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| 8 oz. 1% Milk Served With All Meals |  | **Wednesday 1, 2024**3.5 oz Salisbury steak1/2c LS mashed potatoes w/2oz LS Gravy1/2c green beans1.5c garden salad w/2 TBSP Light Italian Dressing1 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 beans1/2c mix veggies w/ 1 tsp margarine 1 6 in ww flour tortilla1 c chopped watermelon | **FRIDAY 3, 2024**Spaghetti(3 oz meat, 1 oz LS sauce, 1/2c noodles)1/2c peasSpinach salad(1c baby spinach, 1 TBSP cranberries, 1/4c Red onion) 2 TBSP Light Raspberry Vinaigrette1 breadstick1/2c Tapioca pudding1c Strawberries |
| **MONDAY 6, 2024**Grilled Cheese Sandwich(1 oz cheese, 2 slices WW Bread)3/4c LS Pureed broccoli soup3/4c Garden Blend Vegetables4 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 Calabacitas1/2c Creamy cucumber salad1/2c fruit cocktail | **WEDNESDAY 8, 2024**Chicken Fettuccine Alfredo(3 oz chicken, 2oz light alfredo sauce, 1/2c fettuccine noodles)1c Italian blend veggies1/2c garden salad w/ 1 TBSP Light Ranch DressingWheat roll w/ 1 tsp margarine1c Grapes  | **THURSDAY 9, 2024**Chile relleno(1 Green Chile, 1oz Cheese, 1oz Breading, 1oz Green Chile Sauce)1/2c LS pinto beans1.5 tossed salad w/ 2 TBSP Light Ranch Dressing1 flour 6in tortilla1 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 margarine1c 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 vegetables1/2c applesauce | **TUESDAY 14, 2024****Chicken with Mushroom Gravy** 3 oz Chicken breast2oz LS gravy1/3c Mushrooms1/2c LS mashed potatoes3/4c BroccoliWheat 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 rice1.5c Garden Salad w/ 2 TBSP Light French Dressing1/2c 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 butter1/2c Mandarin oranges1c 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 Potatoes1c Italian blend veggies w 1 tsp margarine1/2c 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 Dressing1/2c Unsalted beets6 LS WW crackers1c Fruit Salad  | **TUESDAY 21, 2024**GC Cheese Chicken Sandwich(3oz Chicken breast, .5oz Cheese, 1oz GC, 1 WW Bun)1/2c scalloped potatoes3/4c 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 Calabacitas3/4c 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 potatoes1/2c tomato and onion salad 1 oatmeal cookie1c 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 margarineOrange |
| **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 onionsWheat roll1/2c 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 chicken2oz Sauce1/2c steamed Brown rice1c stir Fry Vegetables 1 vegetable egg roll 1/2c mandarin oranges1 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 dressing1 slice LF Cornbread w/ 1 tsp unsalted butter 1/2c Applesauce  |

***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 | 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