|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY JULY 1All American Burger(1bun, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c Potato Wedges1/2c LS Non creamy tomato and cucumber salad1c Watermelon1/2 slice Brownie | TUESDAY JULY 2Thai Chicken(3oz Diced .5oz sauce)1/2c Brown Rice1c Oriental Vegetables1/2c Mandarin Oranges  | WEDNESDAY JULY 36 ounces Eggplant Parmesan (1 slice eggplant/breading/parm cheese,/herbs), 2oz No added salt marinara Sauce, .5 ounces mozzarella cheese) 1c Capri Vegetables1/2c LS Garbanzo Beans1 wheat Roll w/ 1 tsp unsated butter 1/2c Plums1/2c Light nonfat Vanilla Yogurt | THURSDAY JULY 4CLOSED HOLIDAY | FRIDAY JULY 5Cabbage Roll1 pc cabbage, 3oz Lean Ground Beef, 1oz Rice, 1oz Tomato Sauce)1/2c Garlic Noodles (1/2c Noodles w/ ½ tsp minced garlic, 1 tsp olive oil)1c California Blend Vegetables 1/2c Cantaloupe |
| MONDAY JULY 8Honey Mustard Chicken(3oz Chicken thigh, 1tsp honey mustard Sauce)1/2c Yams1c No added salt French style green BeansWheat roll1/2 c Spiced Peaches  | TUESDAY JULY 91c Chili(3oz Beef, 4oz beans, tomatoes, 1oz Sauce)1 slice Cornbread 1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c Pears  | WEDNESDAY JULY 103oz Lean Braised Pork1c Oriental Vegetables1/2c LS Brown Rice Pilaf1.5c Tossed Salad w/ 2 TBSP Light Ranch DressingWheat roll w/ 1 tsp unsalted butter1c Fruit salad | THURSDAY JULY 11Taco Salad1oz tortilla chips, 1c Lettuce and tomato, 3oz ground beef, no cheese, 2 TBSP salsa)1/2c LS Pinto Beans1/2c Roasted Zucchini 1/2c Diced Mango  | FRIDAY JULY 12Open faced Tureky Sandwich(3oz Turkey Slices, 1 slices wheat bread1/2c LS Mashed Potatoes & 2 oz LS Gravy1/2c Carrots w/ 1 tsp unsalted butter 1c Grapes |
| MONDAY JULY 153/4c LS Red Beans & 1/2c White Rice1c Stewed Okra w/ Tomatoes and onions1 sl. Cornbread1/2c Lemon Pudding | TUESDAY JULY 16Chicken Taco(1 6 in flour tortilla ,3oz Chicken, 1/2c lettuce and tomato, .5 oz Cheese, 2 TBSP Salsa)1/2c LS Black Beans1/2c Scandinavian Vegetables1/2c Apricots | WEDNESDAY JULY 17Pork Riblet Sandwich(3oz Lean LS Boneless Country style Ribs, 1 bun, 1/2c Coleslaw w/1 TBSP Dressing)4 oz Sweet Potato Fries1/2c LS 3 bean salad 1c Tropical Fruit salad  | THURSDAY JULY 18Chicken Cacciatore(3oz Chicken Breasts, 2oz Sauce)1/2c LS Roasted Broccoli1/2c LS Roasted TomatoesWheat Roll1/2c Pineapple  | FRIDAY JULY 198oz LS Beef Barley Soup(3oz Beef, 1/3c Barley, 1oz Vegetables)1.5c Tossed Salad w/ 2 TBSP Light Italian DressingWheat Roll1/2c Mixed Fruit  |
| MONDAY JULY 22 Classic Chicken salad(3oz chicken, 1/4c celery & onions, 2 slices wheat bread, 1/2c lettuce)1c Mediterranean Vegetables1oz Multigrain Chips1 Banana  | TUESDAY JULY 23Breakfast Quiche(1 egg, 1/2c hashbrowns, 1oz Cheese, 1/4c onions, 1/4c mushrooms)1/2c spinach1 mini Bagel 1/2c mixed Berries 1c light nonfat vanilla yogurt | WEDNESDAY JULY 241-Pork Tamale(1.5oz Pork 1/4 c Masa, 1/4c Red chile Sauce)1/2c LS Pinto beans1/3c LS Spanish rice1c Yellow squash and 1/2c NAS tomatoes1c strawberries  | THURSDAY JULY 25Swedish Meatballs(3oz meatballs, 1/4c Sauce, 1/2c Egg Noodles)1/2c Glazed Carrots1/2c Asparagus1/2c SF gelatin w/ 1/2c Apricots  | FRIDAY JULY 264oz Orange Chicken(3oz Chicken, 1oz Sauce)1/2c Brown Rice1c Stir Fry Vegetables1/2c Mandarin oranges &1/2c Pineapple  |
| MONDAY JULY 29 1c Maque Choux(3oz Lower Sodium Chicken Sausage, 1/4c Onion, 1/4c R. Bell, 1/4c G. Bell, 1/4c Corn, 1oz Sauce)1sl LF Cornbread, 1tsp Margarine1/2c Peaches | TUESDAY JULY 301c Posole w/Pork(3oz Pork, 1oz Red Chile, 1/2c Hominy)1c Garden Blend Veg. 1 tsp margarine 1 6 in Flour Tortilla w/ 1 tsp margarine 1 Pear | WEDNESDAY JULY 31Chicken Wrap(3oz Grilled LS Chicken Breast,1/2c Lettuce and Tomato,1oz. Cheese, 1 8 in WW Tortilla)1/2c Roasted Brussel Sprouts3/4c Pasta Salad (1/4c, 1/2c Vegetables)1/2c Chocolate pudding  | Thursday 28, 2023 | Friday 29, 2023 |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 700 or more | 739.9 | 723.7 | 804.7 | 757.8 | 722.1 |
| % Carbohydrates from Calories | 45-55% | 55.2 | 48.0 | 51.0 | 49.5 | 49.9 |
| % Protein from Calories | 15-25% | 19.6 | 21.8 | 20.0 | 21.1 | 24.8 |
| % Fat from Calories | 25-35% | 25.2 | 30.2 | 29.0 | 29.4 | 25.3 |
| Saturated Fat | less than 8g | 7.7 | 7.8 | 7.4 | 7.9 | 6.7 |
| Fiber | 10g or more | 10.9 | 10.8 | 13.8 | 10.5 | 10.5 |
| Vitamin B-12 | .8ug or more | 1.8 | 2.5 | 2.4 | 2.1 | 1.7 |
| Vitamin A | 300ug RAE or more | 339.1 | 573.4 | 501.2 | 371.0 | 371.0 |
| Vitamin C | 30mg or more | 44.9 | 41.1 | 77.6 | 41.5 | 59.7 |
| Iron | 2.6mg or more | 5.1 | 4.9 | 6.1 | 5.1 | 4.2 |
| Calcium | 400mg or more | 518.5 | 461.8 | 518.0 | 530.3 | 541.7 |
| Sodium | less than 766mg | 760.2 | 757.2 | 766.8 | 756.1 | 721.9 |

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 5, 2024