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| July 1  Breakfast for Lunch  2 Scrambled Eggs  1/2c Hashbrowns w/ 1/2c peppers and onions  1oz Reduced fat Sausage  1 slice Wheat bread w/ 1 tsp margarine  1/2c Pineapple Chunks  1/2c Light Non-fat Vanilla Yogurt | July 2  Chickpea and Quinoa Taco Bowl  (1/2c Quinoa, 3/4c Chickpeas, 1/2c Pico de Gallo, (1/3c tomato, 1/8c 1/8c Avocado, red onion, lime juice cilantro, jalapeño)  1/2c Cucumber, red cabbage)  1 6in WW Tortilla  1 Oatmeal Raisin Cookie | July 3  Beef Hot Dogs w/ Red Chili and Cheese  (1oz (half hot dog) all beef frank, 1 WW bun, 2oz red chili, 0.5oz cheese)  1c Vegetable Medley w/  2 tsp margarine  1C Light Non-fat Vanilla Yogurt  1c sliced Strawberries | July 4  Closed  Independence Day | July 5  4oz Grilled Chicken  1/2c Three Cheese Mac and Cheese  1/3c Orange Baked Beans  3/4c Steamed Broccoli, 1/4c red bell pepper w/  1 tsp margarine  1c Watermelon |
| July 8  Crustless Spinach Quiche  (.5oz Cheese,1 egg, 1/2c spinach, onions, mushrooms)  1C Broccoli Normandy  6 LS WW crackers  1c Light Nonfat vanilla yogurt w/  1/2c spiced peaches | July 9  CLOSED    Kitchen Cleaning | July 10  Chicken Fajitas  (3oz chicken, 1/2c pepper and onions, 2TBSP Salsa, 1 6in flour tortilla)  1/2C LS Spanish Rice  1C Capri Vegetables  1/2c Fruit cocktail | July 11  1c Sweet and Sour Pork  (3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)  1/2c Brown Rice  1/2c Stir Fry Vegetables  1 Fortune Cookie  3/4c Mandarin Oranges | July 12  Baked Potato with broccoli and cheese  (1 baked potato, 1 tsp margarine, 1 tsp chives, 1/2c Broccoli, .5oz Cheese)  1C Caeser Salad (1c Romaine lettuce, 1/4c tomato) w/ 2 TBSP light Dressing  1/4c LS garbanzo beans  1c Light nonfat vanilla Yogurt  1/2c Berries and 3/4c LF granola w/o raisins |
| July 15  3oz Beer Battered Cod  w/ 1 TBSP Tartar Sauce  1/2c Coleslaw w/ Vinegar and Oil Dressing  1/2c Mixed Vegetables  1 WW Roll  1C Grapes | July 16  3oz Salisbury Steak  1/2c LS Mashed Potatoes w/ 2oz LS Gravy  3/48c LS Beets  1 slice WW bread  w/ 1 tsp unsalted butter  1 Chocolate Chip Cookie | July 17  3oz Chicken Wings  1c Pasta Salad  (1/2c pasta, 1/2c Vegetables)  1/2c Creamy Cucumber Salad  1 slice LF Cornbread w/ 1 tsp margarine  1/2c SF Gelatin w/ 1/2c mixed Berries | July 18  Green Chile Cheeseburger  (3oz Patty, 1oz GC, 1 WW bun, 1/2c lettuce, 2 slices tomato, .5oz Cheese)  1C Italian Blend w/  1 tsp margarine  1/2c Sweet Potatoes  1/2c Strawberry Sorbet  1C chopped cantaloupe | July 19  Chicken Divan  (3oz Diced Chicken, 1/2c Broccoli, 1oz Sauce)  1/2c Peas and Carrots  1 WW Roll w/  1 tsp margarine  1C Fruit Salad |
| July 22  Beef Soft Tacos  (1 6in flour tortilla, 3oz beef, 1/2c Lettuce and tomato, 2 TBSP salsa)  1/2c LS Refried Beans  1/2c Tomato w/  1/2c Avocado  1/2c LS Spanish Rice  1/2c Banana Pudding | July 23  3/4c Tater Tot Casserole  (3oz Ground beef, 1/4c Tater tots, 1oz sauce, 1/4c mixed vegetables)  1/2c Cauliflower  6 WW Crackers  1 Fresh Pear | July 24  3 oz Fried Catfish  2 TBSP Tartar Sauce  1/2c Scalloped Potatoes  1/2c NAS Stewed Tomatoes  1 WW Roll  1 Banana  Peanut Butter Cookie | July 25  3oz Meatloaf  1/2c Green Beans with 1 tsp Bacon Bits  1/2c Carrot Coins  1 WW Roll  1/2c Pineapple Tidbits | July 26  Grilled Chicken Salad (1.5c Romaine Lettuce, 1/4c Tomatoes, 1 HB Egg, 1/4c Onion, 2oz Chicken, 1/4c Cucumber)  w/ 2 TBSP Light Ranch Dressing  6 WW Crackers  1/2c sliced Strawberries |
| July 29  1c Vegetarian Bean Chili  (3/4c pinto, black, red, 1/4c Tomatoes)  1/2c Brussel Sprouts  1 6in Flour Tortilla  1/2c Cooked Spinach  1/2c Warm Apple slices | July 30  **Chile Day**  1c Pastel de Choclo  (3oz beef mixture, 1/2c corn mixture, 1/3c egg/raisin/olives/chicken)  Patatas Bravas  (1/2c potatoes, 2 TBSP red sauce)  1 6in Flour tortilla  1/2c Apricots | July 31  Frito Pie  (1oz Corn Chips, 2oz RC sauce, 2oz ground beef)  1/2c LS Pinto Beans  1c Zucchini w/ NAS diced Tomatoes  1/2c Mixed Fruit |  |  |

***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:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 702.1 | 839.0 | 701.2 | 700.9 | 731.5 |
| % Carbohydrates from Calories | 45-55% | 47.2 | 54.7 | 48.6 | 46.2 | 49.9 |
| % Protein from Calories | 15-25% | 22.5 | 18.8 | 22.3 | 20.5 | 20.1 |
| % Fat from Calories | 25-35% | 30.4 | 26.4 | 29.0 | 33.2 | 30.0 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.9 | 7.7 | 7.5 |
| Fiber | 10g or more | 10.9 | 10.4 | 10.2 | 10.3 | 13.3 |
| Vitamin B-12 | .8ug or more | 1.8 | 4.0 | 2.3 | 2.8 | 2.6 |
| Vitamin A | 300ug RAE or more | 336.7 | 4961.7 | 9803.7 | 452.7 | 415.2 |
| Vitamin C | 30mg or more | 77.4 | 67.2 | 73.5 | 36.6 | 32.3 |
| Iron | 2.6mg or more | 4.6 | 4.5 | 4.6 | 4.9 | 6.4 |
| Calcium | 400mg or more | 616.5 | 677.6 | 516.8 | 465.5 | 493.6 |
| Sodium | less than 766mg | 753.7 | 726.3 | 707.8 | 724.4 | 730.4 |

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 June 4, 2024