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| All Meals served with 8 oz. 2% milk. |  |  |  |  |
| MONDAY 3, 2024Sloppy Joes(3 oz. Beef, 1 Bun, 1/2c peppers, onions)1.5c Tossed Salad w/ 2 TBSP light Italian Dressing1/2c Green Beans 1c Watermelon  | TUESDAY 4, 20241c Sweet & Sour Pork(3oz pork, 1/2c onions, peppers, green onions, 1 tsp sesame seeds) 1/2c brown Rice1c Stir Fry Vegetables & sugar snap peas Orange  | WEDNESDAY 5, 20243 oz. Swedish Meatballs(2oz LS Gravy w/ 1/2c Mushrooms, 1/2c Egg Noodles)1/2c unsalted beets1/2c carrots Wheat roll 1c Chopped Cantaloupe | THURSDAY 6, 20243 oz. LS Herbed Roasted Chicken Breast3/4c LS Roasted vegetables (sweet potatoes, Brussel sprouts, granny smith, apples, & olive oil, garlic, rosemary, thyme)1/2c Sliced Tomato1 WW Roll w/ 1 tsp. Margarine1 sl. SF Angel Food Cakew/ 1/2c spiced peaches | FRIDAY 7, 20243 oz. Roast Beef w/ 2oz LS gravy 1/2c Mashed Potatoes1/2c Carrots, 1/2c Celery and onions 1 WW Roll w/ 1 tsp. MargarineFresh Pear   |
| MONDAY 10, 20243 oz. Cajun Fish2 TBSP tartar sauce and lemon slice 1/2c LS Black eyed peas1c Cauliflower & Broccoli 1 Wheat roll w/ 1 tsp. Margarine1c Fruit Salad  | TUESDAY 11, 2024Beef Fajitas(3oz beef, 1/2c peppers& onions, 2 TBSP Salsa)1/2c Black Beans1/2c LS Spanish Rice1 6in Flour Tortilla1/2c Diced Mango  | WEDNESDAY 12, 20244oz BBQ Chicken(3oz Chicken breast, 1oz BBQ sauce)1/3c Fried Okra1c Chateau blend vegetables 1 Wheat Roll w/ 1 tsp. Margarine1/2c Mixed Fruit  | THURSDAY 13, 20244 oz. Pork Chop 1/2c Brown Rice Pilaf w/ 1/2c Mushrooms 1/2c Spinach w/ 1 tsp margarine 1 Wheat roll w/ 1 tsp. Margarine1/2c unsweetened applesauce  | FRIDAY 14, 20244 oz. Meatloaf1/2c LS Mashed Potatoes2oz LS Gravy1c Vegetable Medley1 WW Roll w/ 1 tsp. Margarine1c Tropical Fruit |
| MONDAY 17, 20245oz Carne Adovada( pork w/ red chile sauce)(3oz Pork, 2oz RC sauce)1/2c LS Pinto Beans1/2c Calabacitas 1 6in Tortilla1/3c Lemon Pudding1c Grapes  | TUESDAY 18, 20241c Beef Stew(3 oz Beef, 1 oz. Sauce, 1/4c Carrots, 1/4c Potatoes)1/2c Stewed red cabbage and beets, 1 slice reduced sodium bacon)1 Wheat roll w/ 1 tsp. Margarine1 Baked Apple slices  | WEDNESDAY 19, 20243 oz. Chicken Strips1/2c LS Herb Roasted Red Potatoes 1/2c LS Three Bean Salad WW Roll w/ 1 tsp. Margarine3/4c Mandarin Orange | THURSDAY 20, 20241/2c Spaghettiw/ 6oz Meat Sauce(3oz NAS Marinara Sauce, 3oz beef)1 Wheat roll w/ 1 tsp margarine 1c Italian Blend Vegetables1c Chopped Cantaloupe  | FRIDAY 21, 2024GC Chicken Sandwich (1 bun, 3oz Grilled/baked chicken, 2 TBSP GC, .5oz GC)1/2c Sweet Potato1/2c LS Roasted Cauliflower1 Oatmeal Cookie |
| MONDAY 24, 2024Taco Burger(3 oz. Beef patty, 1 tsp LS taco Seasoning), .5 oz. Cheese, 1 12in Tortilla, 1/2c Lettuce & Tomato, 2 TBSP salsa)3/4c Broccoli 1/3c Peas1c Strawberries | TUESDAY 25, 20243 oz. Chicken Fried Steak w/ 1 oz LS Country Gravy 1/2c LS Parsley Potatoes1/2c Brussel Sprouts Wheat rollw/ 1 tsp. Margarine1/2c SF gelatin w/ 1/2c Banana | WEDNESDAY 26, 2024Chicken Tacos(3oz chicken,1 6in flour tortilla, 1/2c lettuce and tomato, 2 TBSP salsa)1/3c Corn Salsa1c Zucchini w/ NAS diced tomatoes3/4c Pineapple Chunks  | THURSDAY 27, 2024Chile Relleno(1GC, 1oz Cheese, 1oz Breading)1/2c LS Pinto Beans1/2c LS Spanish Rice1c Chateau Blend vegetables 1/2c Diced mango | FRIDAY 28, 20243oz LS Herbed Cod2 TBSP Tartar Saucec Wild/brown rice1/2c Carrots 1.5c Tossed Salad w/ 2T Light Italian Dressing1 Wheat Roll w/ 1 tsp. Margarine1 Orange |

***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:****5** |
| Calories | 700 or more | 719.5 | 711.0 | 718.9 | 704.7 | n/a |
| % Carbohydrates from Calories | 45-55% | 50.9 | 49.9 | 416.0 | 50.2 |  |
| % Protein from Calories | 15-25% | 22.1 | 21.5 | 24.9 | 22.6 |  |
| % Fat from Calories | 25-35% | 27.0 | 28.6 | 29.1 | 27.2 |  |
| Saturated Fat | less than 8g | 8.0 | 7.8 | 8.0 | 8.0 |  |
| Fiber | 10g or more | 10.2 | 10.6 | 10.0 | 13.4 |  |
| Vitamin B-12 | .8ug or more | 3.0 | 2.3 | 2.6 | 2.3 |  |
| Vitamin A | 300ug RAE or more | 674.9 | 315.7 | 496.9 | 541.2 |  |
| Vitamin C | 30mg or more | 73.2 | 50.5 | 54.5 | 118.9 |  |
| Iron | 2.6mg or more | 5.6 | 5.0 | 5.1 | 5.2 |  |
| Calcium | 400mg or more | 449.7 | 432.8 | 443.4 | 513.5 |  |
| Sodium | less than 766mg | 625.3 | 687.4 | 719.2 | 729.9 |  |

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 May 9, 2024