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| Monday 1, 2024  Closed | Tuesday 2, 2024  Sloppy Joes  (3oz Beef, 1oz Sauce, 1 Bun)  1/2c Potato Wedges  1/2c Sliced Tomato  1/8c Jalapenos  1/2c Broccoli  1 Banana | Wednesday 3, 2024  Shredded Chicken & Bean Burrito  (3 oz. LS Chicken, 1/2c Beans,  1 6 in Tortilla)  1/2c Calabacitas  1 oz. Green Chile  2T FF Sour Cream | THURSDAY 4, 2024  Frito Pie  (3oz. Beef, 1oz. Cheese,  1 oz. Fritos, 2 oz. Sauce)  1/2c Cauliflower  1/2c Carrot Raisin Salad  1c Tropical Fruit | FRIDAY 5, 2024  Fish Sandwich  (3oz Baked Fish, 1bun, 1oz tartar Sauce)  1c Coleslaw w/ 2 TBSP Dressing  1/2c Mixed Vegetables  1oz Sun Chips  1/2c Mandarin Oranges |
| MONDAY 8, 2024  Beef Stroganoff  (3 oz. Beef, 2oz. Sauce)  3/4c Penne Pasta  1c Chateau Vegetables w/ 1 tsp margarine  1 sl. WW Bread w/  1 tsp. Margarine  Orange | TUESDAY 9, 2024  BBQ Pulled Pork Sandwich  (3oz Pork, 1oz BBQ Sauce, 1 bun)  1/2c LS Baked Beans  1/2c Collard greens w/ 1/4c Garlic and onions  1/2c Applesauce | WEDNESDAY 10, 2024  8oz Beef Stew  (3oz Beef, 1oz Sauce  1/2c Potato and Vegetables)  1/2c Beets  4 LS WW Crackers  1/2c Peaches in 1/2c Nonfat vanilla Greek Yogurt | THURSDAY 11, 2024  3 oz. Chicken Breast w/  2oz Low Sodium Gravy  1/2c Scalloped Potato  1/2c Green Beans  1c tossed Salad w/ 2 TBSP Fat free Dressing  1 Sl. Wheat Bread w/  1 tsp Margarine  1 Banana | FRIDAY 12, 2024  Chile Cheese Dog  (1oz Hot Dog, 3oz Chile Meat Sauce (2oz meat, 1oz sauce, .5oz Cheese, 1 WW bun, 1/4c Peppers and onions)  1c Coleslaw w/ 2 TBSP Dressing  1 Fresh Pear |
| MONDAY 15, 2024  CLOSED | TUESDAY 16, 2024  Macaroni in Tomato Sauce  (1oz part skim Mozzarella Cheese, 1/2c Macaroni, 3oz NAS Marinara Sauce)  3/4c Italian Vegetables, 1/4c White Beans (protein requirement) w/ 1 tsp margarine  1/2c strawberries w/ 1/2c Greek Nonfat vanilla yogurt, 1/4c Low fat granola | WEDNESDAY 17, 2024  4oz LS Salisbury Steak  2oz Low Sodium Gravy  1/2c LS Mashed Potato  1/2c Brussel Sprouts  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  1 Sl. Wheat Bread w/  1 tsp Margarine  1/2c Mixed Fruit | THURSDAY 18, 2024  1 Chicken Fajita  (3 oz. Chicken, 1/2c Peppers & Onions, 1 6in WW Tortilla)  1/2c LS Spanish Rice  1/2c Spinach  1/2c LS Pinto Beans  2T Salsa  1c Diced Mango | FRIDAY 19, 2024  Tuna Salad  (4oz. Tuna Salad (3oz light tuna), 2 sl. Wheat Bread, 1/2c Lettuce, 2 slices tomato)  1/2c Creamy Cucumber Salad  3/4c Vegetable Soup  1/2c Pineapple Chunks  1/2c Tapioca pudding |
| MONDAY 22, 2024  2 oz. Bratwurst w/ 1 WW Bun  1/2c Steamed cabbage  1/2c Onions & Peppers  1 oz Sun Chips  1/2c LS Ranch Beans  1/2c Spiced Pears | TUESDAY 23, 2024  Beef & Papas  (3oz Ground Beef,  1/2c Potato, 1 oz. Green Chile)  1c Vegetable Medley w/ 1 tsp margarine  1 6in Flour Tortilla  1/2c SF gelatin | WEDNESDAY 24, 2024  8oz. Sweet and Sour Pork  (3oz Pork, 1/2c peppers, onions, pineapple)  1/2c Steamed Brown Rice  1c Oriental Veggies  1/2c Fruit Cocktail | THURSDAY 25, 2024  Tamale W/Red Chile  (3 oz. Pork, 2oz Red Chile,  1/4c Masa)  1/2c LS Pinto Beans  1c Zucchini w/ NAS Diced Tomatoes w/ 1 tsp margarine  1/2c apricots  4 Graham Crackers | FRIDAY 26, 2024  Sausage & Mushroom Ragu Penne Pasta  (3oz Turkey Sausage, 1/3c Mushrooms, 1/4c NAS Marinara Sauce)  3/4c Penne Pasta  1c Tossed Salad w/ 2 TBSP FF Dressing  Garlic Roll w/ 1 tsp margarine  1/2c Warm Apple Slices |
| MONDAY 29, 2024  Chicken Soft Tacos  (3oz Chicken, .5oz Cheese,  2 corn Tortillas  2 TBSP Salsa)  1/2c Cilantro Lime Brown Rice  1/2c Spanish Slaw  1/2c LS LF Broccoli Salad  1/2c Mixed Fruit | TUESDAY 30, 2024  Green Chile Relleno  (1 Chile, 1oz Cheese, 1oz Crust)  2oz Green Chile Sauce  1/2c Corn w/ 1/2c Red bell pepper  1 6in Flour tortilla  1/2c Berries w/ 1c Greek Nonfat vanilla yogurt | WEDNESDAY 31, 2024  3oz LS Baked Herb Cod  1 TBSP Tartar Sauce  1/2c LS Brown Rice Pilaf  1c California Blend Vegetables  Wheat roll w/ 1 tsp margarine  1/2c Plums |  | 8 oz. 2% Milk Served with All Meals |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 802.0 | 708.2 | 784.5 | 709.8 | 712.5 |
| % Carbohydrates from Calories | 45-55% | 49.1 | 50.8 | 52.4 | 52.6 | 51.4 |
| % Protein from Calories | 15-25% | 21.2 | 23.3 | 21.3 | 20.7 | 23.0 |
| % Fat from Calories | 25-35% | 297.7 | 25.8 | 26.3 | 26.8 | 25.6 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 8.0 | 7.4 | 7.9 |
| Fiber | 10g or more | 13.1 | 10.4 | 11.6 | 12.1 | 10.1 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.9 | 3.8 | 2.0 | 332.9 |
| Vitamin A | 300ug RAE or more | 899.2 | 460.6 | 554.4 | 329.1 | 332.9 |
| Vitamin C | 30mg or more | 67.8 | 35.9 | 99.4 | 36.9 | 116.5 |
| Iron | 2.6mg or more | 5.4 | 4.5 | 6.2 | 4.7 | 3.5 |
| Calcium | 400mg or more | 461.6 | 519.5 | 598.5 | 402.2 | 601.6 |
| Sodium | less than 766mg | 731.3 | 710.8 | 763.9 | 754.8 | 720.7 |

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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