|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2% milk Served at meals |   |  |  | FRIDAY 13 oz. Lean LS Pork Chop1/2c LS 3 Bean Salad1 med baked sweet potato w/ 1 tsp margarine 1 WW Roll w/ 1 tsp. MargarineOrange  |
| MONDAY 4 Closed | TUESDAY 5 Soft Beef Taco (3oz Beef,1/2c lettuce and tomato, 2 TBSP LS Salsa, 1 6in Flour Tortilla)1/2c LS Pinto beans 1c Capri VegetablesStrawberry short cake (1/2c Strawberries, 1 slice angel food cake, 2 TBSP Whipped topping) | WEDNESDAY 64oz LS Baked Tilapia w/lemon1 Tsp LS Garlic butter3/4c LS Wild rice 1/2c Sliced carrots 1c Coleslaw w/ 2 TBSP DressingWW roll w/ 1 tsp margarine3/4c Diced peaches  | THURSDAY 73oz Roasted Lean LS Pork Roast 1/2c Mashed potatoes w/ 2oz LS Mushroom Gravy (1/4c mushrooms)Peas 1c Green Salad w/ 2 TBSP Light Italian Dressing Wheat roll w/ 1 tsp margarine1/2c SF Gelatin 1/2c Fruit Cocktail  | FRIDAY 8 Chicken Chow Mein(3oz Chicken, 1/2c Noodles, 2oz reduced sodium Sauce) 1c Oriental Vegetables1-Fortune Cookie1/2c Cinnamon apples |
| MONDAY 11Chicken Soft TacoLettuce tomato salsa cheese (3oz Chicken, 1/2c Lettuce and tomato, 2 TBSP Salsa,.5oz Cheese, 1 6 in Flour Tortilla)1c LS Mexican Roasted Vegetables(Onion, bell peppers, broccoli, summer squash, lime juice and LS taco Seasoning)1/2c Cilantro Lime Brown Rice1/2c Spiced Pears  | TUESDAY 12 BBQ pulled Pork Sandwich(1 bun, 3oz Pork, 1oz BBQ Sauce)1/3c LS Baked Beans1c Vegetable Medley1/2c Coleslaw w/ 1 TBSP dressing1/2c Watermelon | WEDNESDAY 13Oriental Beef w/ Broccoli(3oz Beef, 1/2c Broccoli, 1oz Sauce) 1/2c Brown rice 1/2c Sugar snap Peas1c Green Salad w/ 2 TBSP Light French Dressing 3/4c Pineapple tidbits  | THURSDAY 141c Green Salad w/ 2 TBSP Light Italian Dressing 1c LS Chicken Noodle with Vegetable Soup(1/4c Egg Noodles, 3oz Chicken, 1/2c Mixed Vegetables, 1oz LS Chicken Broth)4 LS WW Crackers1/2c Tropical Fruit Salad | FRIDAY 151/2c Green Salad w/ 1 TBSP Light Italian Dressing 3oz Salisbury steak1/2c Herb Roasted Potatoes1/2c Brussels SproutsWW Roll w/ 1 tsp margarineBanana |
| MONDAY 181c Green Salad w/ 2 TBSP Light Italian Dressing  3oz Oven Baked Chicken1/2c parlsey potatoes1/2c SpinachWW Roll w/ 1 tsp margarine1c Mandarin Oranges  | TUESDAY 193oz lean LS Boneless Country style ribs2TBSP Light barbecue sauce1/2c Black eyed peas1c Château Blend VegetablesWheat roll w/ 1 tsp margarine1c Cantaloupe | WEDNESDAY 20Open Face Turkey Sandwich(3oz Roasted LS Turkey, 1 slice wheat bread)1/2c LS Mashed Potato & 2oz LS Poultry Gravy1c Winter blend Vegetables1/2c Green Salad w/ 1TBSP Light Italian Dressing 1c Fruit Salad  | THURSDAY 21Glazed ham with Pineapple(2oz Glazed Ham, 1 Pineapple Slice) 3/4c Sweet potato 3/4c Green Beans w/ 1/3c Slivered almondsWW Roll w/ 1 tsp margarine1c Strawberries and Bananas4oz Nonfat Vanilla Greek Yogurt  | FRIDAY 22Green Chile Cheese Enchilada (3oz GC Sauce, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato)3/4c LS Pinto beans 1/2c Yellow Squash 1c Honeydew  |
| MONDAY 25Chicken salad 3/4c Chicken salad (3oz Chicken) w/ grapes, celery, walnuts1c Mixed greens 1/4c Cucumber and 1/4c tomato, 1/4c Shredded carrots)6 Wheat crackers ½ c Cherries in Cobbler   | TUESDAY 26Beef fajitas (3oz Beef, 1/2c Peppers and onion, 1 6in flour tortilla, 2 TBSP Salsa)1/2c LS Pinto beans 1/2c Glazed Carrots 1/2c Mixed berries in 1/2c SF Gelatin  | WEDNESDAY 274oz Crusted Chicken parmesan3/4c Penne pasta, 2oz No added salt marinara Sauce1c Italian Vegetables1c Green Salad w/ 2 TBSP Light Italian Dressing 1 slice Garlic Bread 1c Cantaloupe | THURSDAY 28 3oz LS Lemon Herb Tilapia 2 TBSP tartar sauce 1/2c Wild rice with 1/4c mushrooms 1c California vegetables 1c Coleslaw w/ 2 TBSP dressingCornbread1/2c Spiced apples  | FRIDAY 29Green Chile Cheese Chicken Sandwich(3oz Chicken Breast, 1/2c Lettuce, 2 slices tomato, 1 slice onion, 1oz American Cheese, 1oz GC, 1 WW bun) 1oz Sun chips1/2c Peas & Carrots 3/4c LS LF Broccoli Salad 1c Strawberries |

***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:****5** | **Days in Week:****5** |
| Calories | 700 or more | 723.4 | 700.9 | 734.3 | 724.7 | 773.5 |
| % Carbohydrates from Calories | 45-55% | 46.9 | 45.3 | 48.1 | 50.5 | 45.1 |
| % Protein from Calories | 15-25% | 23.4 | 25.2 | 25.4 | 21.9 | 24.6 |
| % Fat from Calories | 25-35% | 29.7 | 29.4 | 26.5 | 27.6 | 30.3 |
| Saturated Fat | less than 8g | 7.5 | 7.9 | 7.9 | 7.7 | 8.0 |
| Fiber | 10g or more | 12.9 | 10.2 | 11.0 | 14.1 | 11.1 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.6 | 2.4 | 2.2 | 2.3 |
| Vitamin A | 300ug RAE or more | 1388.9 | 520.8 | 527.5 | 660.6 | 433.7 |
| Vitamin C | 30mg or more | 97.1 | 48.5 | 97.6 | 59.6 | 61.9 |
| Iron | 2.6mg or more | 3.5 | 4.7 | 5.7 | 5.1 | 4.2 |
| Calcium | 400mg or more | 508.3 | 418.2 | 462.2 | 590.0 | 488.9 |
| Sodium | less than 766mg | 526.4 | 647.0 | 724.6 | 714.5 | 744.8 |

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