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| Monday 1, 2024Closed  | Tuesday 2, 2024Sloppy Joes(3oz Beef, 1oz Sauce, 1 Bun)1/2c Potato Wedges1/2c Sliced Tomato1/8c Jalapenos1/2c Broccoli1 Banana | Wednesday 3, 2024Shredded Chicken & Bean Burrito(3 oz. LS Chicken, 1/2c Beans,1 6 in Tortilla)1/2c Calabacitas1 oz. Green Chile2T FF Sour Cream | THURSDAY 4, 2024Frito Pie(3oz. Beef, 1oz. Cheese, 1 oz. Fritos, 2 oz. Sauce)1/2c Cauliflower 1/2c Carrot Raisin Salad1c Tropical Fruit | FRIDAY 5, 2024Fish Sandwich(3oz Baked Fish, 1bun, 1oz tartar Sauce)1c Coleslaw w/ 2 TBSP Dressing1/2c Mixed Vegetables1oz Sun Chips 1/2c Mandarin Oranges  |
| MONDAY 8, 2024Beef Stroganoff(3 oz. Beef, 2oz. Sauce) 3/4c Penne Pasta1c Chateau Vegetables w/ 1 tsp margarine 1 sl. WW Bread w/ 1 tsp. MargarineOrange | TUESDAY 9, 2024BBQ Pulled Pork Sandwich (3oz Pork, 1oz BBQ Sauce, 1 bun)1/2c LS Baked Beans1/2c Collard greens w/ 1/4c Garlic and onions1/2c Applesauce | WEDNESDAY 10, 20248oz Beef Stew(3oz Beef, 1oz Sauce1/2c Potato and Vegetables)1/2c Beets 4 LS WW Crackers1/2c Peaches in 1/2c Nonfat vanilla Greek Yogurt | THURSDAY 11, 20243 oz. Chicken Breast w/ 2oz Low Sodium Gravy1/2c Scalloped Potato1/2c Green Beans1c tossed Salad w/ 2 TBSP Fat free Dressing 1 Sl. Wheat Bread w/1 tsp Margarine1 Banana | FRIDAY 12, 2024Chile 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 Dressing1 Fresh Pear  |
| MONDAY 15, 2024CLOSED  | TUESDAY 16, 2024Macaroni 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 margarine1/2c strawberries w/ 1/2c Greek Nonfat vanilla yogurt, 1/4c Low fat granola  | WEDNESDAY 17, 20244oz LS Salisbury Steak 2oz Low Sodium Gravy1/2c LS Mashed Potato1/2c Brussel Sprouts 1c Tossed salad w/ 2 TBSP FF Ranch Dressing1 Sl. Wheat Bread w/1 tsp Margarine1/2c Mixed Fruit | THURSDAY 18, 20241 Chicken Fajita (3 oz. Chicken, 1/2c Peppers & Onions, 1 6in WW Tortilla)1/2c LS Spanish Rice1/2c Spinach1/2c LS Pinto Beans2T Salsa1c Diced Mango | FRIDAY 19, 2024Tuna Salad(4oz. Tuna Salad (3oz light tuna), 2 sl. Wheat Bread, 1/2c Lettuce, 2 slices tomato)1/2c Creamy Cucumber Salad3/4c Vegetable Soup 1/2c Pineapple Chunks1/2c Tapioca pudding |
| MONDAY 22, 20242 oz. Bratwurst w/ 1 WW Bun1/2c Steamed cabbage1/2c Onions & Peppers1 oz Sun Chips1/2c LS Ranch Beans1/2c Spiced Pears  | TUESDAY 23, 2024Beef & Papas(3oz Ground Beef, 1/2c Potato, 1 oz. Green Chile)1c Vegetable Medley w/ 1 tsp margarine 1 6in Flour Tortilla1/2c SF gelatin | WEDNESDAY 24, 20248oz. Sweet and Sour Pork(3oz Pork, 1/2c peppers, onions, pineapple)1/2c Steamed Brown Rice1c Oriental Veggies1/2c Fruit Cocktail | THURSDAY 25, 2024Tamale 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 margarine1/2c apricots4 Graham Crackers  | FRIDAY 26, 2024Sausage & Mushroom Ragu Penne Pasta(3oz Turkey Sausage, 1/3c Mushrooms, 1/4c NAS Marinara Sauce)3/4c Penne Pasta1c Tossed Salad w/ 2 TBSP FF DressingGarlic Roll w/ 1 tsp margarine1/2c Warm Apple Slices  |
| MONDAY 29, 2024Chicken Soft Tacos(3oz Chicken, .5oz Cheese, 2 corn Tortillas2 TBSP Salsa)1/2c Cilantro Lime Brown Rice 1/2c Spanish Slaw1/2c LS LF Broccoli Salad 1/2c Mixed Fruit | TUESDAY 30, 2024Green Chile Relleno(1 Chile, 1oz Cheese, 1oz Crust)2oz Green Chile Sauce1/2c Corn w/ 1/2c Red bell pepper1 6in Flour tortilla1/2c Berries w/ 1c Greek Nonfat vanilla yogurt  | WEDNESDAY 31, 20243oz LS Baked Herb Cod1 TBSP Tartar Sauce1/2c LS Brown Rice Pilaf1c California Blend VegetablesWheat roll w/ 1 tsp margarine1/2c 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.

 Constance Rudnicki MS, RDN, LD