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| **MONDAY, JULY 1**1c Burrito Bake(1 6in Flour Tortilla, 3oz ground beef, 2TBSP salsa, 1/2c LS pinto beans, .5oz cheese) 1c Zucchini and NAS Diced Tomatoes 1/2c Diced Mango & 1/2c Pineapple  | **TUESDAY, JULY 2**3oz LS Baked Pork Chopw/ 2oz LS Gravy1/2c Bell Pepper,Cucumber, and Chickpea Salad3/4c Broccoli1 WW Roll1 Banana | **WEDNESDAY, JULY 3**BBQ Chicken3oz Chicken Breast, 2 TBSP BBQ Sauce3/4c Green Beans 1/2c LS Potato Salad3/4c Tossed salad w/ 1 TBSP light Italian Dressing1 WW Roll1c Fruit Salad | **THURSDAY, JULY 4****CLOSED****HAPPY 4TH OF JULY!** | **FRIDAY, JULY 5**Breakfast for Lunch2 scrambled eggs1/2c Hashbrowns, 1/2c Peppers and onions, 2 TBSP Salsa Wheat bread toasted w/ 1 tsp margarine  1/2c Light nonfat yogurt1c Blueberries |
| **MONDAY, JULY 8**Chicken Fettuccine Alfredo(4 oz diced chicken, 1oz light alfredo sauce, 1/2c fettuccine noodles)1c Italian blend veggies 1.5c garden salad w/ 2 TBSP Light Italian Dressing4 LS WW crackers 1C Grapes | **TUESDAY, JULY 9**Sloppy Joe(3 oz ground beef, 1oz sauce, 1 WW bun, 1/2c Peppers and onions)1/2c NAS Baked French Fries 1/2c LS Three Bean Salad1/2c Apricots | **WEDNESDAY, JULY 10**Green Chile Chicken Enchiladas (2 corn tortillas, 1oz cheese, 3oz Chicken, 1oz Green Chile Sauce, 1/2c lettuce and tomato) 1/2c LS Pinto Beans 1/2 Yellow Squash1/2 slice SF Angel Food Cake w/ 1/2c Strawberries | **THURSDAY, JULY 11**Open Faced Turkey Sandwich(2oz Turkey, 1 slice WW bread, 1oz LS gravy)1/3c LS mashed potatoes w/ 1 oz LS gravy1c Capri BlendOrange 1/2c Light Nonfat Vanilla yogurt  | **FRIDAY, JULY 12**Garden Salad w/ Grilled Chicken (3oz Chicken breast , 1c romaine lettuce, 1/4c tomato, 1/4c cucumber, 1/8c carrots, 1/2c chickpeas, 2 TBSP Light Ranch dressing)1 WW Roll w/ 1 tsp unsalted butter 1/2c Fruit Cocktail  |
| **MONDAY, JULY 15**Sausage w/ peppers and Onions(1oz polish sausage, 1/2c peppers and onions)1/2c LS Herb roasted potatoes1 WW rollSpinach Salad(1c Spinach, 2 TBSP Cranberries, 1/4c Red onion, 2 TBSP Light Ranch Dressing)1c Light nonfat Vanilla yogurt | **TUESDAY, JULY 16**Bean and Cheese Burrito(3/4c LS pinto beans, .5oz cheese, 1 8in WW flour tortilla, 2oz red Chile sauce)1.5c Garden Salad w/ 2 TBSP Light Italian Dressing 3/4c sliced Apples | **WEDNESDAY, JULY 17**3oz LS Lemon Herb Cod1oz LS Cucumber Dill Sauce1/2c LS Brown Rice Pilaf 1/2c Asparagus w/ 1 tsp margarine1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1c Tropical Fruit Salad  | **THURSDAY, JULY 18**Chicken Fajitas(3 oz. Chicken, 1/2c Peppers and Onions, 1 6in WW Tortilla, 2 TBSP salsa)1/2s LS Spanish Rice1c Vegetable Medley w/ 1 tsp unsalted butter 1/2c Pears   | **FRIDAY, JULY 19**3oz LS Herb Port Chop2oz LS Gravy3/4c Carrots1/2c LS Potato SaladWheat roll 1c Watermelon  |
| **MONDAY, JULY 22**Shepherd’s Pie(3oz ground beef, 1/2c carrots and peas, 1oz LS gravy, 1/4c LS mashed potatoes)1.5c Tossed Salad w/ 2 TBSP Light ranch Dressing WW Roll1c Fresh Fruit Salad | **TUESDAY, JULY 23**Orange Chicken3oz Chicken w/ 1oz sauce1/2c Brown Rice1c Stir Fry Veggies1 Fortune cookies 1/2c Pineapple Chunks | **WEDNESDAY, JULY 24**Taco Salad(1oz tortilla chips, 3oz beef, 1c romaine lettuce, 1/2c tomatoes, 1/8c onion, 2 TBSP salsa, 2 TBSP light Ranch)1/2c LS pinto beans1c Chopped Cantaloupe  | **THURSDAY, JULY 25**Pasta Salad w/ Chicken(3 oz diced chicken, 1/2c mixed vegetables, 1/2c WW elbow pasta)1/2c spinach 1/2c Tomato wedges 1/2c Light NF Vanilla yogurt1/2c Cherries  | **FRIDAY, JULY 26**Hamburger(1 ww bun, 3oz beef patty, 2 slices tomato, 1 slice onion)1/2c Coleslaw (vinegar based dressing)1C Three Sisters Salad1c Strawberries and Bananas |
| **MONDAY, JULY 29**3oz Chicken Breast2 oz LS Gravy1/2c Scalloped Potatoes1/2c Roasted Brussels Sprouts1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1 WW roll1/2C Pineapple | **TUESDAY, JULY 30**Spaghetti(3oz ground turkey, 1/2c spaghetti, 2oz NAS Marinara sauce)1C Italian blend veggies 1.5C garden salad w/ 2 TBSP light Italian dressing1 WW Roll 1/2c fruit cocktail | **WEDNESDAY, JULY 31**1c RC Pork Posole**(**3oz pork, 1/2c hominy, 1/4c red Chile)1 6in tortilla1C zucchini and yellow squashBanana |  |  |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 700 or more | 704.8 | 717.1 | 702.2 | 758.0 | 723.0 |
| % Carbohydrates from Calories | 45-55% | 48.5 | 50.4 | 50.6 | 47.8 | 48.0 |
| % Protein from Calories | 15-25% | 22.4 | 24.3 | 19.4 | 22.9 | 21.9 |
| % Fat from Calories | 25-35% | 29.1 | 25.2 | 30.0 | 29.3 | 30.1 |
| Saturated Fat | less than 8g | 8.0 | 7.7 | 7.9 | 8.0 | 8.0 |
| Fiber | 10g or more | 11.3 | 10.3 | 11.5 | 11.5 | 10.3 |
| Vitamin B-12 | .8ug or more | 2.2 | 2.0 | 1.7 | 2.8 | 1.9 |
| Vitamin A | 300ug RAE or more | 307.7 | 457.7 | 635.7 | 597.2 | 520.0 |
| Vitamin C | 30mg or more | 65.1 | 52.8 | 69.0 | 67.2 | 43.8 |
| Iron | 2.6mg or more | 4.8 | 4.2 | 4.1 | 5.7 | 4.5 |
| Calcium | 400mg or more | 499.6 | 493.8 | 498.9 | 473.3 | 466.0 |
| Sodium | less than 766mg | 740.4 | 761.2 | 738.9 | 613.1 | 753.6 |

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 27, 2024