|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NOTE:  2% Milk served at meals |  |  | **THURSDAY 1, 2024**  Sloppy Joe  (3 oz. Beef, 1 oz. Sauce, 1 Bun**)**  1/2c NAS Potato Wedges  1/2c Broccoli Salad  1/2c Jell-O w/Pineapple | **FRIDAY 2, 2024**  CLOSED |
| **MONDAY 5, 2024**  3 oz. Chicken Strips  1/2c Scalloped Potatoes  1/2c Carrots  1 WW Roll  1/2c Tropical Fruit | **TUESDAY 6, 2024**  Red Chile Beef Enchiladas  (1oz RC, 3oz beef, 2 corn tortilla, 1oz Cheese, 1/2c lettuce, tomato, onion)  1/2c Calabacitas  1/2c Pears | **WEDNESDAY 7, 2024**  3 oz. Kielbasa Sausage  1/2c Cabbage and Potatoes  1/2c Hush Puppy Salad  1/2c Jell-O w/Shredded Carrots | **THURSDAY 8, 2024**  Chile Rellenos  (3oz. Green Chili, .5 oz. Cheese, 3oz. Red Chili Meat Sauce, (3oz lean meat, 1oz red chili)1 oz. Breading)  1/2c LS Pinto Beans  1/2c Corn & Stewed Tomatoes  1 6-in Tortilla  1/2c Applesauce | **FRIDAY 9, 2024**  CLOSED |
| **MONDAY 12, 2024**  Chili Dog  (1oz turkey frank, 2 oz meat chile,  1 WW hot dog bun)  1/2c NAS Potato Wedges  1/2c Mixed Veggies  1/2c Cottage Cheese  1/2c Pears | **TUESDAY 13, 2024**  3oz Meatloaf  1/2c LS Mashed Potatoes  1/2c Green Beans  1c Tossed salad w/ 2 TBSP light Italian Dressing  1 WW Roll  1/2c Plums | **WEDNESDAY 14, 2024**  Beef Stew  (3 oz beef, 1/2c vegetables,  1 oz sauce)  1c Tossed salad w/ 2 TBSP light Ranch Dressing  1 6-inTortilla  1/2c Apricots | **THURSDAY 15, 2024**  Grilled Cheese  (1 oz cheese, 2 ww slices wheat bread)  Veggie Soup  1 Hard-Boiled Egg  1c Tossed salad w/ 2 TBSP light Italian Dressing  1/2c Butterscotch Pudding | **FRIDAY 16, 2024**  CLOSED |
| **MONDAY 19, 2024**  CLOSED | **TUESDAY 20, 2024**  Beef Lasagna  (3oz meat, 1/2c Pasta, 2oz NAS Marinara, .5oz cheese)  1/2c Beets  1c Tossed salad w/ 2 TBSP light Ranch Dressing  1 slice Garlic Bread  1/2c Applesauce | **WEDNESDAY 21, 2024**  Frito Pie  (1oz Corn Chip, 3oz ground beef, 2oz red chile)  1/c Lettuce and Tomato  1/4c Onion  1/2c LS LF Broccoli Salad  1 slice WW bread  1/2c sliced Peaches | **THURSDAY 22, 2024**  Beef Soft Tacos  (2 oz beef, 1 6in tortilla,  1 oz shredded cheese)  1/2c Lettuce and Tomato, 1/4c Onion  1/2c LS Spanish Rice  1/2c Salsa Corn  1/2c Plums | **FRIDAY 23, 2024**  CLOSED |
| **MONDAY 26, 2024**  Chicken Fajitas  (3oz Chicken, 1/2c peppers and onion, 1 6in Flour Tortilla)  1/2c LS Pinto Beans  1c Tossed salad w/ 2 TBSP light Italian Dressing  1c grapes  1 Cookie | **TUESDAY 27, 2024**  Loaded Baked Potato  (1 med potato, 3oz pinto bean and beef, 1oz red chili, .5oz cheese)  1/2c Corn  1c Tossed salad w/ 2 TBSP light Ranch Dressing  1 WW Roll  1 slice Carrot Cake | **WEDNESDAY 28, 2024**  Mac & Cheese  1/2c Roasted Brussel Sprouts  1 WW Roll  1c Strawberries & Bananas | **THURSDAY 29, 2024**  Sauerkraut & Brats  1WW Roll  1/2c Green Beans  1c Tossed salad w/ 2 TBSP light Ranch Dressing  1/2c Applesauce |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more |  |  |  |  |  |
| % Carbohydrates from Calories | 45-55% |  |  |  |  |  |
| % Protein from Calories | 15-25% |  |  |  |  |  |
| % Fat from Calories | 25-35% |  |  |  |  |  |
| Saturated Fat | less than 8g |  |  |  |  |  |
| Fiber | 10g or more |  |  |  |  |  |
| Vitamin B-12 | .8ug or more |  |  |  |  |  |
| Vitamin A | 300ug RAE or more |  |  |  |  |  |
| Vitamin C | 30mg or more |  |  |  |  |  |
| Iron | 2.6mg or more |  |  |  |  |  |
| Calcium | 400mg or more |  |  |  |  |  |
| Sodium | less than 766mg |  |  |  |  |  |

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.