|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY May 1, 2023**  Spaghetti w. Meat Sauce  (1/2c Spaghetti, 5 oz Meat Sauce (2oz LS Marinara Sauce, 3oz Beef)  1c Mediterranean Blend Vegetables w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  Garlic Bread  1/2c Tapioca Pudding | **TUESDAY May 2, 2023**  Beef tips w/ noodles  (3oz Beef, 2oz LS sauce, 1/2c Noodles)  1/2c Mushrooms  1/2c Carrots w/ 1 tsp margarine  1 slice wheat bread w/1 tsp margarine  1/2c Applesauce | **WEDNESDAY May 3, 2023**  3oz Pork Chop  1/2c LS Rice Pilaf  1c California blend Vegetables w/ 1 tsp margarine  1-Wheat roll w/ 1 tsp margarine  1/2c Apricots | **THURSDAY May 4, 2023**  Beef Tacos  (3oz Beef, 1/2c lettuce and tomato, 1 6 in flour tortilla, .5oz Shredded Cheese)  1/2c LS Spanish Rice  1c Yellow squash and tomatoes  3/4c LS Pinto Beans  1-Churro | **FRIDAY May 5, 2023**  Hot Turkey Sandwich  (3oz Turkey, 1 slice wheat bread, 2 oz LS Gravy)  1/2c Sweet Potato fries  3/4c Roasted Brussel Sprouts  1/2c Mixed Fruit |
| **MONDAY May 8, 2023**  Cheeseburger  (3oz Beef patty, 1bun, 1oz American Cheese, 1/2c Lettuce, 2 slices tomato, 1 slice onion)  10 Baked No added Salt French Fries  1/2c Green Beans  1/2c SF Gelatin | **Tuesday May 9, 2023**  BBQ Chicken drumstick  (3oz Drumstick, 1oz LS BBQ sauce)  1/2c Potato Salad  1/2c LS 3 Bean Salad  WW Roll  1/2c Banana in 1/2c Vanila Pudding | **WEDNESDAY May 10, 2023**  6oz Green Chile Chicken Enchiladas  (1oz GC, 3oz Chicken, 2 corn tortilla, 1oz Cheese)  1/2c LS Pinto Beans  1/2c Spanish Slaw  1/2c Peaches | **THURSDAY May 11, 2023**  Meatball Sub  (1hot dog bun, 3oz turkey meatballs, 1oz Marinara Sauce, .5oz Mozzarella Cheese)  1c Tossed salad w/ 2 TBSP Light Italian Dressing  1/2c LS Stewed tomatoes  1/2c Pears | **FRIDAY May 12, 2023**  Cheese Pizza  (1 svg Crust, .5oz Cheese, 1oz Pizza Sauce)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  3/4c Garbanzo Beans  1/2c Roasted Zucchini w/ 1/4c red bell pepper strips  3/4c Fruit Salad |
| **MONDAY May 15, 2023**  6oz Hamburger macaroni  (3oz Beef, 1/2c Macaroni)  1c Tossed Salad w/ 2 TBSP Light Italian dressing  1/2c Broccoli Spears  4 LS WW Crackers  orange | **TUESDAY May 16, 2023**  Chile Relleno  (2oz crust, 1oz Cheese, 1 pepper)  1c Calabacitas  1/2c LS Pinto Beans  1 6in Flour Tortilla  1/2c Pineapple chunks | **WEDNESDAY May 17, 2023**  Country Fried Steak  1/2c Mashed Potatoes  1oz LS Country Gravy  1/2c spinach  Wheat roll w/ 1 tsp mararine  1c Watermelon | **THURSDAY May 18, 2023**  Chili Cheese Dogs  (bun, ½ Beef and Pork hot dog, .5oz Cheese, 3oz Chili, 1/4c Onions)  3/4c LS Ranch Beans  1c Coleslaw w/ 2 TBSP Dressing  3/4c Honeydew | **FRIDAY May 19, 2023**  4oz Carne Adovada  1 6 in flour tortilla  1/2c LS Pinto Beans  1/2c Roasted cauliflower  1c Strawberries |
| **Monday May 22, 2023**  Beef and Green Chile Burrito  (3oz beef, 2oz GC, 18 in Flour tortilla, 1/2c Diced potatoes, 1/4c onions)  1/2c Cucumber salad  1/2c Beets | **TUESDAY May 23, 2023**  8oz Lasagna  (1/2c Lasagna, 3oz Beef, 1oz sauce, 1oz Cheese)  1c Tossed Salad w/ 2  TBSP Light Italian Dressing  1c Italian Blend Vegetables  1 garlic bread  1c tropical fruit salad | **WEDNESDAY May 24, 2023**  3oz Salisbury steak  ½ Baked Potato, 1 tsp margarine  1c Glazed carrots & 3/4c LS French Style Green Beans  WW Roll  1c Mandarin Oranges | **THURSDAY May 25, 2023**  Chicken Salad Sandwich  (4oz Chicken salad, 2 slices wheat bread,1/2c lettuce, 2 slices red tomato)  1c Spring vegetables  1/2c Sugar Free Gelatin w/ Fruit Cocktail | **FRIDAY May 26, 2023**  **Hawaiian Pulled Pork Sandwiches**  **(4oz Sandwich, 1 slider bun, 1/2c Peppers and onions)**  **1/3c Pineapple Macaroni Salad**  **1/2c Tomato and Red onion salad**  **1/2c**  **2 oz Hawaiian Salsa and 1 oz tortilla Chips**  **½ slice Pineapple upside down cake** |
| **MEMORIAL**  **DAY**  **NO MEALS**  **SERVED** | **Tuesday May 30, 2023**  Sloppy Joe  (1bun, 3oz meat, 1oz Sauce)  1/2c Au gratin Potatoes  1c Broccoli and Cauliflower w/ 1 tsp margarine  apple | **WEDNESDAY May 31, 2023**  1/2c tossed salad w/ 1 TBSP Light Italian dressing  3oz Baked Chicken  3oz Mushroom Cream Sauce  (1oz Sauce, 1oz Mushrooms)  3/4c Wild Rice w/ 1 tsp margarine  1/2c Steamed Spinach and 1/4c onions  1 slice Wheat bread w/ 1 tsp margarine  **1/2c Spiced Peaches** |  | **All Meals Served**  **With 8oz. 1% Milk as available** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1  5 | Menu Week 2  5 | Menu Week 3  5 | Menu Week 4  5 | Menu Week 5  2 |
|  |  | **Days in Week:** | **Days in Week:** | **Days in Week:** | **Days in Week:** | **Days in Week:** |
| Calories | 700 | 705.3 | 747.5 | 701.7 | 741.1 | 7108.0 |
| % Carbohydrates from Calories | 45-55% | 49.6 | 49.7 | 47.6 | 51.4 | 50.6 |
| % Protein from Calories | 15-25% | 21.4 | 21.1 | 21.7 | 19.9 | 22.7 |
| % Fat from Calories | 25-35% | 29.0 | 29.2 | 30.7 | 28.7 | 26.7 |
| Saturated Fat | less than 8g | 6.9 | 8.0 | 7.8 | 6.8 | 6.0 |
| Fiber | 10g | 11.2 | 10.0 | 12.2 | 10.0 | 10.0 |
| Vitamin B-12 | .8ug | 2.2 | 2.2 | 2.3 | 2.2 | 2.4 |
| Vitamin A | 300ug RAE | 589.4 | 415.3 | 437.8 | 477.0 | 635.9 |
| Vitamin C | 30mg | 33.2 | 42.1 | 109.8 | 91.4 | 39.4 |
| Iron | 2.6mg | 5.4 | 4.8 | 6.0 | 5.2 | 5.8 |
| Calcium | 400mg | 473.5 | 579.7 | 569.4 | 513.0 | 541.3 |
| Sodium | less than 766mg | 763.2 | 766.7 | 754.2 | 750.1 | 759.5 |

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