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| **7/3/2023** | **7/4/2023** | **7/5/2023** | **7/6/2023** | **7/7/2023** |
| **Green Chili Cheeseburger**  (1bun, 1oz GC, .5oz cheese, 3oz Lean beef patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)  4 oz. LS Ranch Beans  10 NAS French Fries, w/ 1 tsp LS Seasoning)  Fresh Apple | Printable Closed For 4th Of July Sign – Free Printable Signs | **Turkey Sandwich**  (3oz LS Turkey Breast, 2 sl. Wheat bread, 4 oz. lettuce, 2 slices tomato)  4oz. Pasta Salad (2 oz. pasta 2 oz. vegetables,  8 pcs Celery Sticks  1/2c Pears | **7 oz Red Chili Beef Enchiladas**  (2 corn tortillas, 3oz lean beef, 2oz Red Chile.5oz Cheese)  4 oz. LS Corn salsa  1/2c LS Refried Beans  4oz. Cucumber & Tomato Salad  4oz Fruit Cocktail | **5oz Baked Ziti**  **(2**oz nonfat mozzarella cheese Cheese, 4 oz Pasta)  1 oz NAS Marinara Sauce)  8 oz. Italian Veggies  1 Wheat Roll  4 oz. Cinnamon Spiced Apples  4oz Nonfat vanilla Greek yogurt |
| **7/10/2023** | **7/11/2023** | **7/12/2023** | **7/13/2023** | **7/14/2023** |
| **3oz Baked Chicken**  2oz LS Chicken Gravy  4 oz. Wild Rice  8 oz. Asparagus with Onions  1 Biscuit  4 oz. Apricots | **Soft Fish Taco**  (3oz LS Fish, 1 corn tortilla)  4 oz. Cucumber Salad w/ dill  4 oz. LS Black Beans  4 oz. Spanish Slaw  4 oz. Tapioca Pudding | **Hot Roast Beef & Swiss Sandwich**  (3oz LS Beef, .5oz Swiss cheese,  1 Hoagie bun)  1oz LS Au Jus Sauce  4 oz. Three Bean Salad  4 oz. Roasted Beets  1 oz Potato Chips  4oz Applesauce | **Cheese Tortellini**  (4 oz. Cheese Tortellini 4oz Lean Meaty Marinara Sauce)  8 oz. Italian Veggies  4 oz. Tossed Salad w/ 1 TBSP Light Dressing  1 Wheat Roll  1 Oatmeal Cookie | **3oz Salisbury Steak**  4 oz. Mashed Potatoes  1oz. LS Brown Gravy w/ 2 oz. Mushrooms  4 oz. 5 way Mixed Vegetables  1 Wheat Roll  4 oz. Tropical Fruit |
| **7/17/2023** | **7/18/2023** | **7/19/2023** | **7/20/2023** | **7/21/2023** |
| **8oz Green Chile Hamburger stew**  **(3oz Beef, 1oz GC, 2oz Potatoes)**  8 oz. Tossed Salad w/ 2 TBSP Light Italian Dressing  1 6in Flour Tortilla  1c Watermelon | **Baked Fish**  (3 oz. Fish Fillet w/1 tsp Mrs. Dash)  1 lemon wedge  4oz Roasted Red Potatoes  4oz LF Broccoli Salad  WW roll  **1/2c sugar free (SF) gelatin** | **Beef and Papas**  (3oz Beef, 4oz Potatoes, 2 oz. GC  8oz LS Pinto Beans  8oz Calabacitas  1 6in Flour Tortilla  4oz Diced Mango | **8oz Beef and Barley Soup**  (3oz Beef, 2oz Barley, 2oz Vegetables)  6oz Cauliflower  4oz Beet and Onion Salad  1 slice WW Bread w 1 tsp margarine  6oz Pineapple Tidbits | **3oz Cornflake Chicken**  **(3oz Chicken Breast)**  6 oz. Fried Rice (4 oz. Rice, 2oz vegetables)  6oz Roasted Brussel Sprouts  1 WW roll  1/2c Apricots and Peaches |
| **7/24/2023** | **7/25/2023** | **7/26/2023** | **7/27/2023** | **7/28/2023** |
| **Chili Dog**  (1/2 Beef and Pork Hot Dog, 1bun, 1/4c onion  3 oz Chili Meat Sauce)  8 oz. Capri Blend Vegetables 8 oz. Grapes | **Chicken Fettuccini**  (3oz chicken breast , 1/2c Fettuccine, 1oz Light Alfredo Sauce)  8 oz. Broccoli & Cauliflower  Wheat Roll  1/2c spiced pears | **Turkey Cobb Salad**  (2oz LS Turkey, 1.5 c Lettuce, 1oz Red cabbage  1oz Shredded carrots, 1/4c Cucumbers,  10 cherry tomato, 1 hard-boiled egg, 2 Tbsp. Light Dressing  6 LS WW Crackers  4 oz. SF Gelatin  8 oz. Strawberries | **Green Chili Chicken Enchiladas**  (3 oz. Chicken, 1 oz. Cheese  1 oz. Green Chile, 1 ea. corn tortillas)  8 oz. LS Pinto Beans  8 oz. Yellow Squash & Zucchini  8 oz. Cantaloupe | **BBQ Beef brisket**  **(3oz Lean LS Brisket, 1oz LS BBQ Sauce)**  4 oz. LS Baked Beans  6 oz. Country Blend Vegetables  Cornbread  8oz. Mandarin oranges |
| **7/31/2023** |  |  |  |  |
| **8oz Green Chile Pork Stew**  (3oz Lean Pork, 1oz GC, 1/2c potatoes, tomatoes, onions)  8oz LS Chuckwagon  8 oz. Tossed salad w/ 2 TBSP Light Italian Dressing  1 6in WW Flour Tortilla w/ 1 tsp margarine  8oz. Diced Mango |  | **Occasionally we must substitute a food item. We apologize for any inconvenience.** | **Suggested Donation**  **$1.50** | **8 oz. 2% Milk served with meals.**  **Lunch served daily from**  **12:00 – 1:00 pm** |

***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:**  **1** |
| Calories | 700 or more | 706.3 | 743.6 | 726.9 | 701.0 | 818.9 |
| % Carbohydrates from Calories | 45-55% | 49.3 | 50.7 | 45.6 | 49.2 | 48.7 |
| % Protein from Calories | 15-25% | 24.7 | 23.5 | 25.9 | 24.4 | 21.9 |
| % Fat from Calories | 25-35% | 25.9 | 25.8 | 28.5 | 26.4 | 29.4 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 8.0 | 8.0 | 7.8 |
| Fiber | 10g or more | 11.4 | 11.8 | 11.0 | 11.6 | 10.3 |
| Vitamin B-12 | .8ug or more | 2.9 | 3.3 | 3.4 | 2.3 | 2.0 |
| Vitamin A | 300ug RAE or more | 324.5 | 330.4 | 310.8 | 458.8 | 546.7 |
| Vitamin C | 30mg or more | 37.9 | 26.9 | 59.4 | 59.8 | 97.3 |
| Iron | 2.6mg or more | 4.9 | 5.5 | 6.4 | 4.0 | 3.2 |
| Calcium | 400mg or more | 630.4 | 499.5 | 427.2 | 499.8 | 458.9 |
| Sodium | less than 766mg | 689.0 | 688.3 | 643.3 | 739.4 | 760.2 |

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