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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 Chop  w/ 2oz LS Gravy  1/2c Bell Pepper,  Cucumber, and Chickpea Salad  3/4c Broccoli  1 WW Roll  1 Banana | **WEDNESDAY, JULY 3**  BBQ Chicken  3oz Chicken Breast, 2 TBSP BBQ Sauce  3/4c Green Beans  1/2c LS Potato Salad  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  1 WW Roll  1c Fruit Salad | **THURSDAY, JULY 4**  **CLOSED**  **HAPPY 4TH OF JULY!** | **FRIDAY, JULY 5**  Breakfast for Lunch  2 scrambled eggs  1/2c Hashbrowns, 1/2c Peppers and onions, 2 TBSP Salsa  Wheat bread toasted w/ 1 tsp margarine  1/2c Light nonfat yogurt  1c 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 Dressing  4 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 Salad  1/2c 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 Squash  1/2 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 gravy  1c Capri Blend  Orange  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 potatoes  1 WW roll  Spinach 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 Cod  1oz LS Cucumber Dill Sauce  1/2c LS Brown Rice Pilaf  1/2c Asparagus w/ 1 tsp margarine  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1c 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 Rice  1c Vegetable Medley w/ 1 tsp unsalted butter  1/2c Pears | **FRIDAY, JULY 19**  3oz LS Herb Port Chop  2oz LS Gravy  3/4c Carrots  1/2c LS Potato Salad  Wheat 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 Roll  1c Fresh Fruit Salad | **TUESDAY, JULY 23**  Orange Chicken  3oz Chicken w/ 1oz sauce  1/2c Brown Rice  1c Stir Fry Veggies  1 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 beans  1c 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 yogurt  1/2c 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 Salad  1c Strawberries and Bananas |
| **MONDAY, JULY 29**  3oz Chicken Breast  2 oz LS Gravy  1/2c Scalloped Potatoes  1/2c Roasted Brussels Sprouts  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1 WW roll  1/2C 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 dressing  1 WW Roll  1/2c fruit cocktail | **WEDNESDAY, JULY 31**  1c RC Pork Posole  **(**3oz pork, 1/2c hominy, 1/4c red Chile)  1 6in tortilla  1C zucchini and yellow squash  Banana |  |  |

***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