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| --- | --- | --- | --- | --- |
| NOTE:2% Milk served at meals |  |  | **THURSDAY 1, 2024**Sloppy Joe(3 oz. Beef, 1 oz. Sauce, 1 Bun**)**1/2c NAS Potato Wedges1/2c Broccoli Salad1/2c Jell-O w/Pineapple | **FRIDAY 2, 2024**CLOSED |
| **MONDAY 5, 2024**3 oz. Chicken Strips1/2c Scalloped Potatoes1/2c Carrots1 WW Roll1/2c 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 Calabacitas1/2c Pears | **WEDNESDAY 7, 2024**3 oz. Kielbasa Sausage1/2c Cabbage and Potatoes1/2c Hush Puppy Salad1/2c 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 Beans1/2c Corn & Stewed Tomatoes1 6-in Tortilla1/2c 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 Wedges1/2c Mixed Veggies1/2c Cottage Cheese1/2c Pears  | **TUESDAY 13, 2024**3oz Meatloaf1/2c LS Mashed Potatoes1/2c Green Beans1c Tossed salad w/ 2 TBSP light Italian Dressing1 WW Roll1/2c Plums | **WEDNESDAY 14, 2024**Beef Stew(3 oz beef, 1/2c vegetables, 1 oz sauce)1c Tossed salad w/ 2 TBSP light Ranch Dressing1 6-inTortilla1/2c Apricots | **THURSDAY 15, 2024**Grilled Cheese(1 oz cheese, 2 ww slices wheat bread)Veggie Soup1 Hard-Boiled Egg1c Tossed salad w/ 2 TBSP light Italian Dressing1/2c 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 Beets1c Tossed salad w/ 2 TBSP light Ranch Dressing1 slice Garlic Bread1/2c Applesauce | **WEDNESDAY 21, 2024**Frito Pie(1oz Corn Chip, 3oz ground beef, 2oz red chile)1/c Lettuce and Tomato1/4c Onion1/2c LS LF Broccoli Salad1 slice WW bread1/2c 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 Onion1/2c LS Spanish Rice1/2c Salsa Corn1/2c 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 Beans1c Tossed salad w/ 2 TBSP light Italian Dressing1c grapes1 Cookie | **TUESDAY 27, 2024**Loaded Baked Potato(1 med potato, 3oz pinto bean and beef, 1oz red chili, .5oz cheese)1/2c Corn1c Tossed salad w/ 2 TBSP light Ranch Dressing1 WW Roll1 slice Carrot Cake | **WEDNESDAY 28, 2024**Mac & Cheese1/2c Roasted Brussel Sprouts1 WW Roll1c Strawberries & Bananas | **THURSDAY 29, 2024**Sauerkraut & Brats1WW Roll1/2c Green Beans1c Tossed salad w/ 2 TBSP light Ranch Dressing1/2c Applesauce |  |

***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:****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.