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| **Monday, July 1**3oz Lemon Garlic Chicken3/4c Brown Rice 1/2c Carrots and Red Cabbage1.5c Tossed Salad w/ 2 TBSP light Italian Dressing1/2c Fruit Cocktail | **Tuesday, July 2**Sloppy Joes(3 oz. Beef, 1 oz. LS Sauce, 1 WW Bun, 1/2c Peppers and onions)1/2c NAS Baked French Fries 1c Coleslaw w/ 2 TBSP Dressing1 Fresh Pear  | **Wednesday, July 3**Porcupine Meatballs(3oz beef, 1/4c rice, 2oz tomato sauce)1c California Blend Vegetables w/ 1 tsp margarine 1 Wheat Roll w/ 1 tsp margarine 1/2c Pineapple Tidbits w/1/2c SF Gelatin  | **Thursday, July 4****CLOSED****Happy 4th of July!** | **Friday, July 5****CLOSED** |
| **Monday, July 8**6oz Beef Stroganoff(3 oz. Beef, 2oz Sauce, 1/2c Noodles, 1/2c Mushrooms)1/2c unsalted Beets1.5C Tossed Salad w/ 2 TBSP light Italian DressingOrange | **Tuesday, July 9**Pork Chops w/Apples and Onions(3oz Lean pork chop w/ 1/4c onions and 1/2c apples)1/2c cauliflower 3/4c Green Beans1 slice Wheat bread w/ 1 tsp margarine1/2c Apricots  | **Wednesday, July 10**3/4c Spinach Lasagna (1/2c Lasagna, 1/4c Spinach, 1oz Cheese, 1oz sauce)1c Italian Blend Vegetables 1 Wheat Roll1c Light Vanilla nonfat yogurt and 1/2c Blueberries | **Thursday, July 11**1c Beef Stew(3oz beef, 1/2c vegetables)3/4c Broccoli spears1.5c Tossed salad w/ 2 TBSP light Italian Dressing1 slice LF Cornbread 1/3c Baked Apples | **Friday, July 12****CLOSED** |
| **Monday, July 15**Frito Pie(3oz Beef, 2oz RC, 1oz Corn Chips, 1/2c LS Pinto beans, 1/2c Lettuce and tomato)1c Capri Vegetables1c sliced Strawberries  | **Tuesday, July 16**1c Goulash(3oz Beef, 1/2c Macaroni)1/2c LS Stewed Tomatoes w/ 2 TBSP GC)1/2c Broccoli1.5c Tossed salad w/ 2 TBSP light ranch dressing 4 LS WW Crackers 3/4c mixed fruit  | **Wednesday, July 17**Open Faced Turkey Sandwich (2oz LS Turkey 1 slice wheat bread, 2oz LS Gravy)1/3c LS Mashed Potatoes3/4c Green Beans1/2c Light lowfat Raspberry Yogurt  | **Thursday, July 18**1c Tuna Noodle Casserole(3oz Tuna, 1/2c Peas and Carrots, 1/2c Noodles)1.5c Tossed Salad w/ 2 TBSP light Italian Dressing4 LS WW crackers 1c Watermelon | **Friday, July 19****CLOSED** |
| **Monday, July 22**Chicken Quesadilla(3oz Diced Chicken, .5 oz Cheese, 1 6in WW tortilla,1/4c green chili sauce)1c Vegetable Medley1/2c Mandarin oranges | **Tuesday, July 23**1c Ham and Beans(1oz LS Ham 1/2c LS BeansWheat roll w/ 1 tsp margarine1c Chateau blend vegetables w/ 1 tsp margarineFresh Pear  | **Wednesday, July 24**Red Chili Beef Enchiladas(3oz Beef, .5 oz Cheese, 1 oz red chili sauce, 2 corn tortillas, 1/2c Lettuce and tomato, 1/4c onion)1/2c LS Pinto Beans1.5c Tossed Salad w/ 2 TBSP light Italian Dressing1/2c Cinnamon Peaches 1 slice SF Angel Food Cake 2 TBSP FF whipped topping | **Thursday, July 25**1/8th Veggie Quiche, w/ sweet potato crust(1/4c sweet potato crust, 1/4c Spinach, onions, 1 egg, .5 oz Cheese)1/2c Broccoli Spears Wheat roll w/ 1 tsp margarine 1c Light Nonfat Vanilla Yogurt1/2c Tropical Fruit Salad  | **Friday, July 26****CLOSED** |
| **Monday, July 29**4oz Baked chicken2oz LS Gravy1/2c Mushrooms3/4c Brown Rice w/ 1/2c Spinach w/ 1 tsp margarineWheat Roll w/ 1 tsp margarine3/4c Apricots | **Tuesday, July 30**Hamburger, Veggie Pizza(1oz Crust, 1oz Mozz. Cheese, 2oz beef,1/4c peppers and onion, 1 slice tomatoes, 1oz sauce)1.5c Tossed Salad w/2 TBSP Light Italian Dressing4 Unsalted crackers 1/2c Roasted Brussel Sprouts1/2c Pineapple Chunks;  | **Wednesday, July 31**Breakfast for Lunch2oz Scrambled eggs w/ 2 TBSP GC 1/2c Sweet potatoes w/ 1/2c onions and peppers1 6in Wheat tortilla1/2c Light nonfat vanilla yogurtBanana |  |  |

***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:****4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****3** |
| Calories | 700 or more | 718.5 | 703.7 | 717.4 | 725.3 | 710.8 |
| % Carbohydrates from Calories | 45-55% | 47.1 | 51.0 | 48.3 | 54.2 | 50.4 |
| % Protein from Calories | 15-25% | 19.3 | 23.5 | 22.5 | 20.7 | 22.8 |
| % Fat from Calories | 25-35% | 33.6 | 25.5 | 29.2 | 25.1 | 26.8 |
| Saturated Fat | less than 8g | 7.9 | 7.9 | 7.5 | 7.8 | 8.0 |
| Fiber | 10g or more | 10.0 | 11.5 | 11.7 | 14.3 | 10.4 |
| Vitamin B-12 | .8ug or more | 2.4 | 3.1 | 2.8 | 2.0 | 2.3 |
| Vitamin A | 300ug RAE or more | 465.1 | 737.5 | 518.5 | 460.5 | 798.5 |
| Vitamin C | 30mg or more | 58.4 | 68.9 | 61.7 | 37.7 | 50.0 |
| Iron | 2.6mg or more | 4.0 | 5.0 | 4.8 | 4.5 | 5.4 |
| Calcium | 400mg or more | 403.8 | 651.0 | 467.7 | 563.2 | 542.6 |
| Sodium | less than 766mg | 703.9 | 766.4 | 755.7 | 754.6 | 764.6 |

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 June 21, 2024