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| **All Meals Served**  **With 8oz. 1% Milk as available** | TUESDAY 1, 2023  Chicken Salad Sandwich  (4oz Chicken salad, 2 slices wheat bread,1/2c lettuce, 2 slices red tomato)  1c Spring vegetables  1/2c Sugar Free Gelatin w/ 1/2c Fruit Cocktail | WEDNESDAY 2, 2023  Green Chile Cheeseburger  Cheeseburger  (3oz Beef patty, 1bun, 1oz American Cheese,2 oz Green Chile, 1/2c Lettuce, 2 slices tomato, 1 slice onion)  10 Baked No added Salt French Fries  1/2c Green Beans  ¾ c pineapple | THURSDAY 3, 2023  Goulash  6oz Hamburger macaroni  (3oz Beef, 1/2c Macaroni)  1c Tossed Salad w/ 2 TBSP Light Italian dressing  1/2c Broccoli Spears  4 LS WW Crackers  1 c oranges | FRIDAY 4, 2023  BBQ Chicken drumstick  (3oz Drumstick, 1oz LS BBQ sauce)  1/2c Potato Salad  1/2c LS 3 Bean Salad  WW Roll  1/2c Banana in 1/2c Vanila Pudding |
| MONDAY 7, 2023  Biscuits and Gravy  (1 biscuit, 1oz Ground Turkey sausage, oz LS Country Gravy, 1/2c Peppers and onions)  1/2 c green beans  1c peaches  1c nonfat Greek vanilla yogurt | TUESDAY 8, 2023  Beef Nachos  (3 oz ground beef, 1 oz cheese 1oz tortilla chips)  .1/2c tomato, 1 TBSP LS salsa, 1 TBSP Sour Cream, 1 TBSP Green Onions, 1 TBSP sliced Jalapeno Pepper )  1/c LS Pinto Beans  1/2c Carrots  1/2c Diced Mango  1-Churro | WEDNESDAY 9, 2023  Chicken Fajitas  (3oz Chicken, 3/4c peppers and onions, 1 6in Flour Tortilla,)  1c Capri Vegetables  2 TBSP Pico De Gallo  1/2 c vanilla nonfat Greek yogurt  1c berries | THURSDAY 10, 2023  Bean and Cheese Burrito  (3/4c reduced sodium refried pinto beans, .5oz cheese, 8” flour tortilla)  2 TBSP Pico De Gallo  1c Roasted zucchini and Bell peppers  1 c watermelon | FRIDAY 11, 2023  Corn Dogs  (3 oz Beef corn dog)  1c pasta salad  (1/2c Vegetables, 1/2c pasta)  1c Vegetable medley  1c Fruit Salad w/ 1/4c Whipped topping |
| MONDAY 14, 2023  Sloppy Joes  (1bun, 3oz lean meat, 1oz Sauce)  1/2c LS Potato Wedges  1c Broccoli and Cauliflower w/ 1 tsp margarine  1 c apple slices | TUESDAY 15, 2023  Pork Chops  3oz Pork Chop  1/2c LS Rice Pilaf  1/2c LS creamed spinach  1/2c LS LF Broccoli Salad  1-Wheat roll w/ 1 tsp margarine  1/2c Apricots | WEDNESDAY 16, 2023  Red Chile Beef Enchiladas  (3oz ground beef, 1oz Red chile, 1 oz cheese, 2 corn tortillas, ½ c lettuce and tomato)  ½ c LS Spanish Rice  1/2c LS Pinto beans  1/2c Cilantro Lime Slaw  1/2c pineapple tidbits | THURSDAY 17, 2023  Chicken Stir Fry  (3oz Chicken breast, 1/2c Oriental Cabbage, 1c Stir Fry Vegetables, 1oz sauce)  1/2c Brown Rice  1/2c Mandarin oranges  1 Fortune Cookie | FRIDAY 18, 2023  Frito Pie  (1 oz corn chips, 3 oz ground beef, 2 oz LS Chile sauce, .5 oz cheese)  1c Italian vegetables  1 c Garden salad w/ 2 tbsp light Italian dressing  1/2c Spiced pears |
| MONDAY 21, 2023  3oz Chicken Fried Steak  1/2c LS Mashed Potatoes  1oz LS Country Gravy  1/2c asparagus  Wheat roll w/ 1 tsp margarine  1c Watermelon | TUESDAY 22, 2023  Grilled Ham and Cheese  (1oz LS Ham, 2 slices wheat bread, 1/2c Lettuce and 2 slices tomato, .5oz swiss cheese)  1c Yellow squash with tomatoes  1c Berries, 1/2c Nonfat vanilla Greek Yogurt, w/ 1/3c Slivered Almonds | WEDNESDAY 23, 2023  Meatloaf  4oz Meat loaf  3/4c Roasted Brussel Sprouts  1/2c Garden Salad w/ 1 TBSP Light Italian Dressing  1 Baked Potato w/ 1 tsp margarine, 1 tsp chives  WW Roll  Banana  1/2c SF Gelatin | THURSDAY 24, 2023  Pulled Pork Sandwich  4oz BBQ Pulled Pork  (3oz pork, 1oz BBQ Sauce)  1 slider bun  1/2c Potato Salad  1/2c Cucumber/Tomato/onion/ Salad  1c Chilled Mixed Fruit | FRIDAY 25, 2023  Chicken Strips  3oz Chicken Strips  2oz LS Peppered gravy  1/2c Turnip Greens  1c California Blend Vegetables  WW Roll w/ 1 tsp margarine  1c Grapes |
| Monday 28,2023  Chili Dogs  Chili Cheese Dogs  (Bun, ½ Beef and Pork hot dog, .5oz Cheese, 3oz Chili, 1/4c Onions)  3/4c LS Ranch Beans  1c Coleslaw w/ 2 TBSP Dressing  1c Honeydew | Tuesday 29, 2023  3oz LS Garlic Herb Chicken Breast  1/2c Beets  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1-Wheat roll w/ 1 tsp margarine  1c strawberries w/ 1/4c Whipped topping | Wednesday 30, 2023  Beef Stroganoff  (3oz Beef, 3oz LS sauce, 1c Noodles)  1/2c Mushrooms  1/2c Glazed Carrots  1 slice wheat bread w/1 tsp margarine  1/2c Applesauce | Thursday 31, 2023  Chicken Pot Pie  1c Chicken Pot Pie  3oz Diced Chicken, 1/3 c Mixed Vegetables, 1/3c potatoes 1oz sauce, 1oz Cust  1c Garden Salad w/ 1 TBSP Light Dressing  6 LS WW Crackers  1c Fruit salad |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 799.2 | 701.5 | 740.1 | 702.7 | 702.9 |
| % Carbohydrates from Calories | 45-55% | 498.8 | 55.5 | 47.6 | 52.0 | 48.1 |
| % Protein from Calories | 15-25% | 23.7 | 19.5 | 24.1 | 20.7 | 22.8 |
| % Fat from Calories | 25-35% | 26.0 | 25.0 | 28.3 | 27.3 | 29.1 |
| Saturated Fat | less than 8g | 7.4 | 6.5 | 8.0 | 6.3 | 7.0 |
| Fiber | 10g or more | 11.4 | 11.7 | 10.4 | 10.5 | 10.6 |
| Vitamin B-12 | .8ug or more | 2.6 | 2.1 | 2.8 | 2.2 | 2.0 |
| Vitamin A | 300ug RAE or more | 395.3 | 457.3 | 501.6 | 353.2 | 375.6 |
| Vitamin C | 30mg or more | 81.0 | 77.4 | 56.5 | 72.3 | 46.9 |
| Iron | 2.6mg or more | 5.3 | 4.3 | 4.8 | 4.7 | 5.6 |
| Calcium | 400mg or more | 538.9 | 544.7 | 528.9 | 520.4 | 475.2 |
| Sodium | less than 766mg | 625.7 | 761.1 | 672.3 | 760.5 | 746.7 |

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