|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2% milk served at meals |  |  |  | FRIDAY 13 oz. BBQ Chicken, 1 TBSP BBQ sauce1/2c LS 3 Bean Salad1 med baked sweet potato w/ 1 tsp margarine 1 WW Roll w/ 1 tsp. MargarineOrange |
| MONDAY 43oz Roasted Lean LS Pork Roast 1/2c LS Mashed potatoes w/ 2oz LS Mushroom Gravy (1/4c mushrooms)1/2c Green beans1c Green Salad w/ 2 TBSP Light Italian Dressing Wheat roll w/ 1 tsp margarine1/2c SF Gelatin 1/2c Fruit Cocktail | TUESDAY 5Soft Beef Taco (3oz Beef,1/2c lettuce and tomato, 2 TBSP LS Salsa, 1 6in Flour Tortilla)1/2c LS Pinto beans 1c Capri VegetablesStrawberry short cake (1/2c Strawberries, 1 slice angel food cake, 2 TBSP Whipped topping) | WEDNESDAY 64oz LS Baked Tilapia w/lemon1 Tsp LS Garlic butter3/4c LS Wild rice 1/2c Sliced carrots 1c Coleslaw w/ 2 TBSP DressingWW roll w/ 1 tsp margarine3/4c Diced peaches | THURSDAY 7Chicken Chow Mein(3oz diced Chicken, 1/2c chow Mein Noodles, 2oz reduced sodium Sauce) 1c Oriental Vegetables1-Fortune Cookie1/2c spiced apples | FRIDAY 88 oz. Ham and Beans(1oz LS Ham, 1/2c LS Pinto Beans)1/2c Red Peppers and 1/2c Broccoli WW Roll w/ 1 tsp margarine1/2c Plum |
| MONDAY 11Chicken Soft Taco (3oz Chicken, 1/2c Lettuce and tomato, 2 TBSP Salsa 1 6 in Flour Tortilla)1c LS Mexican Vegetables(Onion, bell peppers, broccoli, summer squash, lime juice and LS taco Seasoning)1/2c Cilantro Lime Brown Rice1/2c Spiced Pears | TUESDAY 12BBQ pulled Pork Sandwich(1 bun, 3oz Pork, 1oz BBQ Sauce)1/3c LS Baked Beans1c Vegetable Medley w/ 1 tsp margarine 1/2c Coleslaw w/ 1 TBSP dressing1/2c Watermelon | WEDNESDAY 13Oriental Beef w/ Broccoli(3oz Lean Beef, 1/2c Broccoli, 3oz LS Sauce) 3/4c Brown rice 1/2c Sugar Snap Peas1c Green Salad w/ 2 TBSP Light French Dressing 3/4c Pineapple tidbits | THURSDAY 141c LS Chicken Noodle with Vegetable Soup(1/4c Egg Noodles, 3oz Chicken, 1/2c onions/celery/carrots, 1oz LS Chicken Broth)1c Green Salad w/ 2 TBSP Light Italian Dressing4 LS WW Crackers | FRIDAY 153oz Salisbury steak1/2c Herb Roasted Potatoes1/2c Brussels Sprouts1/2c Green Salad w/ 1 TBSP Light Ranch DressingWW Roll w/ 1 tsp margarineBanana |
| MONDAY 181/2c Green Salad w/ 1 TBSP Light Italian Dressing  3oz Oven Baked Chicken1/2c parsley potatoes3/4c SpinachWW Roll w/ 1 tsp margarine1c Mandarin Oranges | TUESDAY 193oz lean LS Boneless Country style ribs2TBSP barbecue sauce1/2c Black eyed peas1c Château Blend Vegetables½ Slice Cornbread/ 1 tsp margarin, 1 TBSP honey1c Cantaloupe | WEDNESDAY 20Open Face Turkey Sandwich(2oz Roasted Turkey, 1 slice wheat bread)1/2c LS Mashed Potato & 1oz LS Poultry Gravy1c Winter Blend Vegetables w/ 1 tsp unsalted butter 1c Fruit Salad4oz Nonfat Vanilla Greek Yogurt | THURSDAY 21Glazed ham with Pineapple(2oz Glazed Ham, 1 Pineapple Slice, 1 TBSP glaze) 3/4c Sweet potato 3/4c Green Beans w/ 1/3c Slivered almondsWW Roll w/ 1 tsp margarine1c Strawberries and Bananas | FRIDAY 22Green Chile Cheese Enchilada(3oz GC Sauce, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato)3/4c LS Pinto beans 1/2c Yellow Squash w/ 1/2c NAS Diced Tomatoes  1c Honeydew |
| MONDAY 25Chicken salad 3/4c Chicken salad (3oz Chicken) w/ grapes, celery, walnuts1c Mixed greens 1/4c Cucumber and 1/4c tomato, 1/4c Shredded carrots)6 Wheat crackers ½ c Cherries in Cobbler | TUESDAY 26Beef fajitas(3oz Beef, 1/2c Peppers and onion, 1 6in flour tortilla, 2 TBSP Salsa)1/2c LS Pinto beans 1/2c Glazed Carrots 1/2c Mixed berries in 1/2c SF Gelatin  | WEDNESDAY 274oz Crusted Chicken parmesan3/4c Penne pasta, 2oz No added salt marinara Sauce1c Italian Vegetables1c Green Salad w/ 2 TBSP Light Ranch Dressing 1 slice Garlic Bread Bartlett pear | THURSDAY 28 3oz LS Lemon Herb Tilapia 2 TBSP tartar sauce 1/2c Wild rice with 1/4c mushrooms 1c California vegetables 1c Coleslaw w/ 2 TBSP dressing½ slice Cornbread1/2c apricots  | FRIDAY 29Green Chile Cheese Chicken Sandwich(3oz Chicken Breast, 1/2c Lettuce, 2 slices tomato, 1 slice onion, 1oz American Cheese, 1oz GC, 1 WW bun)1oz Sun chips1/2c peas3/4c LS LF Broccoli Salad1c Grapes |

***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:****1** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 729.2 | 703.7 | 707.3 | 706.6 | 769.9 |
| % Carbohydrates from Calories | 45-55% | 50.9 | 48.4 | 48.5 | 51.3 | 51.4 |
| % Protein from Calories | 15-25% | 23.8 | 23.5 | 24.3 | 20.9 | 21.0 |
| % Fat from Calories | 25-35% | 25.3 | 28.1 | 27.3 | 27.3 | 27.6 |
| Saturated Fat | less than 8g | 6.1 | 8.0 | 7.0 | 7.8 | 7.4 |
| Fiber | 10g or more | 12.9 | 11.8 | 10.9 | 13.6 | 12.3 |
| Vitamin B-12 | .8ug or more | 1.5 | 2.3 | 2.3 | 2.1 | 1.8 |
| Vitamin A | 300ug RAE or more | 1161.6 | 499.0 | 500.3 | 652.2 | 440.1 |
| Vitamin C | 30mg or more | 76.4 | 63.1 | 80.0 | 67.0 | 52.6 |
| Iron | 2.6mg or more | 3.7 | 4.9 | 5.6 | 5.3 | 4.1 |
| Calcium | 400mg or more | 478.6 | 430.1 | 436.2 | 541.8 | 476.3 |
| Sodium | less than 766mg | 732.5 | 714.0 | 739.6 | 766.3 | 758.0 |

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 approved on February 16, 2024