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| MONDAY , 2023  **2% Milk Served Daily**  **Lunch Served**  **11:30 AM**  **To**  **1:00 PM** | TUESDAY , 2023  **Meal Donation**  **60 + $ 1.50**  **Non Seniors**  **$ 8.50** | WEDNESDAY , 2023 | THURSDAY , 2023 | FRIDAY 1, 2023  3 oz. LS Mrs. Dash Baked Cod  4oz no added salt French fries  1c Coleslaw w/ 2 TBSP dressing  1/2c Roasted Brussel Sprouts  Wheat roll  1c Cantaloupe |
| MONDAY 4, 2023  CLOSED  LABOR DAY | TUESDAY 5, 2023  Chicken Tacos  (3 oz. Chicken, 1/2c Lettuce & Tomato, 2 Corn Tortillas)  1/2c Black Beans  1 oz. Salsa  1/2 Sliced Beets  1/2c Mandarin Oranges | WEDNESDAY 6, 2023  Meat Ball Sandwich  (3 oz. Turkey Meat Balls, 1 oz. Sauce,  1 oz. Cheese, 1 WW Hot Dog Bun)  1/2c Peas and Carrots  1/2c Tomato and Red onion Salad  1/2c SF Gelatin w/ 1/2c Fruit Cocktail | THURSDAY 7, 2023  3 oz. Baked Chicken Nuggets With  2T Honey Mustard  1/2c LS Potato Salad  1c LS Pasta Salad (1/2c Pasta, 1/2c vegetables)  1c Watermelon | FRIDAY 8, 2023  Smothered Red Chile Burrito  (3 oz. lean ground Beef, .5oz. Cheese, 1 8 in flour Tortilla,  2 oz. Red Chile)  1/2c Cilantro White Rice  1/2c Lettuce, Tomato  1/4c Onion  1c California Blend Vegetable  1/2c Pears |
| MONDAY 11, 2023  Pork Riblet Sandwich  (3 oz. Lean Country Style Ribs Pork, 1 oz. Sauce, 1 Bun)  1c vegetable medley  1/2c LS LF Brocoli Salad  1 Bananas  1/2c SF Gelatin | TUESDAY 12, 2023  Green Chile Cheese Enchiladas  (1 oz. Cheese, 2oz. Green Chile, 2 corn tortillas)  1/2c Lettuce, Tomato 1/4c Onions  1/2c LS Pinto beans  3/4c Green Beans  1/2c Yellow Squash  1 apple | WEDNESDAY 13, 2023  Open Faced Sloppy Joe  (3 oz. Beef, 1 oz. Sauce, 1/2 ww Bun, 1/4c Onions, 2 slices pickles, 1/4c peppers)  3/4c Zucchini  1/2c Baked Potato Wedges  1 orange  4oz Greek Nonfat vanilla yogurt | THURSDAY 14, 2023  4 oz. Parmesan Crusted Chicken  1/2c Brown Rice Cooked  3/4c Asparagus  1c Garden Salad w/  2T Light Italian Dressing  1 WW Roll  1c Strawberries | FRIDAY 15, 2023  Stuffed Bell Peppers  (3 oz. Beef, ½ Bell Pepper,  1 oz. Sauce)  1c Italian Vegetables  1 Wheat bread  1c Fruit Salad  4oz Greek Nonfat vanilla yogurt |
| MONDAY 18, 2023  COOK’S  CHOICE | TUESDAY 19, 2023  3 oz. Baked Meatloaf  1/2c LS Mashed Potato  w/ 2oz LS Gravy  1c Winter Blend Veg  1/2c Green Salad w/  1T Light Italian Dressing  1 Wheat Roll  1/2c Applesauce | WEDNESDAY 20, 2023  1/2c Cabbage Served W/2oz lite Kiebasa and 1oz Green onion  1 6 in WW Flour Tortilla  1/2c Roasted Baby Carrots  1/2c LS Steamed Rice Pilaf  1/2c Mix Fruit  4oz Greek nonfat vanilla yogurt | THURSDAY 21, 2023  Chile Beans  (3/4c Pinto Beans, .  1/4c Red Chile)  1c LS Seasoned Spinach w/ Mushrooms & Garlic  1 Sl. Cornbread w/ Jalapeno  1/2c Tropical fruit salad | FRIDAY 22, 2023  4oz Tuna Salad Sandwich With  1/2c Lettuce/2 slices Tomato  1/2c LS Three Bean Salad  1c LS Tomato Soup  6 LS Wheat Crackers  1/2c Peaches |
| Monday 25, 2023  Tortilla Burger  (3 oz. Beef, .5oz. Cheese  1 8 in flour Tortilla, 1/2c Lettuce & Tomato, 1/4c onion)  1/2c LS Ranch Beans  1c Capri Vegetables  1/2c SF Gelatin and 1/2c Strawberries | TUESDAY 26, 2023  4oz. Red Chili Carne Adovada  (3oz Pork, 2oz RC)  1 ww 6 in Flour Tortilla  1/2c Chuckwagon Corn  1/2c no added salt French style green beans  1/2c Spiced Peaches | WEDNESDAY 27, 2023  Breaded Fish Sandwich  (3 oz. Catfish, 1/2c Lettuce/Tomato,  1 WW Bun)  1T Tartar Sauce  3oz Waffle French Fries  1c Cole Slaw w/ 2 BSP Dressing  1/2c Apricots | THURSDAY 28, 2023  Chicken Wrap  (3 oz. Roasted Chicken breast ,1/2c Lettuce & 2 slices Tomato, 6” Wheat Tortilla)  1/2c Tomato and Cucumber salad  1/2c LS Roasted Root Vegetables (sweet potatoes, beets, carrots red pots, onion, herbs)  1/2c Fruit Cocktail | FRIDAY 29, 2023  Egg salad sandwich  (2 slices wheat bread, ½ egg salad (1 egg), 1/2c Spinach)  1/2c Beets and red onions  Granola and Yogurt parfait,  ½ pkg of Granola Bar (nature valley) and 8oz Yogurt  1/2c Mixed Fruit |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 772.9 | 720.1 | 700.0 | 730.5 | 752.1 |
| % Carbohydrates from Calories | 45-55% | 46.7 | 45.2 | 51.5 | 53.9 | 49.4 |
| % Protein from Calories | 15-25% | 19.7 | 27.1 | 23.5 | 18.6 | 22.4 |
| % Fat from Calories | 25-35% | 33.6 | 27.7 | 25.0 | 27.4 | 28.2 |
| Saturated Fat | less than 8g | 7.2 | 7.8 | 8.0 | 7.0 | 7.4 |
| Fiber | 10g or more | 12.7 | 10.5 | 11.1 | 12.8 | 10.7 |
| Vitamin B-12 | .8ug or more | 2.1 | 2.5 | 3.2 | 2.5 | 2.7 |
| Vitamin A | 300ug RAE or more | 530.7 | 425.2 | 330.7 | 378.3 | 377.4 |
| Vitamin C | 30mg or more | 202.8 | 34.5 | 81.3 | 45.8 | 31.5 |
| Iron | 2.6mg or more | 4.4 | 5.3 | 4.7 | 5.6 | 4.4 |
| Calcium | 400mg or more | 440.5 | 518.2 | 517.3 | 544.3 | 531.2 |
| Sodium | less than 766mg | 602.5 | 690.4 | 668.1 | 761.2 | 765.6 |

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.

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