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| 2% milk served at lunch meal | TUESDAY 1Chicken 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 2Frito Pie(3oz lean beef, 1oz corn chips, 1oz RC, 1/2 c lettuce and tomato, 1oz onion)3/4c LS Pinto Beans1/3c CalabacitasApple | THURSDAY 3Beef and Broccoli(3iz Beef, 1/2c Broccoli, 1oz Sauce)3/4c Brown Rice1c Oriental VegetablesVegetable Egg RollFortune Cookie1/2c Mandarin oranges | FRIDAY 43/4c Chicken Bake(3oz Chicken, ,1/2c pasta .5oz Cheese)Green Bean Almondine(1/2c Green beans, ¼c Slivered almonds1/2c 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 Dressing3/4c 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 SpinachStrawberry short cake (1/2c Strawberries, 1 biscuit) | WEDNESDAY 93oz LS Tilapia w/ 1/2c onions and peppers 1/2c Wild rice 1/2c Sliced carrots WW roll w/1 tsp margarine1/2c Diced peaches  | THURSDAY 103oz 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 111c Reduced Sodium Chicken Tetrazzini(3oz Chicken 1/2c pasta .5oz cheese, 1/4c Mixed vegetables, mushrooms)1c Capri vegetables 1/2c Cinnamon apples  |
| MONDAY 14Chicken soft taco(3oz Chicken, 1/2c Lettuce and tomato, .5oz Shredded cheese, 1 6in flour tortilla, 2 TBSP Salsa)1/2c LS Pinto Beans1c Roasted Zucchini w/ diced tomatoes | TUESDAY 153.5oz Salisbury steak 1/2c LS Mashed potatoes Mushroom gravy(2oz LS Gravy 1/4c Mushrooms) 1c Italian vegetablesWW Roll w/ 1 tsp margarine1/2c Spiced Peaches | WEDNESDAY 16Sesame Chicken w/ Broccoli (.5oz Sauce, 3oz Chicken, 1/2c Broccoli, 1 tsp sesame seeds)1/2c Sugar Snap Peas1/2c Brown rice 1/2c Green Salad w/ 1TBSP Light Italian Dressing4 LS WW Crackers3/4c Pineapple  | THURSDAY 171c 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 Dressing1c 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 21Grilled Chicken Garden Salad (3oz Chicken, 1c Spinach, 1/4c Carrots, 1/4c Cucumbers, 1/4c plain croutons, 1/2c Tomatoes, 2 TBSP Light Ranch Dressing6 LS WW Crackers Banana | TUESDAY 22 BBQ pulled pork (3oz Pork, 1oz Barbecue Sauce)1/2c LS Baked beans1c Coleslaw w/ 2 TBSP Dressing LF Cornbread1c Fruit Salad  | WEDNESDAY 233oz Meatloaf 1/2c Mashed potatoes, 2oz LS gravy 1/2c No added salt French style green beans1/2c Green salad w/ 1 TBSP Light Italian DressingWW roll w 1 tsp unsalted butter1/2c Applesauce  | THURSDAY 242oz LS Glazed ham½ Pineapple slice1/2c Sweet potato1/2c AsparagusWW Roll W 1 tsp unsalted Butter1/2c Tropical Fruit1/2c Greek nonfat vanilla yogurt | FRIDAY 25Green Chile Cheese Enchilada (2oz GC, 1oz Cheese, 2 corn tortilla, 1/2c Lettuce and tomato)1/2c LS Pinto beans1c 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 Dressing1/2c Spiced apples   | TUESDAY 294oz Chicken parmesan Crusted, 1oz No added salt marinara sauce, w/ 1/2c Penne pasta1c Italian Vegetables1/2c Green Salad w/ 1 TBSP Light Italian DressingGarlic bread1c Cantaloupe | WEDNESDAY 30Beef 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 31Chicken salad 3/4c Chicken salad (3oz Chicken) w/ grapes, celery, walnuts1c Mixed greens 1/4c Cucumber and 1/4c tomato, 8 baby carrots6 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.

 Constance Rudnicki MS, RDN, LD