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| 2% milk served at lunch meal | TUESDAY 1  Chicken Cobb Salad  (1.5 Romaine Lettuce, 1 HB Egg, 3oz Chicken breast, 1/4c Tomato, 1/4c Carrot, 2 TBSP Bleu Cheese Dressing, 1/2c Cucumber)  1/2c Beets  6 LS WW Crackers  1/2c Pears | WEDNESDAY 2  Frito Pie  (3oz lean beef, 1oz corn chips, 1oz RC, 1/2 c lettuce and tomato, 1oz onion)  3/4c LS Pinto Beans  1/3c Calabacitas  Apple | THURSDAY 3  Beef and Broccoli  (3iz Beef, 1/2c Broccoli, 1oz Sauce)  3/4c Brown Rice  1c Oriental Vegetables  Vegetable Egg Roll  Fortune Cookie  1/2c Mandarin oranges | FRIDAY 4  3/4c Chicken Bake  (3oz Chicken, ,1/2c pasta .5oz Cheese) Green Bean Almondine  (1/2c Green beans, ¼c Slivered almonds  1/2c corn  1/2c Apricots |
| MONDAY 7  Chicken Caesar Salad  (1.5c Romaine lettuce,3oz Chicken, 1/4c plain crouton, 1 TBSP Shredded parm cheese)  2 TBSP Light Caesar Salad Dressing  3/4c Garbanzo bean salad  (1/2c Chickpeas, .5oz Feta Cheese 1/4c Tomatoes, cucumber and red onion,  6 LS WW crackers  1/2c Greek Nonfat Vanilla Yogurt | TUESDAY 8  Soft Beef Taco  (3oz Beef, 1 6 in flour Tortilla, .5 cheese, 1/2c Lettuce and tomato, 2 TBSP Salsa)  1/2c LS Pinto beans  1/2c Spinach  Strawberry short cake  (1/2c Strawberries, 1 biscuit) | WEDNESDAY 9  3oz LS Tilapia w/ 1/2c onions and peppers  1/2c Wild rice  1/2c Sliced carrots  WW roll w/1 tsp margarine  1/2c Diced peaches | THURSDAY 10  3oz Chicken fried steak  1/2c Mashed potatoes w/ 2oz LS Gravy  1/2c Green Peas  1/2c Roasted Brussel Sprouts  1/2c SF Gelatin in 1/2c Fruit Cocktail | FRIDAY 11  1c Reduced Sodium Chicken Tetrazzini  (3oz Chicken 1/2c pasta .5oz cheese, 1/4c Mixed vegetables, mushrooms)  1c Capri vegetables  1/2c Cinnamon apples |
| MONDAY 14  Chicken soft taco  (3oz Chicken, 1/2c Lettuce and tomato, .5oz Shredded cheese, 1 6in flour tortilla, 2 TBSP Salsa)  1/2c LS Pinto Beans  1c Roasted Zucchini w/ diced tomatoes | TUESDAY 15  3.5oz Salisbury steak  1/2c LS Mashed potatoes  Mushroom gravy  (2oz LS Gravy 1/4c Mushrooms)  1c Italian vegetables  WW Roll w/ 1 tsp margarine  1/2c Spiced Peaches | WEDNESDAY 16  Sesame Chicken w/ Broccoli  (.5oz Sauce, 3oz Chicken, 1/2c Broccoli, 1 tsp sesame seeds)  1/2c Sugar Snap Peas  1/2c Brown rice  1/2c Green Salad w/ 1TBSP Light Italian Dressing  4 LS WW Crackers  3/4c Pineapple | THURSDAY 17  1c Ham and Bean Soup  (.5oz Ham, 3/4 c Beans, 1/4c peppers and onions)  LS Corn bread w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c Watermelon | FRIDAY 18  Tuna Salad Sandwich  Lettuce, tomato, onion  (1/2c light tuna, 2 slices wheat bread, .5c lettuce, 2 slices tomato, 1 slice onion)  1oz Sun chips  1c Pasta salad  (1/2c Vegetables, 1/2c Pasta)  8oz LS V-8 juice |
| MONDAY 21  Grilled Chicken Garden Salad  (3oz Chicken, 1c Spinach, 1/4c Carrots, 1/4c Cucumbers, 1/4c plain croutons, 1/2c Tomatoes, 2 TBSP Light Ranch Dressing  6 LS WW Crackers  Banana | TUESDAY 22  BBQ pulled pork  (3oz Pork, 1oz Barbecue Sauce)  1/2c LS Baked beans  1c Coleslaw w/ 2 TBSP Dressing  LF Cornbread  1c Fruit Salad | WEDNESDAY 23  3oz Meatloaf  1/2c Mashed potatoes, 2oz LS gravy  1/2c No added salt French style green beans  1/2c Green salad w/ 1 TBSP Light Italian Dressing  WW roll w 1 tsp unsalted butter  1/2c Applesauce | THURSDAY 24  2oz LS Glazed ham  ½ Pineapple slice  1/2c Sweet potato  1/2c Asparagus  WW Roll W 1 tsp unsalted Butter  1/2c Tropical Fruit  1/2c Greek nonfat vanilla yogurt | FRIDAY 25  Green Chile Cheese Enchilada  (2oz GC, 1oz Cheese, 2 corn tortilla, 1/2c Lettuce and tomato)  1/2c LS Pinto beans  1c Bahama Blend  1/2c LS Spanish rice  1c Honeydew |
| MONDAY 28  3oz LS Lemon Pepper Tilapia w/ 2 TBSP tartar sauce  1/2c Wild rice with 1/4c mushrooms  1c California vegetables  1/2c Coleslaw w/ 1 TBSP Dressing  1/2c Spiced apples | TUESDAY 29  4oz Chicken parmesan Crusted, 1oz No added salt marinara sauce,  w/ 1/2c Penne pasta  1c Italian Vegetables  1/2c Green Salad w/ 1 TBSP Light Italian Dressing  Garlic bread  1c Cantaloupe | WEDNESDAY 30  Beef fajitas  (3oz Lean Beef, 1/2c Peppers and onions, 1 6 in flour tortilla)  1/2c LS Pinto beans  1/2c Carrots  1/2c Mixed berries | THURSDAY 31  Chicken salad  3/4c Chicken salad (3oz Chicken) w/ grapes, celery, walnuts  1c Mixed greens  1/4c Cucumber and 1/4c tomato, 8 baby carrots  6 Club crackers  ½ c Cherries in Cobbler |  |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 797.8 | 709.8 | 701.8 | 707.5 | 725.6 |
| % Carbohydrates from Calories | 45-55% | 45.5 | 46.9 | 48.0 | 54.0 | 47.9 |
| % Protein from Calories | 15-25% | 24.9 | 24.1 | 23.3 | 20.5 | 24.8 |
| % Fat from Calories | 25-35% | 29.7 | 29.0 | 28.7 | 25.5 | 27.2 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 7.4 | 7.7 | 7.2 |
| Fiber | 10g or more | 12.1 | 11.8 | 12.4 | 11.5 | 10.3 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.3 | 2.5 | 2.1 | 2.4 |
| Vitamin A | 300ug RAE or more | 416.2 | 574.8 | 509.9 | 726.2 | 473.0 |
| Vitamin C | 30mg or more | 35.3 | 58.0 | 71.6 | 58.7 | 53.2 |
| Iron | 2.6mg or more | 5.5 | 6.0 | 5.5 | 3.7 | 4.0 |
| Calcium | 400mg or more | 477.8 | 537.5 | 498.0 | 506.0 | 417.2 |
| Sodium | less than 766mg | 574.5 | 634.3 | 762.9 | 743.5 | 614.2 |

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.

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