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| **MONDAY, APRIL 1**Chicken Tacos (3oz chicken, 6in flour Tortilla, 1/2c lettuce and tomato, 1/4c onion)1/2c LS Pinto Beans2 TBSP pico de gallo1/2c Roasted Brussel Sprouts1c grapes | **TUESDAY, APRIL 2**Hamburger(1 bun, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c LS potato salad1/2c LS Tomato w/ onions1c Fruit Salad  | **WEDNESDAY, APRIL 3**Veggie Quiche with sweet potato crust (1/4c Sweet potato, 1/4c spinach, 1 egg, .5oz cheese)1c Tossed Saladw/ 2 TBSP Light Ranch Dressing1 Apple Cinnamon Muffin 1c Cantaloupe1c Light Vanilla nonfat yogurt | **THURSDAY, APRIL 4**Beef Stew(3oz beef, 1/2c vegetables)1 slice LF Cornbread1c Tossed Saladw/ 2 TBSP Light Italian Dressing1 banana | **FRIDAY, APRIL 5****CLOSED** |
| **MONDAY, APRIL 8**3oz Meatloaf w/ 1oz LS gravy1/2c LS Mashed potatoes 1/2c green beans1 slice WW bread w/ 1 tsp margarineApple | **TUESDAY, APRIL 9**3/4c Chicken Curry Salad(3oz chicken, 1/2c apples, cashews, Raisins, celery)1c Tossed Saladw/ 2 TBSP Light Italian DressingWheat Roll w/ 1 tsp margarine1/2c plain beets1c pineapple | **WEDNESDAY, APRIL 10**Grilled Cheese Sandwich(1oz cheese, 2 slices WW bread)1c Chateau Blend vegetables1c Tossed Saladw/ 2 TBSP Light Ranch Dressing1c Light vanilla nonfat yogurt w/ 1/2c Berries  | **THURSDAY, APRIL 11**3oz Roast Turkey w/ 1oz LS gravy1/2c yams1/2c cabbageWheat Roll w/ 1 tsp margarine 1c Tossed Saladw/ 2 TBSP Light Italian Dressing1 Fresh Pear  | **FRIDAY, APRIL 12****CLOSED** |
| **MONDAY, APRIL 15**Creamy Lemon Parmesan chicken Piccata(3oz chicken, .5oz cheese, 1oz sauce)1c Penne pasta w/ 2 oz NAS marinara Sauce1c Winter blend vegetablesWheat roll w/ 1 tsp margarine½ slice SF Brownie w/ 1/4c Sweet cherries  | **TUESDAY, APRIL 16**3oz Diced pork w/1oz RC sauce 3/4c Cilantro lime brown rice1c Tossed Saladw/ 2 TBSP Light Ranch Dressing1 6in Flour Tortilla1/2c mandarin oranges  | **WEDNESDAY, APRIL 17**Navajo taco(3oz Beef, 1oz Fry Bread, 1/2c romaine lettuce, 1/2c tomatoes, 1/4c onions, 1/2c pinto beans)1/2c Spinach 1/2c Mango  | **THURSDAY, APRIL 18**2oz Lite Kielbasa 1/2c Cabbage3/4c Steamed CarrotsWheat roll 1/2c Tossed Saladw/ 1 TBSP Light Ranch Dressing w/ 1 HB Egg3/4c Plums | **FRIDAY, APRIL 19****CLOSED** |
| **MONDAY, APRIL 22**Spaghetti (3 oz meat, 1/2c spaghetti, 2 oz NAS Marinara sauce)1/2c green beans1c Tossed Saladw/ 2 TBSP Light Italian DressingWheat roll1/2c Banana w/ 1/2c SF gelatin  | **TUESDAY, APRIL 23**3oz Oven-baked Chicken 1/2c Parsley Potatoes, 1c California blend veggiesWheat Roll1c Fruit salad  | **WEDNESDAY, APRIL 24**3oz Lean LS Pork Roast w/ 1oz LS gravy1/2c Black-eyed peas1c Tossed Saladw/ 2 TBSP Light Ranch Dressing1 sl. LF Cornbread1c Watermelon | **THURSDAY, APRIL 25**Red Chili Beef Enchiladas(2oz Red Chile, 2oz Beef, 2 corn tortillas, 1oz cheese, 1/2c lettuce and tomato)1/2c pinto beans1c Zucchini and yellow squash1/2c Cinnamon peaches1/2c SF Angel Food Cake | **FRIDAY, APRIL 26****CLOSED** |
| **MONDAY, APRIL 29**1c Tossed salad w/ 2 TBSP light Ranch Dressing3/4c Ham and Beans(2oz LS Ham, 1/2c LS Pinto Beans)1c Vegetable Medley w/ 1 tsp margarine Wheat bread w/ 1 tsp margarine1/2c Tropical fruit salad  |  **TUESDAY, APRIL 30**Porcupine Meatballs(3oz beef, 1/4c rice, 2oz tomato sauce)1/2c wild rice w/ 1 tsp margarine1c broccoli w/ Red bell pepper w/ 1 tsp unsalted butterWheat roll w/ 1 tsp margarineOrange |  |  | **8 oz. 2% milk served with meals as available** |

***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:****4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****2** |
| Calories | 700 or more | 718.8 | 700.5 | 702.1 | 723.2 | 700.0 |
| % Carbohydrates from Calories | 45-55% | 50.8 | 49.1 | 48.2 | 50.3 | 54.8 |
| % Protein from Calories | 15-25% | 22.2 | 19.4 | 23.9 | 23.9 | 15.4 |
| % Fat from Calories | 25-35% | 27.0 | 31.4 | 27.8 | 25.7 | 29.8 |
| Saturated Fat | less than 8g | 7.7 | 7.9 | 7.8 | 8.0 | 7.6 |
| Fiber | 10g or more | 10.0 | 10.9 | 10.9 | 11.7 | 15.0 |
| Vitamin B-12 | .8ug or more | 2.9 | 1.9 | 2.2 | 2.6 | 1.6 |
| Vitamin A | 300ug RAE or more | 801.9 | 434.3 | 774.3 | 482.9 | 556.3 |
| Vitamin C | 30mg or more | 58.3 | 36.3 | 55.3 | 33.58 | 127.5 |
| Iron | 2.6mg or more | 5.8 | 4.0 | 5.4 | 4.8 | 4.7 |
| Calcium | 400mg or more | 573.2 | 564.4 | 469.3 | 514.7 | 449.0 |
| Sodium | less than 766mg | 746.5 | 753.4 | 765.4 | 610.6 | 762.5 |

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 March 5, 2024