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|  |  |  | **Thursday, June 1st****1/2c Vinaigrette Coleslaw****2 svg Shrimp Tacos w/ 3 oz meat and 2 corn tortillas****1 svg Pico de Gallo w/ Avocado****1/2c Rice Pilaf****1/2c Green Beans****1 Pear**  | **Friday, June 2nd****1 svg Garden Salad****1 svg Hot Turkey Sandwich w/ 3 oz meat and 2 sl bread****1/2c Mashed Potatoes****3/4c Peas****1 Chocolate Chip Cookie** |
| **Monday, June 5th****1 svg Garden Salad****1 svg Chicken Scampi w/ 3 oz meat****1/2c Fettuccine** **1/2c Mixed Vegetables****1 sl French Bread****3/4c Honeydew** | **Tuesday, June 6th****1/2c Spinach Salad w/ Egg****4.8 oz Meatloaf****1/2c Mashed Potatoes****1/2c Green Beans****1 Whole Wheat Roll****1 pc Apple Crisp** | **Wednesday, June 7th** **1c Cucumber Salad****3/4c Sweet and Sour Pork****1/2c Rice****1/2c Oriental Vegetables****1 Dinner Roll****1 Banana** | **Thursday June 8th****1c Tossed Salad****4.6 oz Beef Tips****1/2c Egg Noodles****1/2c Chuckwagon Corn****1 Whole Wheat Roll****1 sl Cake** | **Friday June 9th****1c Lettuce and Tomato****4 oz Chile Relleno****3/4c Sopa****1/2c Pinto Beans****1 Flour Tortilla** **1 3/4c Watermelon** |
| **Monday, June 12th** **1 svg Garden Salad****1 svg Spaghetti w/ 3 oz meat sauce****1/2c Green Beans w/ Almond****1 sl French Bread****3/4c Cantaloupe** | **Tuesday, June 13th****1/2c Summer Salad****1 svg Salisbury Steak w/ 3 oz meat and Mushrooms****1/2c Mashed Potatoes****1/2c Baby Carrots****1 Whole Wheat Roll****1 Pear** | **Wednesday, June 14th****1c Lettuce & Tomato****1 svg. Green Chile Chicken Enchilada Casserole w/ 3 oz meat****1/2c Spanish Rice****1/2c Pinto Beans****1 pc Peach Cobbler** | **Thursday, June 15th****1/2c Beet & Onion Salad****1 Egg Salad Sandwich w/ 3 med eggs****6 Low Sodium Crackers****1/2c Tomato Slices****1/2c Cucumbers****1 Chocolate Chip Cookie** | **Friday, June 16th****1/2c Carrot and Raisin Salad****1 svg Braised Pork Chops w/ 3 oz meat****1/2c Yams****1 Whole Wheat Roll****1/2c Mixed Vegetables****1 Apple** |
| **Monday, June 19th** **CLOSED** | **Tuesday, June 20th** **1/2c Vinaigrette Coleslaw****3 oz. Crab Cakes****1 Whole Wheat Roll****1/2c Saffron Rice****1/2c Seasoned Spinach****1 Chocolate Chip Cookie** | **Wednesday, June 21st** **1c Carrot and Raisin Salad****3 oz Baked Fish****1/2c Dill Potatoes****1/2c Green Beans****1 Whole Wheat Roll****1/2c Pears** | **Thursday, June 22nd****1c Spinach Salad w/ Egg****1c Beefaroni w/ 3 oz meat and 5 oz pasta and sauce****1/2c Corn****1/2c Oven Roasted Potatoes****1 pc Peach Cobbler** | **Friday, June 23rd****1c Lettuce and Tomato****1 Bean and Cheese Burrito w/ 3/4c beans, 1 oz cheese, and flour tortilla****2 T Green Chile Salsa****1/2c Spanish Rice****1c Cantaloupe**  |
| **Monday, June 26th****1 Hot Dog w/ 3 oz meat and bun****1/2c Oven Roasted Potatoes****1/2c Mixed Vegetables****1c Apricots** | **Tuesday, June 27th****1/2c Cilantro and Corn Salad****1 Quesadilla w/ 3 oz meat and 2 oz cheese****1/2c Spanish Rice****1c Baby Carrots****1c Yogurt w/ Fruit** | **Wednesday, June 28th****1/2c Macaroni Salad****1/2c Chicken, Cranberry, and Pecan Salad w/ 3 oz meat****1 Whole Wheat Roll****1/2c Tomato Slices****3/4c Cantaloupe** | **Thursday, June 29th****1c Lettuce and Tomato****1 Taco Salad w/ 3 oz meat and 1 oz Tortilla Chips****1/2c Pinto Beans****1/2c Spanish Rice****1c Strawberries** | **Friday, June 30th****1 svg Garden Salad****6.96 oz Spinach Lasagna****1/2c Winter Mix Vegetables****1 sl French Bread****1/2c Ambrosia Salad** |

***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:****2** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** |
| Calories | 700 or more | 756 | 816 | 730 | 745 | 703 |
| % Carbohydrates from Calories | 45-55% | 45.7% | 50.1% | 53.1% | 53.7% | 54.5% |
| % Protein from Calories | 15-25% | 19.4% | 21.5% | 19% | 17% | 18.7% |
| % Fat from Calories | 25-35% | 34.8% | 28.5% | 27.9% | 29.2% | 26.8% |
| Saturated Fat | less than 8g | 6.06g | 7.85g | 7.14g | 6.45g | 7.43g |
| Fiber | 10g or more | 10.41g | 10.07g | 11.73g | 10.24g | 11.06g |
| Vitamin B-12 | .8ug or more | 2.1ug | 2.3ug | 2.1ug | 2.4ug | 1.9ug |
| Vitamin A | 300ug RAE or more | 480ug | 545ug | 575ug | 697ug | 504ug |
| Vitamin C | 30mg or more | 68mg | 57mg | 51mg | 53mg | 71mg |
| Iron | 2.6mg or more | 4.2mg | 6.3mg | 5.3mg | 5.8mg | 4.5mg |
| Calcium | 400mg or more | 504mg | 541mg | 520mg | 474mg | 594mg |
| Sodium | less than 766mg | 666mg | 753mg | 693mg | 764mg | 731mg |

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