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| **Monday, July 1**  3oz Lemon Garlic Chicken  3/4c Brown Rice  1/2c Carrots and Red Cabbage  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  1/2c 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 Dressing  1 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 Beets  1.5C Tossed Salad w/ 2 TBSP light Italian Dressing  Orange | **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 Beans  1 slice Wheat bread w/ 1 tsp margarine  1/2c Apricots | **Wednesday, July 10**  3/4c Spinach Lasagna  (1/2c Lasagna, 1/4c Spinach, 1oz Cheese, 1oz sauce)  1c Italian Blend Vegetables  1 Wheat Roll  1c Light Vanilla nonfat yogurt and 1/2c Blueberries | **Thursday, July 11**  1c Beef Stew  (3oz beef, 1/2c vegetables)  3/4c Broccoli spears  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1 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 Vegetables  1c sliced Strawberries | **Tuesday, July 16**  1c Goulash  (3oz Beef, 1/2c Macaroni)  1/2c LS Stewed Tomatoes w/ 2 TBSP GC)  1/2c Broccoli  1.5c 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 Potatoes  3/4c Green Beans  1/2c 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 Dressing  4 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 Medley  1/2c Mandarin oranges | **Tuesday, July 23**  1c Ham and Beans  (1oz LS Ham 1/2c LS Beans  Wheat roll w/ 1 tsp margarine  1c Chateau blend vegetables w/ 1 tsp margarine  Fresh 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 Beans  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  1/2c 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 Yogurt  1/2c Tropical Fruit Salad | **Friday, July 26**  **CLOSED** |
| **Monday, July 29**  4oz Baked chicken  2oz LS Gravy  1/2c Mushrooms  3/4c Brown Rice w/ 1/2c Spinach w/ 1 tsp margarine  Wheat Roll w/ 1 tsp margarine  3/4c 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 Dressing  4 Unsalted crackers  1/2c Roasted Brussel Sprouts  1/2c Pineapple Chunks; | **Wednesday, July 31**  Breakfast for Lunch  2oz Scrambled eggs w/ 2 TBSP GC  1/2c Sweet potatoes w/  1/2c onions and peppers  1 6in Wheat tortilla  1/2c Light nonfat vanilla yogurt  Banana |  |  |

***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