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| 8 oz. 1% Milk Served with All Meals  | **Tuesday, 2023** | **Wednesday, 2023** | **THURSDAY, 2023** | **FRIDAY 1, 2023**Baked Dill Fish 3.5 oz LS Tilapia , 1T dill 4 oz LS rice pilaf 8 oz California Veggies w/ 2 tsp margarine 1oz slice cornbread w/ 1 tsp unsalted butter 1 orange 1c Tossed Salad w/ 2 TBSP Light Italian Dressing |
| **MONDAY 4, 2023**Center Closed  | **TUESDAY 5, 2023**Salisbury Steak 3.5 oz Salisbury Steak, 1T gravy, 1/4c mushrooms 1c Vegetable medley4 oz egg noodles1 ww roll w/ 1 tsp margarine3/4c pears  | **WEDNESDAY 6, 2023**Beef Taco(3 oz ground beef, 1 6 in flour tortilla ,1 oz shredded cheese, 2 TBSP LS Salsa, 1/2c lettuce and tomato)4 oz LS Cilantro Lime Brown Rice 4 oz cucumber salad6oz Roasted Brussel Sprouts 1c Watermelon  | **THURSDAY 7, 2023**3oz Lean Pork Chops1/2c Herb Roasted Potatoes1/2c spinach1c Tossed salad w/ 2 TBSP light Italian DressingbananaWheat roll w/ 1 tsp margarine | **FRIDAY 8, 2023**Grn. Chicken Quesadilla1 6 in WW flour tortilla, 3 oz chicken, 1 oz green Chile, 1 oz shredded cheese 8oz LS Tomato soup1/2c Roasted Zucchini 1c Tossed Salad w/ 2 TBSP Light Italian Dressing1 fresh apple   |
| **MONDAY 11, 2023**Chile Relleno 1 Large chile Relleno(1 Pepper, .5oz Cheese, 1oz Batter)4 oz LS pinto beans8 oz tossed salad w/ 2 TBSP light Italian Dressing1 6iin WW flour tortilla4 oz Greek nonfat vanilla yogurt | **TUESDAY 12, 2023**Chicken Fried Steak3 oz chicken fried steak4 oz LSmashed potatoesw/ 2oz LS gravy1/2c LS stewed Tomatoes1 ww Roll 1c Strawberries  | **WEDNESDAY 13, 2023**Pepperoni Pizza(.5oz pepperoni, .5oz mozzarella cheese, 1 oz crust, 1oz pizza sauce)1/2c Roasted Cauliflower 1/2c LS LF Broccoli Saladw/ 1/4c Garbanzo beans1c Grapes 4 oz Greek nonfat vanilla yogurt | **THURSDAY 14, 2023**Pork Tamalespork tamale(3oz Pork, 1oz Masa) 1oz LS Red chile sauce4 oz spiced peaches1c Mediterranean Blend w/ 1 tsp margarine1/2c Diced Mango4 LS WW Crackers  | **FRIDAY 15, 2023**Sloppy Joe(3 oz beef, 1oz LS Sauce, 1 hamburger bun, 1/2c peppers and onions)4 oz green beans w/ 1 tsp unsalted butter 4 oz No added salt Baked French fries 1c Fruit salad |
| **MONDAY 18, 2023**8oz Meat & potato Red Chile Stew (3oz ground beef, 4oz oz potato, 2 oz red sauce) 1 6in flour tortilla1/2c Calabacitas1/2c Fruit Cocktail  | **TUESDAY 19, 2023**Chicken Tenders 2 -2 oz chicken tenders 1c Coleslaw w/ 2 TBSP Dressing1/2c Asparagus1 slice wheat bread1c Honeydew | **WEDNESDAY 20, 2023**Cheeseburger (3oz patty, .5oz cheese, 1 bun, 1/2c lettuce, 2 slices tomato, 1 slice onion)3/4c beet and red onion salad(1/2c beets, 1/4c Red onions)3/4c Pasta Salad(1/4c Pasta, 1/2c Vegetables)1/2c mandarín oranges  | **THURSDAY 21, 2023**Egg Salad Sandwich 2 slice ww bread, 1/2c egg salad (1 oz Egg, 1/2c arugula)½ c bok choy with garlic lemon, 1/2c LS White Beans1oz Sun Chips1c Strawberries and Bananas.  | **FRIDAY 22, 2023**Spaghetti(3 oz meat, 4 oz spaghetti, 2 oz NAS marinara sauce)1c Italian Blend Vegetables 4 oz garden salad w/ 1 TBSP Light Italian Dressing1 Garlic Bread4 oz sherbert ice cream |
| **MONDAY 25, 2023**Chile Beans w/ cheese (3 oz ground beef, 2 oz pinto beans, 1 oz red chile sauce.5 oz shredded cheese)8 oz Garden Salad w/ 2 TBSP Light Italian Dressing6 LS WW Crackers1 Pear  | **TUESDAY 26, 2023**Green Chicken Enchilada (2 corn tortilla, 1 oz sauce, 1 oz shredded cheese, 3oz chicken, 1/2c Lettuce and tomato)1c Winter blend 1/2c SF Gelatin 1/2c plums  | **WEDNESDAY 27, 2023**4 oz. Pork Stir Fry(3oz Pork, 2oz Sauce)1c Stir Fry VegetablesVegetable egg roll1/2c Brown Rice 1c Pineapple1 fortune cookie  | **THURSDAY 28, 2023**8 oz Garden Salad w/ 2 TBSP Light Italian DressingOven Fried chicken 3oz Chicken Breast3/4c baked sweet potatoes1/2c No added Salt French Style green beans1 ww roll 1c watermelon & Grapes  | **Friday 29, 2023**Chef Salad(1.5c Lettuce, 1 HB egg, 2oz Chicken Breast,1/4c Onions, 1/4c cucumber, ¼ c red cabbage, 1/4c plain croutons)2 TBSP Light Ranch Dressing6 LS WW Crackers Baked Apple |

***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:****1** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 708.7 | 703.2 | 700.2 | 720.3 | 739.7 |
| % Carbohydrates from Calories | 45-55% | 47.0 | 45.4 | 54.2 | 47.9 | 47.1 |
| % Protein from Calories | 15-25% | 23.7 | 24.8 | 20.1 | 30.9 | 24.3 |
| % Fat from Calories | 25-35% | 29.2 | 29.8 | 25.8 | 21.2 | 28.6 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.0 | 7.7 | 7.8 |
| Fiber | 10g or more | 10.0 | 11.9 | 11.3 | 10.3 | 10.0 |
| Vitamin B-12 | .8ug or more | 3.0 | 2.7 | 2.4 | 2.8 | 2.1 |
| Vitamin A | 300ug RAE or more | 828.9 | 620.8 | 344.3 | 385.2 | 629.9 |
| Vitamin C | 30mg or more | 113.9 | 76.0 | 101.4 | 56.6 | 44.0 |
| Iron | 2.6mg or more | 3.6 | 6.2 | 4.9 | 5.8 | 4.3 |
| Calcium | 400mg or more | 500.7 | 511.1 | 522.8 | 501.6 | 503.5 |
| Sodium | less than 766mg | 757.3 | 609.5 | 764.5 | 762.1 | 722.8 |

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