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| --- | --- | --- | --- | --- |
| **8 oz. 2% milk served with meals as available** |  | **WEDNESDAY, MAY 1**  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  3/4c Chicken Broccoli Noodle Bake  (3oz Chicken, 1/4c Broccoli, 1/4c Pasta, 1oz Sauce)  Wheat bread w/ 1 tsp margarine  3/4c Tropical Fruit Salad | **THURSDAY, MAY 2**  1c Vegetable medley w/ 1 tsp margarine  1c Beef Stew  (3oz beef, 1/2c Vegetables)  1 Irish Soda Bread w/ 1 tsp margarine  3/4c Fruit Salad | **FRIDAY, MAY 3**  **CLOSED** |
| **MONDAY, MAY 6**  Pasta Primavera  (1/2c Pasta, 1c Vegetables (yellow squash, carrots, bell peppers, onion, grapes tomatoes, garlic, oregano), .5oz Parm Cheese, 2 TBSP olive oil)  1c Tossed Salad w/ 2 TBSP Light Ranch Dressing, 1/2c LS Garbanzo Beans  1/2c Fruit Cocktail  1/2c Light vanilla nonfat yogurt | **TUESDAY, MAY 7**  1c Jambalaya  (1/2c white rice, 1oz sausage, 1oz Chicken, 1oz Shrimp, 1/2c peppers, diced tomatoes, onions, celery, 1/4c LS Broth)  1c Broccoli and Cauliflower  1 slice LF Cornbread  1/2c Peaches | **WEDNESDAY, MAY 8**  Tuna Noodle Casserole  (3oz tuna, 1/2c peas and carrots, 1/2c Noodles)  1c Tossed Salad w/ 2 TBSP Light Ranch Dressing  Orange | **THURSDAY, MAY 9**  Beef Quesadilla  (2oz Lean Beef steak, .5oz cheese  1 6-in tortilla)  1/2c LS black beans  1/2c Calabacitas  Fresh pear  1/2c Light Vanilla nonfat yogurt | **FRIDAY, MAY 10**  **CLOSED** |
| **MONDAY, MAY 13**  2oz Italian Sausage  1/2c peppers & onions  1/2c Tomato and onion salad  Wheat Roll w/ 1 tsp margarine  1/2c Light nonfat Vanilla Yogurt  1/2c Strawberries | **TUESDAY, MAY 14**  Hamburger  (1 bun, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c LS Potato Salad  1/2c Spinach  1c Fruit Salad | **WEDNESDAY, MAY 15**  Chicken Tacos  (3 oz. Chicken, 1/2c Lettuce & Tomato, 2 Corn Tortillas, 1oz Salsa)  1/2c Spanish Slaw  1/2c zucchini  1/2c Cilantro Lime Brown Rice  1/2c Cinnamon Applesauce | **THURSDAY, MAY 16**  Smothered Steak  (3oz lean steak, 1/2c onions & mushrooms)  1/2c LS mashed potatoes  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  Wheat Roll  1/2c Apricots  1/2c Sherbet | **FRIDAY, MAY 17**  **CLOSED** |
| **MONDAY, MAY 20**  Beef Pot Pie  (1oz Crust, 3oz beef, 1/2c mixed veggies, 1 oz sauce)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1 banana | **TUESDAY, MAY 21**  3oz Meatloaf w/ 1oz LS gravy  1/2c Roasted Herbed Red Potatoes  1/2c Green Beans  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  Wheat Roll  1/2c SF Gelatin w/ 1/2c berries | **WEDNESDAY, MAY 22**  Turkey Ala King  (3 oz. turkey, 1oz. Sauce,  1/2c peas, mushrooms, bell peppers)  1/2c Brown rice  1/2c Beets & onion salad  1 slice LF Cornbread w/ 1tsp margarine, 1 TBSP honey  Medium apple | **THURSDAY, MAY 23**  Taco Salad  (3oz beef, 1oz tortilla chips, 1/4c Red tomatoes, 1c romaine Lettuce, ¼c onions, 2 TBSP Salsa)  1/2c Black Beans  3/4c mango | **FRIDAY, MAY 24**  **CLOSED** |
| **MONDAY, MAY 27**  **CLOSED**  **MEMORIAL DAY HOLIDAY** | **TUESDAY, MAY 28**  BREAKFAST FOR LUNCH  (2oz scrambled eggs, 1oz reduced fat sausage patty)  3/4c hashbrowns w/ 1/2c onions and peppers  Wheat bread w/ 1 tsp margarine  1c Fruit salad | **WEDNESDAY, MAY 29**  Tuna Salad Sandwich  (1/2c tuna salad, 3oz light tuna), 1/2c lettuce, 2 slices tomato, 2 slices wheat bread)  1/2c NAS Baked French Fries 1/2c Carrots w/ 1 tsp margarine  1 Fresh Pear | **THURSDAY, MAY 30**  1c GC Pork Stew  (3oz pork, 3/4c potatoes, tomatoes, and onions, GC)  3/4c Garden Blend Vegetables w/ 1 tsp margarine  1 6in WW tortilla  1c chopped cantaloupe | **FRIDAY, MAY 31**  **CLOSED** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **3** |
| Calories | 700 or more | 746.7 | 728.1 | 700.5 | 702.2 | 705.7 |
| % Carbohydrates from Calories | 45-55% | 55.4 | 51.2 | 51.0 | 48.1 | 50.7 |
| % Protein from Calories | 15-25% | 19.6 | 20.8 | 21.5 | 20.6 | 18.4 |
| % Fat from Calories | 25-35% | 25.1 | 238.0 | 27.5 | 31.3 | 30.9 |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 7.5 | 8.0 | 8.0 |
| Fiber | 10g or more | 10.0 | 12.1 | 10.5 | 10.4 | 10.3 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.2 | 2.4 | 2.7 | 2.3 |
| Vitamin A | 300ug RAE or more | 842.8 | 604.9 | 553.0 | 506.1 | 598.4 |
| Vitamin C | 30mg or more | 59.2 | 86.3 | 81.4 | 40.2 | 57.7 |
| Iron | 2.6mg or more | 5.4 | 4.7 | 5.3 | 4.9 | 4.3 |
| Calcium | 400mg or more | 475.4 | 586.2 | 497.4 | 430.8 | 438.6 |
| Sodium | less than 766mg | 747.9 | 727.5 | 763.5 | 681.0 | 758.1 |

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 April 4, 2024