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| --- | --- | --- | --- | --- |
| **MONDAY 2, 2022****Sloppy Joe****(3oz Meat, 1 sauce, 1 Bun)****8 Tater Tots****1c Peas & Carrots****1c Berries**  | **TUESDAY 3, 2022****Chicken & Potato Burrito****(1 10 in Flour tortilla, 3 oz Chicken, 1/2c Potato)****with 1oz Red Chili Sauce****1c Chuck Wagon Veggies****1/2c Fruit Cocktail in 1/2c Gelatin** | **WEDNESDAY 4, 2022****4oz Pork Stir Fry****1/2c Fried Rice****1c Stir Fry Veggies****1/2c Spinach Salad****Fresh Orange** | **THURSDAY 5, 2022****3oz Meatloaf****4oz LS Scalloped Potatoes****Buttered Carrots****(1/2c carrots w/ 1 tsp margarine)****Wheat Roll****1c Cinnamon Spiced Apples** | **FRIDAY 6, 2022****3oz Baked Pork Chop****1/2c LS Rice Pilaf****1c Green Beans & Corn****Wheat Roll****1c Fresh Cantaloupe** |
| **MONDAY 9, 2022****3oz Salisbury Steak****1/2c Mashed Potatoes****Mushroom Gravy2oz Gravy w/ ¼ Mushrooms****1/2c 5 Way Veggies****Wheat Roll****1/2c Tropical Fruit** | **TUESDAY 10, 2022****Soft Fish Taco****(3oz LS Fish, 1 corn tortilla)** **1/2c Cucumber Salad****½c LS Black Beans****1/2c Spanish Slaw****1/2c Tapioca Pudding** | **WEDNESDAY 11, 2022****Hot Roast Beef and****Swiss Sandwich****(3oz Beef, .5oz Swiss cheese, 1 Hoagie bun)****1oz LS Au Jus Sauce****1/2c 3 Bean Salad****1/2c Roasted Beets** **1 oz Potato Chips****Fresh Banana** | **THURSDAY 12, 2022****3oz Baked Chicken****2oz LS Chicken Gravy****1/2c Wild Rice****1c Asparagus with Onions****Biscuit****1/2c Apricots** | **FRIDAY 13, 2022****1/2c Cheese Tortellini with****4oz Meaty Marinara Sauce****1c Italian Veggies****1/2c Tossed Salad w/ 1 TBSP Light Dressing****Wheat Roll****1 Oatmeal Cookie** |
| **MONDAY 16, 2022****Chili Cheese Dog****with Chili Meat Sauce****(1/2 LS Hot Dog, 1bun, .5oz Cheese, 4 oz Meat Sauce)****5 Onion Rings****1c Chateau Blend Vegetables****1c Fresh Grapes** | **TUESDAY 17, 2022****1% Milk****Chicken Fettuccini****with Alfredo Sauce****(3oz chicken, 1/2c Fettuccine, 1oz Light Alfredo Sauce)****1c Broccoli & Cauliflower****Wheat Roll w/ 1 tsp margarine****Fresh Pear** | **WEDNESDAY 18, 2022****1% Milk** **3oz Lean LS Boneless Country Style Ribs****1/2c LS Baked Beans****3/4c Country Blend Vegetables****Cornbread w/ 1 tsp margarine****1/2c Pineapple** | **THURSDAY 19, 2022****6 oz Green Chili Chicken Enchiladas****1/2c LS Pinto Beans****1c Yellow Squash & Zucchini****1c Plums** | **FRIDAY 20, 2022****Turkey Cobb Salad****with Boiled Egg & Cheese****(1 c shredded lettuce, 1oz Red cabbage, 8 Baby Carrots, 1 oz Cucumbers, 10 cherry tomato, 2oz LS Turkey Breast, 1 hard boiled egg, .5 oz Cheese, 2 TBSP Lt Ranch Dressing****6 LS WW Crackers** **1/2c LF Chocolate Pudding****1c Strawberries**  |
| **MONDAY 23, 2022****Teriyaki Chicken****(1oz Teriyaki Sauce 3 oz Chicken)****3/4c White Rice****1c Asian Veggies****Wheat Roll w 1 tsp margarine****1/2c Mandarin Oranges****1-Fortune Cookie** | **TUESDAY 24, 2022****3oz Breaded Cod****½ NAS Baked French Fries****1c LS Vegetable Medley****1/2c Cole Slaw w 2 TBSP Dressing****1/2c Lemon Sherbet** | **WEDNESDAY 25, 2022****8 oz Pork Posole****(3oz Pork, 1/3c Posole****2oz Red Chili)****1/2c LS Spanish Rice****1c Mixed Veggies****Flour Tortilla****1c Sliced Pears** | **THURSDAY 26, 2022****3oz Beef in Ravioli****1/4c NSAS Marinara Sauce****1c California Veggies****Wheat Roll w 1 tsp Margarine****1/2c Applesauce** | **FRIDAY 27, 2022****Ham & Cheese Sandwich****(2oz LS Lean Ham, 1 oz swiss Cheese, 2 slices Wheat Bread, 1/2c Lettuce, 2 slices tomato)****1oz Sun Chips** **1c Garden Blend Vegetables** **3/4c Watermelon** |
| **MONDAY 30, 2022****All Kitchens Closed** | **TUESDAY 31, 2022****1% Milk** **Green Chili Cheeseburger****(1bun, 1oz GC, .5oz cheese, 3oz beef patty)****1/2c LS Ranch Beans** **Seasoned Fries****(1/2c NSAS French Fries, w/ 1 tsp LS Seasoning)** **Fresh Apple** | **WEDNESDAY JUNE 1, 2022****Turkey Sandwich****(3oz LS Roasted Turkey Breast, 2 sl. Wheat bread, 1/2c lettuce, 2 sl tomato)****1/2c DM friendly Pasta Salad****8 pcs Celery Sticks****1-Fresh Pear** | **THURSDAY 2, 2022****5oz Cheesy Baked Ziti****(1oz Cheese, 1/2c Pasta)** **3oz Meaty Marinara Sauce****(2 oz meat, 1 oz NAS Marinara Sauce)** **1c Italian Veggies****Wheat Roll****1/2c Cinnamon Spiced Apples** | **FRIDAY 3, 2022****8 oz Red Chili Beef Enchiladas****(2 corn tortillas, 3oz beef, 2oz Red Chile)** **½c Corn salsa****1/2c LS Refried Beans****1/2c Cucumber & Tomato Salad****Fresh Plum** |

***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:****4** |
| Calories | 700 or more | 754.8 | 723.8 | 719.1 | 706.2 | 726.1 |
| % Carbohydrates from Calories | 45-55% | 54.2 | 51.1 | 47.8 | 54.8 | 51.6 |
| % Protein from Calories | 15-25% | 20.4 | 21.7 | 24.2 | 20.2 | 21.9 |
| % Fat from Calories | 25-35% | 25.4 | 27.2 | 28.0 | 25.0 | 26.4 |
| Saturated Fat | less than 8g | 7.0 | 8.0 | 7.9 | 7.3 | 7.9 |
| Fiber | 10g or more | 10.3 | 10.2 | 10.9 | 10.6 | 10.7 |
| Vitamin B-12 | .8ug or more | 2.2 | 2.8 | 1.9 | 1.6 | 2.3 |
| Vitamin A | 300ug RAE or more | 626.8 | 362.1 | 380.9 | 407.7 | 466.1 |
| Vitamin C | 30mg or more | 45.8 | 43.6 | 40.1 | 31.7 | 38.8 |
| Iron | 2.6mg or more | 4.8 | 5.5 | 4.0 | 4.1 | 4.7 |
| Calcium | 400mg or more | 483.4 | 528.4 | 470.1 | 472.3 | 500.0 |
| Sodium | less than 766mg | 763.7 | 696.5 | 625.2 | 761.1 | 684.9 |

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

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