|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8 oz. 1% Milk Served With All Meals |  | **Wednesday 1, 2024**  3.5 oz Salisbury steak  1/2c LS mashed potatoes w/  2oz LS Gravy  1/2c green beans  1.5c garden salad w/2 TBSP Light Italian Dressing  1 ww roll w/ 1 tsp unsalted butter  1 medium Apple | **THURSDAY 2, 2024**  Chicken Adovada  (3 oz diced chicken, 2 oz red Chile sauce)  1/2c LS pinto beans  1/2c mix veggies w/ 1 tsp margarine  1 6 in ww flour tortilla  1 c chopped watermelon | **FRIDAY 3, 2024**  Spaghetti  (3 oz meat, 1 oz LS sauce, 1/2c noodles)  1/2c peas  Spinach salad  (1c baby spinach, 1 TBSP cranberries, 1/4c Red onion)  2 TBSP Light Raspberry Vinaigrette  1 breadstick  1/2c Tapioca pudding  1c Strawberries |
| **MONDAY 6, 2024**  Grilled Cheese Sandwich  (1 oz cheese, 2 slices WW Bread)  3/4c LS Pureed broccoli soup  3/4c Garden Blend Vegetables  4 LS WW crackers  Pear  1c Light yogurt nonfat vanilla | **TUESDAY 7, 2024**  Green Chile Meat Burrito  (3 oz beef, 1 oz Chile, 1 6 in WW tortilla)  1/2c Calabacitas  1/2c Creamy cucumber salad  1/2c fruit cocktail | **WEDNESDAY 8, 2024**  Chicken Fettuccine Alfredo  (3 oz chicken, 2oz light alfredo sauce, 1/2c fettuccine noodles)  1c Italian blend veggies  1/2c garden salad w/ 1 TBSP Light Ranch Dressing  Wheat roll w/ 1 tsp margarine  1c Grapes | **THURSDAY 9, 2024**  Chile relleno  (1 Green Chile, 1oz Cheese, 1oz Breading, 1oz Green Chile Sauce)  1/2c LS pinto beans  1.5 tossed salad w/ 2 TBSP Light Ranch Dressing  1 flour 6in tortilla  1 orange | **FRIDAY 10, 2024**  Chicken Pasta Salad  (3 oz chicken, 1/2c broccoli/ mixed vegetables 1/2c elbow pasta)  1/2c Asparagus w/ 1 tsp margarine  1c Tropical Fruit Salad |
| **MONDAY 13, 2024**  Sloppy Joe  (3 oz ground beef, 1 oz sauce, 1 WW bun)  1/2c NAS Baked French Fries  1c California blend vegetables  1/2c applesauce | **TUESDAY 14, 2024**  **Chicken with Mushroom Gravy**  3 oz Chicken breast  2oz LS gravy  1/3c Mushrooms  1/2c LS mashed potatoes  3/4c Broccoli  Wheat bread w/ 1 tsp unsalted butter  1 banana | **WEDNESDAY 15, 2024**  Bean and cheese burrito  (3/4c beans, .5oz cheese, 1 8in WW flour tortilla, 2 oz red Chile sauce )  1/2c LS Spanish rice  1.5c Garden Salad w/ 2 TBSP Light French Dressing  1/2c chocolate ice cream | **THURSDAY 16, 2024**  3/4c Mac and Cheese  (1/2c Macaroni, 1 oz cheese)  1c chateau blend vegetables w 1 tsp unsalted butter  1/2c Mandarin oranges  1c Light nonfat Cherry Vanilla Yogurt | **FRIDAY 17, 2024**  Open faced turkey sandwich  (3 oz turkey, 1 sl. WW bread, 1oz LS Gravy)  1/2c Parsley Potatoes  1c Italian blend veggies w 1 tsp margarine  1/2c Pears |
| **MONDAY 20, 2024**  Albondigas Soup  (3-1 oz meat balls, 1/8c rice, 1/2c veggies)  1.5c Tossed salad w/ 2 TBSP Light Ranch Dressing  1/2c Unsalted beets  6 LS WW crackers  1c Fruit Salad | **TUESDAY 21, 2024**  GC Cheese Chicken Sandwich  (3oz Chicken breast, .5oz Cheese, 1oz GC, 1 WW Bun)  1/2c scalloped potatoes  3/4c Brussel sprouts  1c grapes | **WEDNESDAY 22, 2024**  1c LS Taco Salad  (3 oz LS Seasoned meat, 1 oz tortilla chips, 1c Romaine Lettuce, 1/2c Tomatoes, 2 TBSP Salsa)  1/2c Calabacitas  3/4c green beans w/ 1 tsp unsalted butter  1c peaches | **THURSDAY 23, 2024**  BBQ Pulled Pork on a Bun  (3 oz pulled pork, 1 oz LS Sauce, 1 WW Bun)  1/2c LS Herb roasted potatoes  1/2c tomato and onion salad  1 oatmeal cookie  1c Cantaloupe | **FRIDAY 24, 2024**  Red Chile Cheese Enchiladas  (2 corn tortilla, 2 oz red Chile sauce, 1 oz shredded cheese, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1c mediterranean blend w/ 1 tsp margarine  Orange |
| **MONDAY 27, 2024**  HOLIDAY CLOSED | **TUESDAY 28, 2024**  Polish Sausage w/ parsley potatoes and peppers and onions  (2oz Polish Kielbasa, 1/2c parsley potatoes, 1/2c peppers and onions  Wheat roll  1/2c Light nonfat Cherry Vanilla yogurt | **WEDNESDAY 29, 2024**  Tuna salad sandwich  (1/2c Tuna salad, 1/2c lettuce, 2 slices tomato, 2 slices wheat bread)  1/2c LS Creamy Cucumber Salad  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1/2c Mixed Fruit | **THURSDAY 30, 2023**  3 oz orange chicken  2oz Sauce  1/2c steamed Brown rice  1c stir Fry Vegetables  1 vegetable egg roll  1/2c mandarin oranges  1 fortune cookie | **FRIDAY 31, 2024**  3/4c Chile Beans  (3 oz ground beef, 1/4c pinto beans, 1 oz sauce,)  1.5c garden salad w/ 2T Light Italian dressing  1 slice LF Cornbread w/ 1 tsp unsalted butter  1/2c Applesauce |

***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 | 768.7 | 725.7 | 701.2 | 701.9 | 735.2 |
| % Carbohydrates from Calories | 45-55% | 50.0 | 54.1 | 54.3 | 48.5 | 50.3 |
| % Protein from Calories | 15-25% | 23.8 | 20.7 | 20.6 | 20.8 | 23.8 |
| % Fat from Calories | 25-35% | 26.2 | 25.2 | 25.0 | 30.7 | 25.9 |
| Saturated Fat | less than 8g | 7.7 | 7.8 | 7.9 | 8.0 | 6.8 |
| Fiber | 10g or more | 14.3 | 12.1 | 11.2 | 11.8 | 10.6 |
| Vitamin B-12 | .8ug or more | 3.0 | 1.8 | 1.9 | 2.2 | 6.8 |
| Vitamin A | 300ug RAE or more | 522.1 | 440.2 | 400.8 | 452.7 | 460.3 |
| Vitamin C | 30mg or more | 64.6 | 83.3 | 44.9 | 67.8 | 55.3 |
| Iron | 2.6mg or more | 6.8 | 4.6 | 4.3 | 4.9 | 5.4 |
| Calcium | 400mg or more | 503.5 | 601.7 | 553.1 | 544.3 | 506.3 |
| Sodium | less than 766mg | 682.5 | 764.5 | 707.6 | 755.4 | 759.1 |

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