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| --- | --- | --- | --- | --- |
| **Monday April 3****3oz Chicken strips** **1oz LS Peppered Gravy****6oz Turnip Greens****8oz California Blend Vegetables****4oz Spiced Pears**  | **Tuesday April 4****3oz Salisbury Steak****1/4c Mushrooms, 2oz LS Gravy****4oz Creamed Potatoes****6oz Mustard Greens****WW Roll****4oz Blueberries in Crisp**  | **Wednesday April 5****3oz Fried Fish****1oz Tartar Sauce****4oz Spinach****8oz Coleslaw w/ 2 TBSP Dressing and 1/4c Granny Smith Apple****1 Hushpuppies****Wheat roll****1 Angel Food Cake w/8oz Strawberries, 1 TBSP Whipped Topping** | **Thursday April 6****3oz Roast Beef****4oz Buttered New Potatoes****8oz Roasted Broccoli Spears** **WW Roll****1c Grapes** | **Friday April 7****CLOSED GOOD FRIDAY** |
| **Monday April 10****Chili Cheese Burger****(1oz Chili,3oz Beef Patty, .5oz American Cheese, 1/2c Lettuce, 1 slice tomato, 2 sliced dill pickle, 1 slice onion, 1 bun)****4oz Potato Wedges****1c Pasta Salad (1/2c Macaroni, 1/2c peas and carrots)****4oz Tropical Fruit Salad** **4oz Greek nonfat vanilla yogurt** **(do not serve milk this day)** | **Tuesday April 11****Chicken Taco****(3oz Chicken, .5oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato)****3/4c Calabacitas, 1/4c GC****4oz LS Pinto Beans****2oz Bread Pudding** | **Wednesday April 12****8oz Green Chile Pork Stew****(3oz Pork, 1oz GC, 2oz Diced Potatoes, 1oz Tomatoes, 1oz onion)****4oz LS Chuckwagon vegetables** **4oz Tossed salad w/ 1 TBSP Light Italian Dressing****1 6in Flour Tortilla****4oz Warm Cinnamon Apples** **4oz Greek nonfat vanilla yogurt** **(do not serve milk this day)** | **Thursday April 13****Chicken Fajitas****(2 corn tortillas, 3oz Chicken, 4oz Peppers and Onions, .5oz Cheese)****1c Capri Vegetables** **1oz Pico De Gallo****1sl Pumpkin pie (1/2c Pumpkin in)** | **Friday April 14****4oz Meatloaf****6oz Roasted Brussel Sprouts****1 med. Baked potato w/ 1 tsp margarine****4oz Tossed Salad w/ 1 TBSP light Italian Dressing****WW Roll****1/2c Cherry in Cobbler**  |
| **Monday April 17****1% Milk** **Spaghetti w/ Meat Sauce****(4oz Spaghetti, 3oz beef, 2oz NAS Marinara Sauce)****8oz Italian vegetables****4oz Spinach Cranberry Salad** **w/ 1 TBSP Light Ranch Dressing****1 sl. Garlic Bread****1/2cMixed Fruit**  | **Tuesday April 18****1% Milk****3oz chicken Fried Steak****1oz LS Peppered Gravy****4oz Mustard Greens****4oz LS 3 Bean Salad** **WW Roll****1/2c Strawberries/Bananas** | **Wednesday April 19****1% Milk** **6oz Chicken Pot Pie****(.5oz Crust, 3oz Chicken, 2oz Vegetables)****8oz Easy Kale Salad w/ sunflower seeds, Oil and lemon juice dressing** **WW Roll****1/2c Fruit Salad**  | **Thursday April 20****1% Milk** **Beef Tacos****(3oz Beef, .5oz Cheese, 2 corn tortillas, 1/2c Lettuce/Tomatoes)****4oz LS Pinto Beans****4oz Kickin Rice****1/2c SF Gelatin w/ 1/2c Apricots**  | **Friday April 21****1% Milk** **4oz Salmon Patties****4oz Black Eyed Peas****6oz Roasted Beets and Carrots****1 biscuit** **4oz Fruit Cocktail** |
| **Monday April 24****3oz Roasted Chicken****2oz LS Gravy****4oz Sweet Potatoes****8oz Yellow Squash w/ Tomatoes****1/2c Tossed Salad w/ 1 TBSP Light Italian Dressing****8oz Plums** **WW Roll w/ 1 tsp margarine** | **Tuesday April 25****8oz Beef Stew****(3oz Beef, 1/2c Vegetables)****4oz Red Cabbage w/ 1/2 c Red Onion****WW Roll w/ 1 tsp margarine****1/2c Vanilla pudding w/ 1/2c bananas** | **Wednesday April 26****3oz Hamburger Steak****w/ 1/4c Grilled onion, 2oz Gravy****4oz Green Beans****4oz Cauliflower****1c Tossed Salad w/ 2 TBSP Light Italian Dressing****6 LS WW Crackers** **4oz Fruit Compote** | **Thursday April 27****Chicken Stir Fry****(3oz Chicken, 1oz Sauce)****1c Oriental Cabbage, Broccoli, Red Pepper, Green Onions, Carrots)****4oz Brown Rice****8oz mandarin oranges** | **Friday April 28****BBQ Pulled Pork****(2oz LS BBQ sauce, 3oz Pork)****1/2c Potato Salad****4oz Cumber and Tomato Salad****WW Roll w/ 1 tsp margarine****1/2c Peaches**  |

***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:****5** | **Days in Week:****5** | **Days in Week:** |
| Calories | 700 or more | 745.9 | 832.9 | 778.4 | 703.4 |  |
| % Carbohydrates from Calories | 45-55% | 52.5 | 54.0 | 45.7 | 52.5 |  |
| % Protein from Calories | 15-25% | 19.7 | 20.8 | 19.9 | 21.3 |  |
| % Fat from Calories | 25-35% | 27.8 | 25.2 | 34.4 | 26.1 |  |
| Saturated Fat | less than 8g | 7.9 | 7.9 | 8.0 | 6.9 |  |
| Fiber | 10g or more | 10.1 | 14.9 | 10.9 | 10.2 |  |
| Vitamin B-12 | .8ug or more | 2.8 | 2.2 | 3.0 | 2.2 |  |
| Vitamin A | 300ug RAE or more | 389.9 | 562.6 | 512.6 | 690.6 |  |
| Vitamin C | 30mg or more | 64.4 | 105.5 | 30.6 | 77.6 |  |
| Iron | 2.6mg or more | 4.6 | 6.1 | 5.4 | 4.9 |  |
| Calcium | 400mg or more | 504.9 | 461.1 | 534.6 | 458.5 |  |
| Sodium | less than 766mg | 734.9 | 689.3 | 643.8 | 759.8 |  |

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