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| **MONDAY, JUNE 3**1/2c Tuna Fish salad on1 romaine lettuce leaf1/2c sliced tomatoes 1/2c fresh baby carrots 6 LS WW crackers 3/4c Apricots | **TUESDAY, JUNE 4**Beef Taco(3oz ground beef, 1 6in flour tortilla, 1/2c lettuce and tomato, 2 TBSP Pico de Gallo)  1/2c LS pinto beans 1c yellow squash w/ NAS diced tomatoes w/ 1 tsp margarine 1c Tropical Fruit salad  | **WEDNESDAY, JUNE 5**BBQ CHICKEN (3oz chicken, 1 TBSP BBQ sauce)1/2c beets 1/2c spinach  WW roll w/ 1 tsp unsalted margarine 3/4c crushed pineapple | **THURSDAY, JUNE 6**1c Tater Tot Casserole(1/2c mixed vegetables,1/4c Tater tots, 3oz GroundBeef, 1oz Sauce) 1c Roasted Broccoli & Cauliflower w/ 1 tsp margarineWheat roll 1/2c Light nonfat vanilla yogurt w/ 1/2c blueberries  | **FRIDAY, JUNE 7** Green Chili Chicken Enchiladas (2 corn tortillas, 1oz cheese, 3oz chicken, 1oz GC sauce, 1/2c Lettuce and tomato) 1/2c LS Spanish Rice1c Chateau Blend Vegetables w/ 1 tsp margarine 1/2c spiced peaches |
| **MONDAY, JUNE 10**Green Chili, Beef, potato, & Cheese Burrito (1 8-in ww Flour Tortilla, 2.5oz beef, 1/4c GC sauce, 1/2c Diced Potatoes, .5oz Cheese)3/4c cilantro & lime Brown Rice 1c Capri Vegetables1/2c Warm Apple Slices  | **TUESDAY, JUNE 11**Chicken Fajitas (3oz chicken, 1 8in flour tortilla, 1/2c peppers and onions, 2 TBSP salsa)1/2c Corn 3/4c Brussel Sprouts 3/4c Mango & Mint | **WEDNESDAY, JUNE 12** 3 oz Roast Beef w/ 2oz LS gravy 1/3c LS mashed potatoes 3/4c green beans WW roll w/ 1 tsp margarine 3/4c Mandarin oranges  | **THURSDAY, JUNE 13**4oz LS Herbed Grilled Fish2 TBSP Tartar Sauce 1c Wild and brown rice w/ 1/2c mushrooms & Onions 3/4c Italian Green Beans WW Roll w/ 1 tsp margarine 1/2c mixed fruit 1/2c SF Gelatin  | **FRIDAY, JUNE 14**Chef Salad (1c Romaine lettuce, 8 baby carrots, 1/4c cucumbers, 1/4c red cabbage, 6 cherry tomatoes, 1 HB Egg, 1oz Turkey, 1oz Diced Chicken) 2 TBSP Light Ranch Dressing 6 LS WW crackers 1c Fruit Salad |
| **MONDAY, JUNE 17**Hamburger ( 3oz patty, 1 bun, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c LS Herb Roasted Red Potatoes  1/2c LS Three Bean salad 1c whole strawberries | **TUESDAY, JUNE 18**3oz Chicken Strips1oz LS Country1/2c Butter Beans 1/2c Carrot Coins WW roll 1/2c Fruit Cocktail  | **WEDNESDAY, JUNE 19**Red Chili Beef Enchiladas (2 corn tortillas, 1oz cheese, 2oz beef, 1oz Red Sauce, 1/2c lettuce and tomato) 1/2c LS pinto beans  1/2c Broccoli spears Orange | **THURSDAY, JUNE 20**3oz Lemon Garlic Chicken1/2c Penne Pasta w/ 1 tsp margarine(3oz Chicken)1c Vegetable medley 1.5C Garden Salad w/ 2 tbsp Light Italian Dressing Wheat roll 1c watermelon | **FRIDAY, JUNE 21**3oz Chicken Fried Steak w/ 1 TBSP LS peppered gravy1/2c Beets1/2c LS Parsley Potatoes 1 slice LF Cornbread Fresh Pear  |
| **MONDAY, JUNE 24**BLT (2 slices WW bread, 2 slices reduced sodium Bacon, 1/2c Lettuce, 2 slices tomato, 1 HB Egg)1c LS Tomato Soup  1/2c sweet potato 1c Fruit Salad1c Light nonfat Vanilla yogurt | **TUESDAY, JUNE 25**Steak w/Peppers(3oz Beef, 1/2c onions, mushrooms, 1/2c red & Green peppers)1/2c spinach 1/3c Scalloped Potatoes 1.5C Garden Salad w/ 2 TBSP Light Ranch Dressing1c chopped CantaloupeWheat roll  | **WEDNESDAY, JUNE 26**Chicken Salad Sandwich(1/2c Chicken salad w/ 2 Slices WW bread, 1/2c lettuce, 2 slices tomato)1/2c Cucumber and tomato salad1/2c Asparagus 1c Grapes | **THURSDAY, JUNE 27** 3oz Meatloaf 1oz LS gravy1/2c LS Brown Rice Pilaf1c Malibu blend 3/4C Tossed Salad w/ 1 TBSP Light Ranch dressing WW roll w/ 1 tsp margarine 1c frozen Tropical Fruit | **FRIDAY, JUNE 28**Carne Adovada(3oz Pork, 2oz RC)1c Capri vegetables1/2c LS Pinto beans1 6 in Flour Tortilla 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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****n/a** |
| Calories | 700 or more | 748.2 | 717.4 | 728.4 | 765.6 |  |
| % Carbohydrates from Calories | 45-55% | 48.2 | 49.0 | 49.8 | 50.8 |  |
| % Protein from Calories | 15-25% | 20.8 | 21.9 | 22.4 | 22.6 |  |
| % Fat from Calories | 25-35% | 30.0 | 29.1 | 27.8 | 26.5 |  |
| Saturated Fat | less than 8g | 7.8 | 8.0 | 7.9 | 7.5 |  |
| Fiber | 10g or more | 12.8 | 10.1 | 13.2 | 11.7 |  |
| Vitamin B-12 | .8ug or more | 2.9 | 2.6 | 2.5 | 2.7 |  |
| Vitamin A | 300ug RAE or more | 592.5 | 414.9 | 495.8 | 640.5 |  |
| Vitamin C | 30mg or more | 63.0 | 60.3 | 62.3 | 69.1 |  |
| Iron | 2.6mg or more | 5.9 | 4.3 | 5.7 | 5.7 |  |
| Calcium | 400mg or more | 483.3 | 454.4 | 519.7 | 548.7 |  |
| Sodium | less than 766mg | 706.2 | 712.4 | 759.0 | 761.5 |  |

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 May 24, 2024