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| --- | --- | --- | --- | --- |
|  |  | 1.  BBQ CHICKEN  (3oz Chicken, 1 TBSP BBQ Sauce)  1/2c Fried Okra  1/2c Corn w/ 1/2c Red bell peppers  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  1 slice LF Cornbread w/ 1 tsp margarine, 1 TBSP Honey  1c Watermelon | 2.  MUSHROOM BURGER  (1 bun, 3oz Beef, 1oz Swiss Cheese, 1/3c Mushrooms, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c NAS Baked French Fries  3/4c Cucumber, tomato and Onion salad  1/2c Banana/Strawberries w/ 1/2c SF Gelatin | 3.  1c GREEN Chile CHICKEN ENCHILADAS  (1oz GC, 1oz Cheese, 3oz Chicken, 2 corn tortilla) 1/2c LEMON SAUTEED SPINACH  1/2c CAULIFLOWER RICE  1c Blueberries w/ 1 TBSP whipped topping |
| 6.  SALISBURY STEAK/BROWN GRAVY & MUSHROOMS  (3oz Salisbury Steak, 2oz LS Brown Gravy, 1/2c Mushrooms)  1/2c Noodles  1/2c Broccoli Spears  WW Roll  1/2c Apples in 1/4c Crisp | 7.  SAUSAGE PIZZA  (1oz Crust, 1oz Sauce, 1oz Mozzarella Cheese, 1oz Sausage, 1/4c Peppers and onions)  1/2c Sliced Cucumbers  1/2c Sliced Tomatoes or Tomato Wedges  1/2c Light vanilla nonfat yogurt  1/2c Pear Halves | 8.  CHICKEN FAJITA’S  (6in Flour Tortilla, 3oz Chicken, 1/2c Peppers and onion, 2 TBSP salsa)  1/2c black beans & Cilantro w/ 1 tsp Lime unsalted butter  1/2c Zucchini  1/2c Mango w/ Mint | 9.  1c Meat LASAGNA  (3oz Beef, 1/2c Lasagna, 1oz Cheese, 1oz Sauce)  3/4c Green beans and 1/4c Pearl Onions  1.5c Garden Salad w/ 2 TBSP Light Italian Dressing  4 LS WW Crackers  1/2c Mandarin Oranges | 10.  1c CHILI & PINTO BEANS  (3/4c LS Pinto Beans, 1/4c RC)  1.5c GARDEN SALAD w/ 2 TBSP Light Ranch dressing  1 slice MEXICAN CORNBREAD 1 slice SF Angel Food cake, 1/2c Apricots, w/ 2 TBSP whipped topping |
| 13.  3oz Baked CHICKEN WINGS  1/2c LS POTATO SALAD 1/2c SPINACH WW ROLL  1c Fruit Salad | 14.  1c TACO SOUP  (3oz beef, 1/2c red beans/hominy/onions/diced tomatoes)  1.5c TOSSED SALAD w/ 2 TBSP light Ranch Dressing  1 slice LF Cornbread w/ 1 tsp unsalted butter 3/4c CINNAMON ORANGE wedges | 15.  Tuna Salad Sandwich  (1/2c Tuna salad, WW roll, 1/2c Lettuce, 1 slice Tomato)  1/2c BUTTER BEANS 1/2c CARROT COINS 1/2 slice Cherry SPONGE Cake | 16.  2oz KEILBASA  Baked Potato w/ 1/2c Light nonfat plain yogurt  1c YELLOW squash and NAS Diced TOMATOES  WW BREAD w/ 1 tsp unsalted butter 1/2c PINEAPPLE and 1/2c banana | 17.  3oz CHICKEN FRIED STEAK  1/2c LS SCALLOPED Potatoes  3/4c GREEN BEANS Wheat Roll 1 slice Lemon Pound cake, 1/2c Peaches, 2 TBSP whipped topping |
| 20.  GC Cheeseburger  (1oz GC, .5oz Cheese, 3oz patty, 1 bun, 1/2c lettuce, 2 slices tomatoes, 1 slice onion)  1/3c WAFFLE FRIES  1c Vegetable medley  1c Whole strawberries | 21.  TACO  (1 6in Flour Tortilla, 3oz Beef, 1/2c Lettuce and tomato, 2 TBSP Pico de Gallo)  1/2c LS Pinto Beans  1c Chateau Blend Vegetables 1/2c SPICED Apples | 22.  GARLIC CHICKEN PIZZA  (1oz Crust, 3oz Diced Chicken, 1oz Garlic Alfredo Sauce, 1oz mozz. Cheese)  1c Italian blend vegetables  4 LS WW crackers  1/2c Mixed Fruit | 23.  4oz MEATLOAF 1/2c BRUSSLES SPROUTS 1/2c BAKED SWEET POTATO  WW ROLL 1c FROZEN TROPICAL Fruit | 24.  3oz FRIED CATFISH  2 TBSP tartar Sauce 1/2c PICNIC MARINATED SUMMER SLAW  1/2c LS LF Broccoli salad  1 slice LF Cornbread 1 Fresh Pear |
|  | 28.  1c LS BEEF STEW  (3oz Beef, 1/2c Vegetables)  1/2c CABBAGE 1/2c BEETS 1 slice LF CORNBREAD w/ 1 tsp unsalted butter  3/4c Fruit cocktail | 29.  TERIYAKI CHICKEN  (3oz Diced Chicken, 1oz Teriyaki sauce)  1c LS Brown RICE PILAF 1c MEDITERANIAN VEGETABLES w/ 1 tsp unsalted butter  1/2c Mandarin orange w/ 1/2c SF Gelatin | 30.  BBQ Pork Sandwich  (1bun, 3oz Pork, 1oz BBQ sauce)  1/2c LS Three Bean Salad  3/4c Broccoli Spears w/ 1 tsp margarine  Banana | 31.  1c CHILE RELLONO CASEROLE  (1oz crust, 1oz Cheese, 1/2c Green Chile) 1/2c LS PINTO BEANS 1c Catalina Salad  (1oz corn Chips, 2 TBSP Catalina Dressing, 1c romaine lettuce, 1/4c onions, .5oz cheese,  1/2c Diced Mango |

***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:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 450 or more | 761.7 | 738.8 | 708.4 | 736.5 | 705.4 |
| % Carbohydrates from Calories | 45-55% | 48.9 | 51.7 | 49.9 | 49.3 | 51.6 |
| % Protein from Calories | 15-25% | 25.0 | 20.7 | 21.2 | 21.0 | 23.0 |
| % Fat from Calories | 25-35% | 26.1 | 27.6 | 28.8 | 29.7 | 25.4 |
| Saturated Fat | less than 8g | 7.9 | 7.9 | 7.6 | 8.0 | 7.8 |
| Fiber | 10g or more | 10.3 | 12.7 | 10.1 | 10.9 | 11.5 |
| Vitamin B-12 | .8ug or more | 2.5 | 2.2 | 2.5 | 2.9 | 2.4 |
| Vitamin A | 300ug RAE or more | 601.3 | 466.9 | 567.9 | 454.4 | 529.2 |
| Vitamin C | 30mg or more | 99.6 | 52.9 | 44.1 | 66.8 | 50.4 |
| Iron | 2.6mg or more | 5.4 | 5.4 | 5.6 | 5.1 | 4.5 |
| Calcium | 400mg or more | 623.9 | 561.2 | 539.7 | 510.0 | 578.7 |
| Sodium | less than 766mg | 762.5 | 756.1 | 765.0 | 690.8 | 751.5 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the breakfast calorie level of 450 calories or more. 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 April 24, 2024