2024  Hamburger  (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, 2024  Chicken 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 butter  1/2c Mixed Fruit |
| MONDAY 12, 2024  Chile Relleno  (1 grn chile, 1 oz cheese, 1oz breading)  1/2c LS Pinto Beans  1.5c tossed Salad w/2 TBSP light ranch dressing  1 6in flour tortilla  1/2c sliced apples | TUESDAY 13, 2024  Pork Rib Sandwich  (3oz Lean boneless pork,  1 bun)  1/2c LS Coleslaw (w/ vinegar and oil dressing)  1c Chateau blend veg  1c Chopped Cantaloupe | WEDNESDAY 14, 2024  6oz 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 dressing  6 LS ww Crackers  1c Fruit Salad | THURSDAY 15, 2024  4 oz Orange Chicken  (3oz Chicken, 1oz sauce)  1/2c Brown Rice  1c Asian Vegetables  1 Vegetable Egg Roll  1/2c mandarin oranges w/ 1/2c SF gelatin | FRIDAY 16, 2024  Sloppy Joes  (3oz ground beef, 1oz sauce, 1/2c bell peppers, 1 WW hamburger bun)  1/2c LS Parsley Potatoes  1/2c Roasted Brussel Sprouts  1/2c SF Spiced Peaches |
| MONDAY 19, 2024  3oz Chicken Fried Steak  1/2c LS Mashed Potatoes  2oz LS Country Gravy  1c Vegetable Medley  1 WW Dinner Roll w/1tsp Margarine  1/2c pears | TUESDAY 20, 2024  Soft Beef Tacos  (2 corn tortillas, 3oz beef  1/2c Lettuce & Tomato  2 TBSP Salsa)  1/2c LS Pinto beans  1c Capri Vegetables  1/2c unsweetened applesauce | WEDNESDAY 21, 2024  Ham and Cheese Sandwich  (2oz LS Ham, 1oz swiss Cheese, 2 slices wheat bread, 1/2c lettuce, 2 slices tomato)  1oz Multigrain Chips  1c Garden Blend veg.  Banana | THURSDAY 22, 2024  Frito Pie  (3oz beef, 2oz RC sauce,1oz Corn Chips, 1/8c onions)  1/2c LS Black beans  1/2c Carrot raisin Salad  1/2c Diced mango | FRIDAY 23, 2024  3oz LS Herbed Baked Fish  2 TBSP Tartar Sauce  1/2c Brown rice w/ 1/4c mushrooms  1c Italian blend vegetables  1 Wheat Roll w/ 1 unsalted butter  1c Strawberries |
| MONDAY 26, 2024  GC 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 Salad  1c Grapes | TUESDAY 27, 2024  Chef 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 dressing  6 LS WW crackers  1/2c Pineapples | WEDNESDAY 28, 2024  Red Beef Enchiladas  (3oz beef, 1oz RC, 2 corn tort,1/2c lettuce and tomato, 1oz cheese)  1/2c LS Pinto Beans  1/2c Roasted Zucchini  3/4c Apricots | THURSDAY 29, 2024  Spaghetti  (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 Dressing  1 Wheat bread w/ 1tsp unsalted butter  1c Tropical Fruit Salad | FRIDAY 30, 2024  2oz LS Ham  1/2c Yams  1/2c Green Beans w/ 1 tsp unsalted butter  Wheat Bread w/ 1 tsp unsalted butter  1/2c Nonfat Vanilla Yogurt  3/4c 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