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| **All Meals Served****With 8oz. 1% Milk as available** | TUESDAY 1, 2023Chicken Salad Sandwich(4oz Chicken salad, 2 slices wheat bread,1/2c lettuce, 2 slices red tomato)1c Spring vegetables1/2c Sugar Free Gelatin w/ 1/2c Fruit Cocktail | WEDNESDAY 2, 2023Green Chile CheeseburgerCheeseburger(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 Fries1/2c Green Beans¾ c pineapple | THURSDAY 3, 2023Goulash6oz Hamburger macaroni(3oz Beef, 1/2c Macaroni)1c Tossed Salad w/ 2 TBSP Light Italian dressing1/2c Broccoli Spears4 LS WW Crackers 1 c oranges  | FRIDAY 4, 2023BBQ Chicken drumstick(3oz Drumstick, 1oz LS BBQ sauce)1/2c Potato Salad1/2c LS 3 Bean SaladWW Roll1/2c Banana in 1/2c Vanila Pudding |
| MONDAY 7, 2023Biscuits and Gravy(1 biscuit, 1oz Ground Turkey sausage, oz LS Country Gravy, 1/2c Peppers and onions) 1/2 c green beans1c peaches1c nonfat Greek vanilla yogurt  | TUESDAY 8, 2023Beef 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 Beans1/2c Carrots1/2c Diced Mango1-Churro  | WEDNESDAY 9, 2023Chicken Fajitas(3oz Chicken, 3/4c peppers and onions, 1 6in Flour Tortilla,)1c Capri Vegetables2 TBSP Pico De Gallo1/2 c vanilla nonfat Greek yogurt1c berries | THURSDAY 10, 2023Bean and Cheese Burrito(3/4c reduced sodium refried pinto beans, .5oz cheese, 8” flour tortilla) 2 TBSP Pico De Gallo1c Roasted zucchini and Bell peppers1 c watermelon | FRIDAY 11, 2023Corn Dogs(3 oz Beef corn dog) 1c pasta salad(1/2c Vegetables, 1/2c pasta)1c Vegetable medley1c Fruit Salad w/ 1/4c Whipped topping |
| MONDAY 14, 2023Sloppy Joes(1bun, 3oz lean meat, 1oz Sauce)1/2c LS Potato Wedges1c Broccoli and Cauliflower w/ 1 tsp margarine1 c apple slices | TUESDAY 15, 2023Pork Chops3oz Pork Chop1/2c LS Rice Pilaf1/2c LS creamed spinach1/2c LS LF Broccoli Salad 1-Wheat roll w/ 1 tsp margarine1/2c Apricots | WEDNESDAY 16, 2023Red Chile Beef Enchiladas(3oz ground beef, 1oz Red chile, 1 oz cheese, 2 corn tortillas, ½ c lettuce and tomato)½ c LS Spanish Rice1/2c LS Pinto beans1/2c Cilantro Lime Slaw 1/2c pineapple tidbits  | THURSDAY 17, 2023Chicken Stir Fry(3oz Chicken breast, 1/2c Oriental Cabbage, 1c Stir Fry Vegetables, 1oz sauce)1/2c Brown Rice1/2c Mandarin oranges1 Fortune Cookie | FRIDAY 18, 2023Frito Pie (1 oz corn chips, 3 oz ground beef, 2 oz LS Chile sauce, .5 oz cheese)1c Italian vegetables1 c Garden salad w/ 2 tbsp light Italian dressing1/2c Spiced pears |
| MONDAY 21, 20233oz Chicken Fried Steak1/2c LS Mashed Potatoes1oz LS Country Gravy1/2c asparagus Wheat roll w/ 1 tsp margarine1c Watermelon | TUESDAY 22, 2023Grilled 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, 2023Meatloaf4oz Meat loaf3/4c Roasted Brussel Sprouts1/2c Garden Salad w/ 1 TBSP Light Italian Dressing1 Baked Potato w/ 1 tsp margarine, 1 tsp chives WW RollBanana1/2c SF Gelatin  | THURSDAY 24, 2023Pulled Pork Sandwich4oz BBQ Pulled Pork(3oz pork, 1oz BBQ Sauce)1 slider bun 1/2c Potato Salad1/2c Cucumber/Tomato/onion/ Salad1c Chilled Mixed Fruit  | FRIDAY 25, 2023Chicken Strips3oz Chicken Strips2oz LS Peppered gravy1/2c Turnip Greens1c California Blend VegetablesWW Roll w/ 1 tsp margarine1c Grapes |
| Monday 28,2023Chili DogsChili Cheese Dogs(Bun, ½ Beef and Pork hot dog, .5oz Cheese, 3oz Chili, 1/4c Onions)3/4c LS Ranch Beans1c Coleslaw w/ 2 TBSP Dressing 1c Honeydew  | Tuesday 29, 20233oz LS Garlic Herb Chicken Breast1/2c Beets 1c Tossed Salad w/ 2 TBSP Light Italian Dressing1-Wheat roll w/ 1 tsp margarine1c strawberries w/ 1/4c Whipped topping | Wednesday 30, 2023Beef Stroganoff(3oz Beef, 3oz LS sauce, 1c Noodles)1/2c Mushrooms1/2c Glazed Carrots 1 slice wheat bread w/1 tsp margarine1/2c Applesauce | Thursday 31, 2023Chicken Pot Pie1c Chicken Pot Pie3oz Diced Chicken, 1/3 c Mixed Vegetables, 1/3c potatoes 1oz sauce, 1oz Cust1c Garden Salad w/ 1 TBSP Light Dressing6 LS WW Crackers1c 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