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| --- | --- | --- | --- | --- |
| **Monday May 2**  **1% Milk**  8oz Broccoli Chicken Casserole  (3oz Chicken, 4oz Broccoli, 1oz Sauce  4oz Peas and Onions  6 LS WW Crackers  4oz Peaches | **Tuesday May 3**  **1% Milk**  4oz LS Beef Tips  4oz egg noodles  8oz Zucchini & Tomatoes  4oz Spinach w/ 1c LS White Beans  1oz Wheat Roll  4oz Mandarin Oranges | **Wednesday May 4**  **1% Milk**  Sloppy Joe  (3oz Meat, 1oz NSS Sauce, 1 WW bun)  4oz Coleslaw w/ 2 TBSP Dressing  4oz Roasted Red Potatoes  4oz LF Vanilla Pudding | **Thursday May 5**  **1% Milk**  Pork Carnitas Tacos  (3oz Pork, .5oz Cheese, ½ c Lettuce, 1/4c Tomatoes, 2 corn tortilla  1c Capri Vegetables  4oz LS Mexican Fiesta Rice  1oz Tortilla Chips  1oz Salsa  4oz FF Lemon Sorbet | **Friday May 6**  **1% Milk**  Turkey and Cheese Sliders  (3oz LS Turkey Breast, .5oz Cheese, 1 bun  1c Cucumber and tomato salad  1oz Sun Chips  1oz Granola Bar  4oz Honeydew and 4oz Strawberries |
| **Monday May 9**  **1% Milk**  Beef Fajitas  (3oz Beef, 1 tortilla, 1/2c Peppers & Onions)  4oz Summer Corn Salad  1oz Tortilla Chips  1oz Salsa  ½ c Watermelon &1/2c Pineapples | **Tuesday May 10**  **1% Milk**  6oz Turkey Pot Pie  (3oz Turkey, 1oz crust, 1/2c mixed vegetables, 1oz Sauce)  1c Garden Salad w/ 2 TBSP LF Dressing  4 LS WW Crackers  1 Strawberry Cookie | **Wednesday May 11**  **1% Milk**  3oz Chicken Tenders  4oz Mashed Potatoes  1oz LS Gravy  4oz Green Beans  WW roll  1/2c Apple Slices | **Thursday May 12**  **1% Milk**  Red chile pork  (2oz Red Chile, 3oz Pork)  4oz Roasted Potatoes  4oz LS Pinto Beans  1oz Flour Tortilla  4oz Mangos | **Friday May 13**  **1% Milk**  Tuna Salad Sandwich  (3oz Tuna, 2 slices WW Bread, 1/2c Lettuce, 2 slices tomato)  8 Baby Carrots  4 Celery Sticks  1oz Sun Chips  1oz Granola  4oz Sherbet |
| **Monday May 16**  **1% Milk**  3oz Fried Fish  2 TBSP Tartar Sauce  4oz Broccoli w/ .5oz cheese sauce  4oz Sweet Potato fries  1 Lemon Cookie | **Tuesday May 17**  **1% Milk**  Cheeseburger  (3oz Beef Patty, .5oz Cheese, 1 Bun, 1/2c Lettuce, 2 slices tomato, 1 slice Onion  4oz Potato Salad  1oz Sun Chips  8oz Peaches and Strawberries | **Wednesday May 18**  **1% Milk**  BBQ Pulled Pork  (3oz Pork 2 TBSP LS BBQ Sauce)  4oz LS Baked beans  4oz Spring Vegetable Sauté  4oz Sweet Dark Cherries w/ 2 TBSP Lite Cool Whip  Biscuit | **Thursday May 19**  **1% Milk**  Philly Cheese Steak  (3oz Meat, 1/2c Peppers, Onions,1 hot dog bun,.5 oz Cheese Sauce)  10 NAS French Fries  1c Tossed Salad w/ 2 TBSP LF Dressing  1/2c cantaloupe and 14 Grapes | **Friday May 20**  **1% Milk**  Grilled Chicken Cranberry Apple Salad  (2 TBSP LF Poppyseed Dressing, 3oz Grilled chicken,1.5c Lettuce,  1/4c apples 1/4c pecans, 1/4c cranberries, 1/4c celery, 1/2 slice reduced sodium bacon  6 LS WW Crackers  4oz FF Strawberry Ice Cream |
| **Monday May 23**  **1% Milk**  Loaded Baked Potato  1 baked Potato  1/2c Broccoli 1TBSP LF Sour Cream, 1 oz Salsa, 2 tsp unsalted margarine  3/4c LS Black Beans  1c Garden Salad w/ 2 TBSP LF dressing w/ 1/2c croutons  1/2c SF Gelatin | **Tuesday May 24**  **1% Milk**  6oz Green Chile Chicken Enchiladas  (2 corn tortilla, 1oz GC, 3oz Chicken, 1oz Cheese)  1/2c Lettuce and tomato  1c Prince Edward Vegetables w/1 tsp unsalted margarine  4oz LS Spanish Rice  4oz Fruit Salad | **Wednesday May 25**  **1% Milk**  4oz Roasted Pork Chops  4oz Wild Rice w/ 1 tsp margarine  4oz Brussel Sprouts w/ tsp margarine and 8 baby Carrots  4oz Applesauce | **Thursday May 26**  **1% Milk**  Fontina Chicken Bake  (3oz chicken, 1 oz Cheese  1/3c Pasta),  1c Garden Salad w/ 2 TBSP LF dressing  ½ sl. Garlic Bread  4oz Summer Fruit Salad | **Friday May 27**  **1% Milk**  Hot Veggie and Cheese Hoagie Sandwich  (1/4c peppers and onions, 1/4c Mushrooms, 5 slices of tomato,,1oz swiss Cheese, 1 Hoagie)  4oz Beet & Onion Salad  1oz Sun Chips  Peach Parfait  (1/2c Peaches in 8oz Vanilla nonfat Greek Yogurt) |
| **Monday May 30**  **Closed** | **Tuesday May 31**  Pork Sandwiches  (3oz Pork, Bun)  1/2c Lettuce  2 slices tomato  1sl onion  1/2c Tomato and onion salad  4oz Pea Salad w/ 6 LS WW Crackers  10 NAS French Fries  ½ sl. Pineapple upside down Cake  1.5 additional pineapple slice |  |  |  |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 748.2 | 776.0 | 765.1 | 773.4 | 910.6 |
| % Carbohydrates from Calories | 45-55% | 52.5 | 48.2 | 46.5 | 52.1 | 51.7 |
| % Protein from Calories | 15-25% | 21.7 | 20.1 | 19.4 | 22.7 | 20.8 |
| % Fat from Calories | 25-35% | 25.9 | 31.7 | 34.0 | 25.1 | 27.5 |
| Saturated Fat | less than 8g | 7.3 | 8.0 | 7.9 | 7.2 | 8.0 |
| Fiber | 10g or more | 10.3 | 10.2 | 10.7 | 13.3 | 11.7 |
| Vitamin B-12 | .8ug or more | 2.1 | 2.3 | 1.9 | 1.9 | 1.9 |
| Vitamin A | 300ug RAE or more | 332.3 | 413.6 | 442.5 | 1146.7 | 385.6 |
| Vitamin C | 30mg or more | 39.6 | 42.5 | 61.5 | 75.7 | 43.3 |
| Iron | 2.6mg or more | 5.5 | 4.8 | 4.1 | 5.8 | 5.3 |
| Calcium | 400mg or more | 568.3 | 449 | 521.7 | 621.7 | 428.7 |
| Sodium | less than 766mg | 648.6 | 766.6 | 707.0 | 741.7 | 710.0 |

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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