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| All Meals Served with 8 oz. 1% Low-Fat Milk |  |   | THURSDAY 1, 2023Santa Fe Chicken(3oz Chicken, 2oz GC, 1oz Cheese)1c Cilantro Lime Brown Rice1c Chuckwagon vegetablesWheat Roll w/ 1 tsp margarine1/2c Beets 3/4c c Pineapple Tidbits  | Friday 2,20233oz LS Mrs Dash Baked Cod1oz Tartar Sauce1c Broccoli w/ red bell  pepper strips1c Coleslaw w/ 2 TBSP Dressing Wheat roll w/ 1 tsp margarine3/4c Peaches |
| MONDAY 5, 20234oz LS Beef Tips  3/4c Egg Noodles 1c Peas & Carrots 1 Biscuit 1/2c Mandarin Oranges | TUESDAY 6, 2023Chicken Tacos(3oz Chicken, 1/2c Lettuce and tomato, .5oz Cheese, 1 6 in Flour tortilla) 1oz Salsa1/2c LS Spanish Rice1c Calabacitas  1/2c Fruit Cocktail w/ 1/2c SF Gelatin | WEDNESDAY 7, 20233oz Salisbury Steak w/2 oz LS Gravy1/2c Scalloped Potatoes3/4c Roasted Brussel sproutsWheat roll 1/2c mixed fruit  | THURSDAY 8, 20234oz Sour Cream Enchiladas(2 corn tortilla, 2oz Cheese, 1/2c lettuce and tomato)1/2c LS Pinto Beans1/2 c Spinach w/ 1/4c Onions1/2c LS Stewed Tomatoes1/2c LF Vanilla Pudding | FRIDAY 9, 2023Sloppy Joe(3oz Beef, 1 oz. Sauce, 1 Bun, 1/3c Peppers and onions)1c Island Mix Vegetables10 baked No added Baked French Fries 1 Peanut Butter Cookie  |
| MONDAY 12, 2023Beef Steak Ranchero(3oz Beef, 1oz Sauce)1c Broccoli/cauliflower w/ 1 tsp margarine1/2c Cilantro Roasted Potatoes1 6 in WW Flour Tortilla w/ 1 tsp margarine1/2c Plums | TUESDAY 13, 20233oz Chicken Strip w/2 oz LS Country Gravy1/2c LS Mashed Potatoes 1c Château Blend Vegetables w/ 1 tsp margarine1/2c Spiced Apples  | WEDNESDAY 14, 20237oz Pepper Steak (3oz Steak, 4oz peppers and onions)1/2c Fried Rice  1/2c Green Beans 1c Pears  | THURSDAY 15, 2023\* 7oz Sweet N Sour Pork(3oz Pork, 4oz Sauce/Vegetables)1c Emperor Vegetables1/2c Brown Rice1c Mandarin Oranges& Pineapple | FRIDAY 16, 2023‘Father’s Day Celebration”4oz Roast Beef1 Baked Potato, 1 tsp margarine, 1 TBSP chives, 2 TBSP sour cream, .5oz Cheese1c Capri Vegetables w/ 1 tsp margarine1 WW Roll w/ 1 tsp. MargarineChocolate Brownie  |
| MONDAY 19, 2023 7oz Beef Burgundy(3oz Beef, 4oz Sauce/vegetables)1/2c Egg Noodles1c vegetable medley1 Biscuit1 tsp. MargarineYogurt Parfait(1/4c Granola, 4oz Greek nonfat vanilla Greek yogurt, ½c banana | TUESDAY 20, 2023 3oz Country Fried Steak1/2c Mashed Potatoes w/1oz Low Sodium Country Gravy1/2c French Cut Green Beans 1 slice wheat bread1/2c Apricots | WEDNESDAY 21, 20236oz Green Chile Chicken Enchiladas(1oz GC, 3oz Chicken, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato) 1/2c LS Spanish Rice 1c Zucchini and Diced Tomatoes1/2c Diced Mango | THURSDAY 22, 20231/2c Spaghetti 5oz Meat Sauce1c Italian Blend Vegetables Wheat roll 1c Diced Peaches/pears | FRIDAY 23, 20233 oz. Baked Pork Chop 1/2c Roasted Potatoes w/1/4c Onions1/2c LS 3 bean salad1 WW Roll  1 orange |
| MONDAY 26, 2023Stuffed Peppers(3oz Beef, 1 pepper, 1/3c Rice)1/3c LS Black Beans  3/4c Broccoli Spears w/ 1 tsp margarine1 WW Roll w/ 1 tsp. Margarine 1/2c Tropical Fruit | TUESDAY 27, 20233oz Orange Chicken, 1oz Sauce, 2 tsp sesame seeds1/2c Wild Rice1c Stir fry VegetablesWheat roll w/ 1 tsp. Margarine 1/2c Spiced Pears | Wednesday 28, 2023Open Faced Turkey Sandwich(3oz Turkey, 2 oz LS Gravy, 1 sl. Wheat Bread)½ c Parsley Potatoes½ c Beets w/ 1 tsp unsalted butter 1 c Strawberries | THURSDAY 29, 2023BBQ Pulled Pork Sandwich(1 bun, 3oz pork, 1oz sauce, 1 slice onion)1 Bun 1/2c Okra w/ tomatoes and onions w/ unsalted butter 1/2c Carrot and Raisin Salad1c Watermelon | Friday 30, 2023Soft Beef Tacos(3oz Beef, 1 6 in flour tortilla, 1/2c Lettuce and tomato, .5oz cheese, 1oz salsa) 1/2c LS Pinto Beans  3/4c Squash w 1/4c Corn w/ 1 tsp unsalted butter1/2c Sliced apples  |

***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:****5** | **Days in Week:****5** |
| Calories | 700 | 885.8 | 705.5 | 754.4 | 746.9 | 702.2 |
| % Carbohydrates from Calories | 45-55% | 50.2 | 52.1 | 54.5 | 48.9 | 50.1 |
| % Protein from Calories | 15-25% | 17.3 | 21.9 | 20.1 | 23.2 | 22.9 |
| % Fat from Calories | 25-35% | 32.5 | 26.0 | 25.4 | 27.7 | 27.0 |
| Saturated Fat | 8g or less | 7.3 | 7.8 | 6.3 | 7.9 | 7.5 |
| Fiber | 10g | 10.0 | 10.2 | 10.0 | 10.2 | 11.8 |
| Vitamin B-12 | .8ug | 1.7 | 2.4 | 2.6 | 2.6 | 2.0 |
| Vitamin A | 300ug RAE | 358.5 | 589.0 | 449.5 | 339.2 | 376.0 |
| Vitamin C | 30mg | 114.1 | 67.7 | 59.9 | 56.6 | 74.0 |
| Iron | 2.6mg | 3.0 | 6.1 | 4.5 | 4.9 | 5.0 |
| Calcium | 400mg | 455.8 | 579.3 | 466.3 | 505.0 | 490.0 |
| Sodium | less than 766mg | 652.6 | 765.5 | 584.6 | 516.8 | 752.3 |

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