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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***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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

Constance Rudnicki, MS, RDN, LD