|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY, APRIL 1**  Chicken Tacos  (3oz chicken, 6in flour Tortilla, 1/2c lettuce and tomato, 1/4c onion)  1/2c LS Pinto Beans  2 TBSP pico de gallo  1/2c Roasted Brussel Sprouts  1c grapes | **TUESDAY, APRIL 2**  Hamburger  (1 bun, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c LS potato salad  1/2c LS Tomato w/ onions  1c Fruit Salad | **WEDNESDAY, APRIL 3**  Veggie Quiche with sweet potato crust  (1/4c Sweet potato, 1/4c spinach, 1 egg, .5oz cheese)  1c Tossed Salad  w/ 2 TBSP Light Ranch Dressing  1 Apple Cinnamon Muffin  1c Cantaloupe  1c Light Vanilla nonfat yogurt | **THURSDAY, APRIL 4**  Beef Stew  (3oz beef, 1/2c vegetables)  1 slice LF Cornbread  1c Tossed Salad  w/ 2 TBSP Light Italian Dressing  1 banana | **FRIDAY, APRIL 5**  **CLOSED** |
| **MONDAY, APRIL 8**  3oz Meatloaf  w/ 1oz LS gravy  1/2c LS Mashed potatoes  1/2c green beans  1 slice WW bread w/ 1 tsp margarine  Apple | **TUESDAY, APRIL 9**  3/4c Chicken Curry Salad  (3oz chicken, 1/2c apples, cashews, Raisins, celery)  1c Tossed Salad  w/ 2 TBSP Light Italian Dressing  Wheat Roll w/ 1 tsp margarine  1/2c plain beets  1c pineapple | **WEDNESDAY, APRIL 10**  Grilled Cheese Sandwich  (1oz cheese, 2 slices WW bread)  1c Chateau Blend vegetables  1c Tossed Salad  w/ 2 TBSP Light Ranch Dressing  1c Light vanilla nonfat yogurt w/ 1/2c Berries | **THURSDAY, APRIL 11**  3oz Roast Turkey  w/ 1oz LS gravy  1/2c yams  1/2c cabbage  Wheat Roll w/ 1 tsp margarine  1c Tossed Salad  w/ 2 TBSP Light Italian Dressing  1 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 Sauce  1c Winter blend vegetables  Wheat roll w/ 1 tsp margarine  ½ slice SF Brownie w/ 1/4c Sweet cherries | **TUESDAY, APRIL 16**  3oz Diced pork w/1oz RC sauce  3/4c Cilantro lime brown rice  1c Tossed Salad  w/ 2 TBSP Light Ranch Dressing  1 6in Flour Tortilla  1/2c 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 Cabbage  3/4c Steamed Carrots  Wheat roll  1/2c Tossed Salad  w/ 1 TBSP Light Ranch Dressing w/ 1 HB Egg  3/4c Plums | **FRIDAY, APRIL 19**  **CLOSED** |
| **MONDAY, APRIL 22**  Spaghetti  (3 oz meat, 1/2c spaghetti, 2 oz NAS Marinara sauce)  1/2c green beans  1c Tossed Salad  w/ 2 TBSP Light Italian Dressing  Wheat roll  1/2c Banana w/ 1/2c SF gelatin | **TUESDAY, APRIL 23**  3oz Oven-baked Chicken 1/2c Parsley Potatoes,  1c California blend veggies  Wheat Roll  1c Fruit salad | **WEDNESDAY, APRIL 24**  3oz Lean LS Pork Roast w/ 1oz LS gravy  1/2c Black-eyed peas  1c Tossed Salad  w/ 2 TBSP Light Ranch Dressing  1 sl. LF Cornbread  1c 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 beans  1c Zucchini and yellow squash  1/2c Cinnamon peaches  1/2c SF Angel Food Cake | **FRIDAY, APRIL 26**  **CLOSED** |
| **MONDAY, APRIL 29**  1c Tossed salad w/ 2 TBSP light Ranch Dressing  3/4c Ham and Beans  (2oz LS Ham, 1/2c LS Pinto Beans)  1c Vegetable Medley w/ 1 tsp margarine  Wheat bread w/ 1 tsp margarine  1/2c Tropical fruit salad | **TUESDAY, APRIL 30**  Porcupine Meatballs  (3oz beef, 1/4c rice, 2oz tomato sauce)  1/2c wild rice w/ 1 tsp margarine  1c broccoli w/ Red bell pepper w/ 1 tsp unsalted butter  Wheat roll w/ 1 tsp margarine  Orange |  |  | **8 oz. 2% milk served with meals as available** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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