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| All Meals Served With 8oz 1% Milk as available |  |  |  | FRIDAY 1, 2024  Stuffed Portabella Mushrooms  (1 Portabella mushroom, 1/8c onion, 1/3c spinach, 2oz NAS marinara sauce, 1TBSP breadcrumbs, 1oz mozzarella cheese)  1/2c Roasted Asparagus  1/2c Brown Rice w/ 1 tsp margarine  Orange  1c Light Vanilla Nonfat Yogurt |
| MONDAY 4, 2024  Sloppy Joe's  (1 HB Bun, 3 oz ground beef, 1 oz sauce)  1/2c LS Potato salad  1/2c Roasted Cauliflower  1/2c Spiced Apples | TUESDAY 5, 2024  Chicken Salad Sandwich  (2 SL WW bread, 3oz chicken, 1 TBSP Mayo, 1/2c celery, 1/4c onion, 1/2c shredded lettuce)  1c LS Tomato Soup  1/2c Spring Vegetables  1c Fruit Salad | WEDNESDAY 6, 2024  Honey Garlic Pork Chops  (3oz Pork Chop, 2oz glaze)  1/2c LS scalloped potatoes  1c Winter Blend vegetables  WW Roll  1/2c Cherries in Cobbler | THURSDAY 7, 2024  Stuffed Peppers w/ Ground Turkey  (1/2 Pepper, 3oz Ground Beef, 1/4c rice, 1oz tomato sauce)  WW Roll  1c Garden Salad w/ 2 TBSP Light Italian Dressing  1/2c Carrots  1c Grapes | FRIDAY 8, 2024  Crunchy Fish and Slaw Tacp  (3oz breaded fish, 1/4c avocado, 2 SL tomato, 2 corn tortillas)  1/2c Cilantro Lime Slaw  1/2c Black Bean Salad  1c Cantaloupe |
| MONDAY 11, 2024  Beef Tips  (3oz LS Beef Tips, 2oz LS Gravy, 1/4c Mushrooms)  1/2c LS Mashed Potatoes  1/2c Garlic Green Beans w/ 1 tsp unsalted butter  1/2c mixed fruit | TUESDAY 12, 2024  Hot Turkey Sandwich  (1 SL WW bread, 2oz sliced roasted turkey, 2oz LS Gravy)  3/4c Sweet Potatoes w/ 1 tsp unsalted butter  1/2c Beets  1 Fresh Pear  1/2 c Light Vanilla nonfat yogurt | WEDNESDAY 13, 2024  Hawaiian Chicken  (3oz marinated Chicken thigh, 1oz sauce)  1c Brown Rice w/ 1 tsp unsalted butter  1c Asian Blend Vegetables  1/2 slice pineapple upside down cake  1c pineapple tidbits and bananas | THURSDAY 14, 2024  Red Chile w/ Pork Meat  (2oz Red chile, 3oz pork meat)  1 6” flour tortilla  1/2c LS Pinto Beans  1/2c Spanish slaw  1c Diced Mango | FRIDAY 15, 2024  Coconut Shrimp  (3oz coconut shrimp,1 oz cocktail sauce)  1/2c roasted broccoli  1/2c grits w/ 1 tsp unsalted butter  1/2c NAS Baked French Fries  1c Mandarin Oranges w/ Cinnamon |
| MONDAY 18, 2024  Corned Beef and Cabbage  (3oz corned beef, 1/2c cabbage)  1/2c Red Potatoes  1/2c baby carrots  WW Roll  1/2c SF Lime Gelatin | TUESDAY 19, 2024  Turkey Pot Pie  (3oz turkey, 1oz puff pastry, 1/2c mixed vegetables, 2oz LS cream sauce)  1/2c Roasted Cauliflower  3/4c Peaches  4 cinnamon graham cracker squares | WEDNESDAY 20, 2024  Beef Fajitas  (3oz LS marinated flank steak 1 6” tortilla, 1/2c peppers and onions, 1oz shredded cheese, 1/2c lettuce and tomato  1/2c LS Beans  1c Capri Vegetables  1/2c Sopa  Churro | THURSDAY 21, 2024  Smothered Chicken  (3oz chicken breast, 1/2c mushrooms, 2 oz LS Gravy)  1c Penne Pasta w/ 1 tsp margarine  Wheat roll  1/2c Roasted Brussel Sprouts  1c Fruit Salad | FRIDAY 22, 2024  Baja Fish Tacos  (2 1.5 broiled fish tenders, 2 6” corn tortillas, 1/2c jalapeno slaw, w/ 1 TBSP Dressing, 1oz mango salsa)  1c Zucchini w/ NAS diced tomatoes  1/2c Cilantro lime brown rice  1/2c Grape Salad |
| Monday 25,2024  Loaded Baked Potato  (1 potato, 1 tsp margarine, 1 TBSP Sour Cream, 1 tsp chives, 1/2c Broccoli, 1oz Cheese, 1 slice reduced sodium Bacon, 2 TBSP Salsa)  1/2c Tomato Cucumber Salad  4 WW Crackers  1c Light nonfat Vanilla Yogurt  1c Strawberries and Blueberries | Tuesday 26, 2024  Red Beef Enchilada  (2oz Red chile, 2oz ground beef, 2 corn tortillas, 1/4c onions, 1oz shredded cheese, 1/2c Lettuce and tomatoes)  1/2c LS Ranch Beans  1/2c Calabacitas  1/2c Spiced Pears | Wednesday 27, 2024  Chicken Flautas  (3 oz LS Diced chicken, 2 corn tortillas, 1/2c lettuce and tomato, 1/4c Avocado)  1c California blend vegetables  1/2c LS Spanish Rice  1/2c LS Black Beans  1/2c Fat free lemon Pudding | Thursday 28, 2024  3oz Meatloaf  1/2c Roasted Asparagus  1/2c Peas and Carrots  WW Roll  Orange | Friday 29, 2024  Eggplant Parmesan  (1/2c breaded eggplant, 1oz NAS marinara sauce, 1oz mozz cheese)  1/2c Spaghetti w/ 1oz NAS Marinara  1c Italian Vegetables  Wheat roll  1c Light Vanilla nonfat yogurt  1/2c Apricots |

***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 | 716.8 | 769.7 | 749.9 | 753.1 | 762.7 |
| % Carbohydrates from Calories | 45-55% | 53.7 | 50.4 | 54.0 | 48.5 | 53.8 |
| % Protein from Calories | 15-25% | 19.7 | 20.9 | 18.1 | 22.8 | 20.5 |
| % Fat from Calories | 25-35% | 26.7 | 28.6 | 27.9 | 28.7 | 25.7 |
| Saturated Fat | less than 8g | 6.6 | 6.9 | 7.7 | 7.4 | 8.0 |
| Fiber | 10g or more | 11.9 | 10.7 | 10.2 | 10.0 | 15.1 |
| Vitamin B-12 | .8ug or more | 1.6 | 2.2 | 1.9 | 1.9 | 2.0 |
| Vitamin A | 300ug RAE or more | 584.9 | 493.9 | 386.6 | 431.2 | 403.5 |
| Vitamin C | 30mg or more | 85.7 | 69.8 | 69.8 | 50.1 | 62.9 |
| Iron | 2.6mg or more | 6.3 | 5.5 | 3.7 | 4.5 | 5.1 |
| Calcium | 400mg or more | 930.4 | 495.6 | 449.6 | 465.2 | 693.9 |
| Sodium | less than 766mg | 747.1 | 763.9 | 765.0 | 759.6 | 728.6 |

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 27, 2024