|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2% milk Served at meals |  |  |  | FRIDAY 1  3 oz. Lean LS Pork Chop  1/2c LS 3 Bean Salad  1 med baked sweet potato w/ 1 tsp margarine  1 WW Roll w/ 1 tsp. Margarine  Orange |
| 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 Vegetables  Strawberry short cake  (1/2c Strawberries, 1 slice angel food cake, 2 TBSP Whipped topping) | WEDNESDAY 6  4oz LS Baked Tilapia w/lemon  1 Tsp LS Garlic butter  3/4c LS Wild rice  1/2c Sliced carrots  1c Coleslaw w/ 2 TBSP Dressing  WW roll w/ 1 tsp margarine  3/4c Diced peaches | THURSDAY 7  3oz 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 margarine  1/2c SF Gelatin  1/2c Fruit Cocktail | FRIDAY 8    Chicken Chow Mein  (3oz Chicken, 1/2c Noodles, 2oz reduced sodium Sauce)  1c Oriental Vegetables  1-Fortune Cookie  1/2c Cinnamon apples |
| MONDAY 11  Chicken Soft Taco  Lettuce 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 Rice  1/2c Spiced Pears | TUESDAY 12    BBQ pulled Pork Sandwich  (1 bun, 3oz Pork, 1oz BBQ Sauce)  1/3c LS Baked Beans  1c Vegetable Medley  1/2c Coleslaw w/ 1 TBSP dressing  1/2c Watermelon | WEDNESDAY 13  Oriental Beef w/ Broccoli  (3oz Beef, 1/2c Broccoli, 1oz Sauce)  1/2c Brown rice  1/2c Sugar snap Peas  1c Green Salad w/ 2 TBSP Light French Dressing  3/4c Pineapple tidbits | THURSDAY 14  1c 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 Crackers  1/2c Tropical Fruit Salad | FRIDAY 15  1/2c Green Salad w/ 1 TBSP Light Italian Dressing  3oz Salisbury steak  1/2c Herb Roasted Potatoes  1/2c Brussels Sprouts  WW Roll w/ 1 tsp margarine  Banana |
| MONDAY 18  1c Green Salad w/ 2 TBSP Light Italian Dressing  3oz Oven Baked Chicken  1/2c parlsey potatoes  1/2c Spinach  WW Roll w/ 1 tsp margarine  1c Mandarin Oranges | TUESDAY 19  3oz lean LS Boneless Country style ribs  2TBSP Light barbecue sauce  1/2c Black eyed peas  1c Château Blend Vegetables  Wheat roll w/ 1 tsp margarine  1c Cantaloupe | WEDNESDAY 20  Open Face Turkey Sandwich  (3oz Roasted LS Turkey, 1 slice wheat bread)  1/2c LS Mashed Potato & 2oz LS Poultry Gravy  1c Winter blend Vegetables  1/2c Green Salad w/ 1TBSP Light Italian Dressing  1c Fruit Salad | THURSDAY 21  Glazed ham with Pineapple  (2oz Glazed Ham, 1 Pineapple Slice)  3/4c Sweet potato  3/4c Green Beans w/ 1/3c Slivered almonds  WW Roll w/ 1 tsp margarine  1c Strawberries and Bananas  4oz Nonfat Vanilla Greek Yogurt | FRIDAY 22  Green 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 25  Chicken salad  3/4c Chicken salad (3oz Chicken) w/ grapes, celery, walnuts  1c Mixed greens  1/4c Cucumber and 1/4c tomato, 1/4c Shredded carrots)  6 Wheat crackers  ½ c Cherries in Cobbler | TUESDAY 26  Beef 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 27  4oz Crusted Chicken parmesan  3/4c Penne pasta, 2oz No added salt marinara Sauce  1c Italian Vegetables  1c 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 dressing  Cornbread  1/2c Spiced apples | FRIDAY 29  Green 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 chips  1/2c Peas & Carrots  3/4c LS LF Broccoli Salad  1c Strawberries |

***Nutrient Table***

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