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| --- | --- | --- | --- | --- |
| **Monday May 2****1% Milk** 8oz Broccoli Chicken Casserole(3oz Chicken, 4oz Broccoli, 1oz Sauce4oz Peas and Onions6 LS WW Crackers4oz Peaches  | **Tuesday May 3****1% Milk** 4oz LS Beef Tips4oz egg noodles8oz Zucchini & Tomatoes4oz Spinach w/ 1c LS White Beans1oz Wheat Roll4oz Mandarin Oranges  | **Wednesday May 4****1% Milk** Sloppy Joe(3oz Meat, 1oz NSS Sauce, 1 WW bun)4oz Coleslaw w/ 2 TBSP Dressing4oz 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 tortilla1c Capri Vegetables 4oz LS Mexican Fiesta Rice1oz Tortilla Chips1oz Salsa4oz FF Lemon Sorbet | **Friday May 6****1% Milk** Turkey and Cheese Sliders(3oz LS Turkey Breast, .5oz Cheese, 1 bun1c Cucumber and tomato salad 1oz Sun Chips1oz Granola Bar4oz Honeydew and 4oz Strawberries |
| **Monday May 9****1% Milk** Beef Fajitas(3oz Beef, 1 tortilla, 1/2c Peppers & Onions)4oz Summer Corn Salad1oz Tortilla Chips1oz Salsa½ 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 Dressing4 LS WW Crackers1 Strawberry Cookie | **Wednesday May 11****1% Milk** 3oz Chicken Tenders4oz Mashed Potatoes1oz LS Gravy4oz Green BeansWW roll1/2c Apple Slices  | **Thursday May 12****1% Milk** Red chile pork(2oz Red Chile, 3oz Pork)4oz Roasted Potatoes4oz LS Pinto Beans1oz Flour Tortilla4oz Mangos | **Friday May 13****1% Milk** Tuna Salad Sandwich(3oz Tuna, 2 slices WW Bread, 1/2c Lettuce, 2 slices tomato)8 Baby Carrots4 Celery Sticks1oz Sun Chips1oz Granola4oz Sherbet |
| **Monday May 16****1% Milk** 3oz Fried Fish2 TBSP Tartar Sauce4oz Broccoli w/ .5oz cheese sauce 4oz Sweet Potato fries1 Lemon Cookie  | **Tuesday May 17****1% Milk** Cheeseburger(3oz Beef Patty, .5oz Cheese, 1 Bun, 1/2c Lettuce, 2 slices tomato, 1 slice Onion4oz Potato Salad1oz Sun Chips8oz Peaches and Strawberries  | **Wednesday May 18****1% Milk** BBQ Pulled Pork(3oz Pork 2 TBSP LS BBQ Sauce)4oz LS Baked beans4oz Spring Vegetable Sauté4oz Sweet Dark Cherries w/ 2 TBSP Lite Cool WhipBiscuit | **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 Dressing1/2c 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 bacon6 LS WW Crackers 4oz FF Strawberry Ice Cream  |
| **Monday May 23****1% Milk** Loaded Baked Potato1 baked Potato1/2c Broccoli 1TBSP LF Sour Cream, 1 oz Salsa, 2 tsp unsalted margarine3/4c LS Black Beans1c 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 tomato1c Prince Edward Vegetables w/1 tsp unsalted margarine 4oz LS Spanish Rice4oz Fruit Salad  | **Wednesday May 25****1% Milk** 4oz Roasted Pork Chops4oz Wild Rice w/ 1 tsp margarine4oz Brussel Sprouts w/ tsp margarine and 8 baby Carrots 4oz Applesauce | **Thursday May 26****1% Milk** Fontina Chicken Bake(3oz chicken, 1 oz Cheese1/3c Pasta), 1c Garden Salad w/ 2 TBSP LF dressing½ sl. Garlic Bread4oz 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 Salad1oz Sun ChipsPeach Parfait(1/2c Peaches in 8oz Vanilla nonfat Greek Yogurt)  |
| **Monday May 30****Closed** | **Tuesday May 31**Pork Sandwiches(3oz Pork, Bun)1/2c Lettuce2 slices tomato1sl onion1/2c Tomato and onion salad4oz Pea Salad w/ 6 LS WW Crackers 10 NAS French Fries½ sl. Pineapple upside down Cake1.5 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.

 Constance Rudnicki MS, RDN, LD