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| 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 Coins1/2c Beet & Onion Salad1c 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 Sprouts1.5c Tossed Salad w/ 2 TBSP Light Ranch DressingWheat roll1/2c Pineapple Chunks | **FRIDAY, MAY 3**1c Green Chile Chicken Enchiladas(1oz green Chile, 3oz chicken, 2 corn tortillas, 1oz cheese1/2c tomato and lettuce)1/2c LS pinto Beans1/2c Zucchini & 1/4c Onions1c Chopped Honeydew melon  |
| **MONDAY, MAY 6**3oz Country Fried Steak1/2c LS mashed Potatoes w/ 2oz LS Gravy1/2c steamed Green Beans1 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 Vegetables1 6in Flour Tortilla 1/2c Spanish Slaw1/2c Chilled Fruit Cocktail | **WEDNESDAY, MAY 8**Carne Adovada(3oz Pork, 2oz RC Sauce)1/2c LS Spanish Rice1/2c LS Pinto Beans1/2c spinach w/ 1 tsp unsalted butter 1 6in. flour tortilla1 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 margarine1c 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 Salad1/2c SF Gelatin w/ 1/2c Banana  |
| **MONDAY, MAY 13**3oz Baked Chicken Thighs1c Italian Blend Vegetables1/2c Caesar Salad (1/2c Romaine lettuce, 1/4c Red tomatoes, w/1 TBSP Light Caesar DressingWheat 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 Calabacitas1/2c 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 Slaw1/2c 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 tomato1c 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 Crackers1c Chilled Mixed Fruit |
| **MONDAY, MAY 20**Spaghetti w/Meatballs(3oz meatballs, 1c spaghetti, 2oz NAS marinara sauce)1c California Blend VegetablesCaesar Salad (1c Romaine lettuce, 1/4c Red tomatoes, w/2 TBSP Light Caesar Dressing1 Wheat roll 1c Tropical Fruit Salad  | **TUESDAY, MAY 21**Chicken/Potato Tacow/Salsa(3oz Chicken, 1/2c Potato, 2 TBSP salsa, 1 6in flour tortilla, 1/2c lettuce and tomato) 1/2c Roasted Cauliflower1/2c Corn1/2c 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 Rice1/2c Oriental Vegetables1c Pineapple Chunks 1 Fortune Cookie | **THURSDAY, MAY 23**4oz Meatloaf1/2c LS Mashed Potatoes w/ 2oz LS Brown Gravy1c Mixed Green Salad w/1/2c cucumber/tomatoesw/ 2 TBSP Light Italian Dressing1 WW Dinner Roll w/ 1 tsp margarine1c 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 Beans1 WW Roll w/ 1 tsp margarine1c Chopped Cantaloupe |
| **MONDAY, MAY 27****Closed for****Memorial Day** | **TUESDAY, MAY 28**4oz Salisbury Steak 1/2c LS Herb Roasted Red potatoes3/4 c Broccoli 1.5Tossed Garden Salad w/ 2 TBSP Light Ranch Dressing1 WW Roll w/ 1 tsp margarine1c 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 Beans1c 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 VegetablesCaesar Salad (1c Romaine lettuce, 1/4c Red tomatoes, w/2 TBSP Light Caesar DressingWheat roll w/ 1 tsp margarine1/2c 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 slice1/2c Unsalted Cold Beets1/2c Creamy Cucumber Salad1 Fresh 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:****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