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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, 20233 oz. LS Mrs. Dash Baked Cod 4oz no added salt French fries 1c Coleslaw w/ 2 TBSP dressing1/2c Roasted Brussel SproutsWheat roll 1c Cantaloupe |
| MONDAY 4, 2023CLOSEDLABOR DAY | TUESDAY 5, 2023Chicken Tacos(3 oz. Chicken, 1/2c Lettuce & Tomato, 2 Corn Tortillas)1/2c Black Beans1 oz. Salsa1/2 Sliced Beets1/2c Mandarin Oranges | WEDNESDAY 6, 2023Meat Ball Sandwich(3 oz. Turkey Meat Balls, 1 oz. Sauce, 1 oz. Cheese, 1 WW Hot Dog Bun)1/2c Peas and Carrots1/2c Tomato and Red onion Salad1/2c SF Gelatin w/ 1/2c Fruit Cocktail  | THURSDAY 7, 2023 3 oz. Baked Chicken Nuggets With2T Honey Mustard1/2c LS Potato Salad 1c LS Pasta Salad (1/2c Pasta, 1/2c vegetables)1c Watermelon  | FRIDAY 8, 2023Smothered Red Chile Burrito(3 oz. lean ground Beef, .5oz. Cheese, 1 8 in flour Tortilla, 2 oz. Red Chile)1/2c Cilantro White Rice1/2c Lettuce, Tomato1/4c Onion1c California Blend Vegetable1/2c Pears |
| MONDAY 11, 2023Pork Riblet Sandwich(3 oz. Lean Country Style Ribs Pork, 1 oz. Sauce, 1 Bun)1c vegetable medley1/2c LS LF Brocoli Salad 1 Bananas 1/2c SF Gelatin | TUESDAY 12, 2023Green Chile Cheese Enchiladas(1 oz. Cheese, 2oz. Green Chile, 2 corn tortillas)1/2c Lettuce, Tomato 1/4c Onions1/2c LS Pinto beans3/4c Green Beans1/2c Yellow Squash1 apple | WEDNESDAY 13, 2023Open Faced Sloppy Joe(3 oz. Beef, 1 oz. Sauce, 1/2 ww Bun, 1/4c Onions, 2 slices pickles, 1/4c peppers)3/4c Zucchini1/2c Baked Potato Wedges1 orange4oz Greek Nonfat vanilla yogurt | THURSDAY 14, 20234 oz. Parmesan Crusted Chicken1/2c Brown Rice Cooked 3/4c Asparagus1c Garden Salad w/ 2T Light Italian Dressing1 WW Roll 1c Strawberries  | FRIDAY 15, 2023Stuffed Bell Peppers(3 oz. Beef, ½ Bell Pepper, 1 oz. Sauce)1c Italian Vegetables1 Wheat bread1c Fruit Salad4oz Greek Nonfat vanilla yogurt |
| MONDAY 18, 2023COOK’SCHOICE |  TUESDAY 19, 20233 oz. Baked Meatloaf1/2c LS Mashed Potatow/ 2oz LS Gravy1c Winter Blend Veg1/2c Green Salad w/ 1T Light Italian Dressing1 Wheat Roll 1/2c Applesauce | WEDNESDAY 20, 20231/2c Cabbage Served W/2oz lite Kiebasa and 1oz Green onion1 6 in WW Flour Tortilla1/2c Roasted Baby Carrots1/2c LS Steamed Rice Pilaf1/2c Mix Fruit4oz Greek nonfat vanilla yogurt | THURSDAY 21, 2023Chile Beans(3/4c Pinto Beans, . 1/4c Red Chile)1c LS Seasoned Spinach w/ Mushrooms & Garlic1 Sl. Cornbread w/ Jalapeno1/2c Tropical fruit salad | FRIDAY 22, 20234oz Tuna Salad Sandwich With1/2c Lettuce/2 slices Tomato1/2c LS Three Bean Salad1c LS Tomato Soup6 LS Wheat Crackers1/2c Peaches  |
| Monday 25, 2023Tortilla Burger (3 oz. Beef, .5oz. Cheese1 8 in flour Tortilla, 1/2c Lettuce & Tomato, 1/4c onion)1/2c LS Ranch Beans1c Capri Vegetables1/2c SF Gelatin and 1/2c Strawberries | TUESDAY 26, 20234oz. Red Chili Carne Adovada(3oz Pork, 2oz RC)1 ww 6 in Flour Tortilla1/2c Chuckwagon Corn1/2c no added salt French style green beans1/2c Spiced Peaches  | WEDNESDAY 27, 2023 Breaded Fish Sandwich(3 oz. Catfish, 1/2c Lettuce/Tomato, 1 WW Bun)1T Tartar Sauce3oz Waffle French Fries 1c Cole Slaw w/ 2 BSP Dressing1/2c Apricots | THURSDAY 28, 2023Chicken 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, 2023Egg salad sandwich(2 slices wheat bread, ½ egg salad (1 egg), 1/2c Spinach)1/2c Beets and red onionsGranola and Yogurt parfait, ½ pkg of Granola Bar (nature valley) and 8oz Yogurt1/2c 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.

 Constance Rudnicki MS, RDN, LD