|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1% milk served at meals |  | **WEDNESDAY, MAY 1**  BBQ Pork Riblet Sandwich  (3oz. LEAN country style ribs, 1 TBSP BBQ sauce, WW bun)  3/4c LS Herbed Carrot Coins  1/2c Beet & Onion Salad  1c Tropical Fruit Salad | **THURSDAY, MAY 2**  1c Shepherd’s Pie w/mashed potatoes  (3oz Beef, 1/4c mashed Potatoes, 1/2/c peas/onions/carrots)  1/2c steamed Brussel Sprouts  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  Wheat roll  1/2c Pineapple Chunks | **FRIDAY, MAY 3**  1c Green Chile Chicken Enchiladas  (1oz green Chile, 3oz chicken, 2 corn tortillas, 1oz cheese  1/2c tomato and lettuce)  1/2c LS pinto Beans  1/2c Zucchini & 1/4c Onions  1c Chopped Honeydew melon |
| **MONDAY, MAY 6**  3oz Country Fried Steak  1/2c LS mashed Potatoes w/ 2oz LS Gravy  1/2c steamed Green Beans  1 WW Roll w/ 1tsp unsalted butter  1/2c Chilled Apricot Halves | **TUESDAY, MAY 7**  1c LS Zesty Taco Soup  (3oz Chicken, 1/2c (red kidney beans/corm, tomatoes/green Chile./onions/hominy)  1/2c Island Blend Vegetables  1 6in Flour Tortilla  1/2c Spanish Slaw  1/2c Chilled Fruit Cocktail | **WEDNESDAY, MAY 8**  Carne Adovada  (3oz Pork, 2oz RC Sauce)  1/2c LS Spanish Rice  1/2c LS Pinto Beans  1/2c spinach w/ 1 tsp unsalted butter  1 6in. flour tortilla  1 Fresh Apple | **THURSDAY, MAY 9**  1c LS Beef Stew  (3oz Beef, 1/2c Celery, potatoes, carrots, peas)  1.5c Tossed Garden Salad w/ 2 TBSP Light Ranch Dressing  1 sl. LF Cornbread w/ 1 tsp margarine  1c Fresh Grapes | **FRIDAY, MAY 10**  Chicken Salad Sandwich  (1/2c Classic Chicken Salad, 1/2c Green Leaf Lettuce, 2 slices tomato, 1 bun)  1/2c Carrot Raisin Salad  1/2c LS Three Bean Salad  1/2c SF Gelatin w/ 1/2c Banana |
| **MONDAY, MAY 13**  3oz Baked Chicken Thighs  1c Italian Blend Vegetables  1/2c Caesar Salad  (1/2c Romaine lettuce, 1/4c Red tomatoes, w/1 TBSP Light Caesar Dressing  Wheat roll w/ 1 tsp unsalted butter  1c Chilled Applesauce | **TUESDAY, MAY 14**  Smothered Green Chile Bean Burrito w/Cheese  (1/2c LS Pinto Beans, 1oz Cheese, 1/4c Green Chile sauce, 1 8 in Flour tortilla, 1/2c lettuce and tomato)  1/2c Calabacitas  1/2c steamed Winter Vegetables w/ 1 tsp margarine  1 Fresh Pear | **WEDNESDAY, MAY 15**  All Beef Hot Dog w/ WW bun  (1oz Hot dog, 1 WW Bun)  1/2c LS Cilantro Lime Slaw  1/2c NAS Baked French Fries  1c Light Vanilla nonfat yogurt  1c Chopped Watermelon | **THURSDAY, MAY 16**  Red Chile Beef Enchiladas  (1oz red Chile, 2oz beef, 2 corn tortillas, 1oz cheese)  1/2c shredded lettuce/diced tomato  1c Chateau Blend Vegetables  1/2c LS Spanish Rice  1 banana | **FRIDAY, MAY 17**  Chef’s Salad  (1c Romaine Lettuce, 1/4c Tomatoes,1 HB Egg, 1oz Diced Chicken, 1oz LS Ham, 1/4c cucumbers, 2 TBSP Light Ranch Dressing)  6 LS WW Crackers  1c Chilled Mixed Fruit |
| **MONDAY, MAY 20**  Spaghetti w/Meatballs  (3oz meatballs, 1c spaghetti, 2oz NAS marinara sauce)  1c California Blend Vegetables  Caesar Salad  (1c Romaine lettuce, 1/4c Red tomatoes, w/2 TBSP Light Caesar Dressing  1 Wheat roll  1c Tropical Fruit Salad | **TUESDAY, MAY 21**  Chicken/Potato Taco  w/Salsa  (3oz Chicken, 1/2c Potato, 2 TBSP salsa, 1 6in flour tortilla, 1/2c lettuce and tomato)  1/2c Roasted Cauliflower  1/2c Corn  1/2c Diced Peaches w/ 1/2c Strawberries | **WEDNESDAY, MAY 22**  Pork Stir Fry  (3oz Pork, 1oz Sauce, 1/2c Broccoli, onions, and peppers)  1c steamed Brown Rice  1/2c Oriental Vegetables  1c Pineapple Chunks  1 Fortune Cookie | **THURSDAY, MAY 23**  4oz Meatloaf  1/2c LS Mashed Potatoes w/ 2oz LS Brown Gravy  1c Mixed Green Salad w/  1/2c cucumber/tomatoes  w/ 2 TBSP Light Italian Dressing  1 WW Dinner Roll w/ 1 tsp margarine  1c Grapes | **FRIDAY, MAY 24**  5.5oz Stuffed Chicken Breast  (3oz Chicken, baby spinach, sour cream, .5oz cheese)  1/2c Lemon Herbed Orzo &  1/2c Mushrooms  1/2c Steamed Green Beans  1 WW Roll w/ 1 tsp margarine  1c Chopped Cantaloupe |
| **MONDAY, MAY 27**  **Closed for**  **Memorial Day** | **TUESDAY, MAY 28**  4oz Salisbury Steak  1/2c LS Herb Roasted Red potatoes  3/4 c Broccoli  1.5Tossed Garden Salad w/ 2 TBSP Light Ranch Dressing  1 WW Roll w/ 1 tsp margarine  1c Chilled lite Diced Pears | **WEDNESDAY, MAY 29**  Green Chile Frito Pie  (1oz Corn Chips, 2oz GC sauce, 3oz Beef, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1c yellow squash w/ NAS diced Tomatoes w/ 1 tsp margarine  1 Fresh Orange | **THURSDAY, MAY 30**  Baked Chicken Ziti Pasta  (3oz Diced Chicken, 1/2c Ziti, 2oz NAS marinara Sauce)  1c Steamed Italian Vegetables  Caesar Salad  (1c Romaine lettuce, 1/4c Red tomatoes, w/2 TBSP Light Caesar Dressing  Wheat roll w/ 1 tsp margarine  1/2c Baked Cinnamon Apples | **FRIDAY, MAY 31**  Ham & Swiss Sandwich  (2 oz LS Ham, 1 oz Swiss, 1 Hot dog bun w/  1/2c Green Leaf Lettuce, 2 tomato slice, 1 onion slice  1/2c Unsalted Cold Beets  1/2c Creamy Cucumber Salad  1 Fresh Banana |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 719.8 | 757.6 | 703.1 | 779.7 | 703.0 |
| % Carbohydrates from Calories | 45-55% | 48.9 | 49.1 | 51.6 | 50.4 | 45.3 |
| % Protein from Calories | 15-25% | 24.9 | 24.3 | 18.4 | 21.4 | 23.7 |
| % Fat from Calories | 25-35% | 26.2 | 26.6 | 30.0 | 28.2 | 31.0 |
| Saturated Fat | less than 8g | 8.0 | 6.6 | 8.0 | 7.9 | 7.9 |
| Fiber | 10g or more | 11.6 | 12.4 | 10.9 | 10.2 | 11.3 |
| Vitamin B-12 | .8ug or more | 3.2 | 2.2 | 1.8 | 2.1 | 2.8 |
| Vitamin A | 300ug RAE or more | 703.0 | 654.2 | 351.9 | 411.3 | 450.5 |
| Vitamin C | 30mg or more | 58.1 | 37.3 | 34.4 | 88.1 | 38.5 |
| Iron | 2.6mg or more | 5.4 | 5.7 | 3.1 | 5.5 | 5.0 |
| Calcium | 400mg or more | 532.2 | 511.8 | 543.8 | 476.6 | 518.6 |
| Sodium | less than 766mg | 742.6 | 732.7 | 766.3 | 705.0 | 753.7 |

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 25, 2024