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| **All Meals Served**  **with 8oz 2% Milk**  **as available**  **Menu Subject to Change** |  | **WEDNESDAY 1**  Shredded Chicken & Bean Burrito  (3 oz. LS Chicken, 1/2c LS Pinto Beans,  .5 oz. Cheese, 1 8 in Wheat flour tortilla, 2 TBSP salsa, 1 TBSP Sour cream)  1/2c Calabacitas  1/2c Diced Mango & 1/2c Cantaloupe | **THURSDAY 2**  Sloppy Joes  (3oz Beef, 1oz Sauce, 1 Bun)  1/2c Potato Wedges  1/2c Diced Tomato  1/8c jalapeños  1/2c Broccoli  1 Banana | **FRIDAY 3**  Tuna Salad Sandwich  (1/2c Tuna Salad, 1 Bun, 1/2c Lettuce)  1/2c LS creamy Cucumber & Onion Salad  ½c LS Roasted Brussel sprouts  1c Fruit Salad |
| **MONDAY 6**  1c Beef Goulash  (3oz Beef, 1/8c tomatoes, 1/4 c peppers and onions, 1/8c mushrooms 1/2c Macaroni)  1c Italian Vegetables  1/2c SF Gelatin w/ 1/2c Diced pears | **TUESDAY 7**  Chicken Wrap  (3oz LS Diced Chicken  1/2c Lettuce and 2 slices Tomato  .5oz Cheese, 1 8in WW Tortilla)  1/2c LS 3 bean salad  8 baby carrots  1oz Sun Chips | **WEDNESDAY 8**  Red Chile Beef Enchiladas  (3 oz. Beef, .5 oz. Cheese, 2 Corn Tortillas, 1oz. Red Chile, 1/2c Lettuce and tomato)  1/2c LS Spanish Rice  1/2c LS Pinto Beans  1/2c Zucchini  1 Orange | **THURSDAY 9**  Chicken Fried Chicken Steak  (3 oz. Chicken breast Breaded)  1/2c LS Mashed Potato /w 2oz LS Gravy  1/2c No added salt French style green beans  1 Wheat roll w/1tsp Margarine  1/2c Mixed Fruit | **FRIDAY 10**  3/4c Ham & Beans  (1oz. Low Sodium Ham  1/2c Beans, 1 oz. Sauce)  1/2 cup Green, Red Peppers & Onions  1c tossed salad w/ 2 TBSP light Italian Dressing  1 Slice LF Cornbread w/  1 tsp. Margarine  1/2c Light nonfat Strawberry Yogurt |
| **MONDAY 13**  1c LS Green Chile Beef Stew  (3 oz. Beef, 1 oz. Sauce,  1/2c Potatoes, 1oz Green Chile, tomatoes)  1c Tossed Salad  2 TBSP Lt Italian Dres.  Wheat roll  ½ c Mandarin oranges | **TUESDAY 14**  Beach Dog  (1oz Beef and pork Hot Dog, Wheat Bun, 1/2c Peppers & Onions)  1c pasta salad  (1/2c pasta, 1/2c Vegetables)  1/2c LS LF Broccoli Salad  1/2c LS Pinto beans  1/2 slice pineapple upside down cake | **WEDNESDAY 15**  3.5oz. Salisbury Steak  1/2c Brown Rice w/  1 oz. Low Sodium Gravy  Wheat roll  1c Capri Vegetables  1/2c Fruit Cocktail  1/2c SF Gelatin | **THURSDAY 16**  1 Chicken Fajita  (3 oz. Chicken,  1/2c Peppers and Onions,  1 6in Flour Tortilla, 2 TBSP salsa)  1/2c LS Spanish Rice  1/2c Spinach  1/2c Warm Apple Slices  1/2c Light Nonfat Vanilla yogurt | **FRIDAY 17**  Chef Salad w/Dressing  (1 H.B. Egg, 2oz Chicken, 1c Romaine Lettuce, 1/2c baby Spinach, 1/4c Tomatoes, 1/4c Cucumbers, and 1/4c Red Cabbage, 2 TBSP Light Ranch Dressing)  6 LS Crackers  1c Fruit Salad |
| **MONDAY 20**  Baked Fish Sandwich  (3 oz. LS herbed Baked Fish w/  1 TBSP Tartar Sauce, 1 Bun)  1/2c Roasted Herbed Potatoes  1c Winter Blend Vegetables  1c Plums | **TUESDAY 21**  Tamale w/ Red Chile  (2 oz. Pork, 2oz. Red Chile, 2oz Red Chile sauce, 1 oz. Masa)  1/2c LS Pinto Beans  1c Chateau blend vegetables  1c Cantaloupe  4 graham crackers | **WEDNESDAY 22**  Green Chile Cheeseburger (3oz Patty, 1/2oz Cheese, 1oz Green Chile, 1 Bun)  1c Coleslaw w/ 2 TBSP Dressing  3/4c Green Beans w/ 1 tsp margarine  1c Grapes | **THURSDAY 23**  Beef and Bean Burrito  (2oz. Beef, 1/2c LS Pinto Beans, .5oz. Cheese, 1 6 in Tortilla)  2 TBSP Salsa  1/2c Yellow squash with 1/2c NAS diced tomatoes w/ 1 tsp margarine  1c Strawberries w/ 1 slice SF Angel Food Cake | **Friday 24**  1c GC Chicken Stew  (1/4c Potatoes, 1/4c NAS. Diced tomato,  3oz Diced Chicken, 1GC)  1 6in Tortilla w/ 1tsp margarine  1c Vegetable medley w/ 1 tsp margarine  1 pear |
| **MONDAY 27**  Closed  Memorial Day | **TUESDAY 28**  1 1/4c Macque Choux  (1oz Kielbasa, 1/4c Onion, 1/4 c Red Bell Pepper, ¼ c Green Bell Pepper, 1/4c Corn, 1oz Sauce)  1c Garden Blend Vegetables  Wheat roll  1 Banana  1c Light nonfat cherry vanilla yogurt | **WEDNESDAY 29**  Chicken Alfredo w/Penne  (3oz Chicken, 1oz Light Alfredo Sauce,  3/4c Penne)  1c Italian Vegetables  1 Wheat roll  1/2c Mixed fruit  1/2c SF Gelatin | **THURSDAY 30**  Beef Taco Skillet  (3oz Beef, .5oz Cheese, 1/2c Pinto Beans, 1/4c NAS Diced Tomatoes, 1/8c Sliced Green Onions, 1/4c Bell Peppers)  1/2c Green beans  1/2c Carrots  1 6in Flour Tortilla  1c Diced Mango | **Friday 31**  Frito Pie  (3 oz. Beef, 1/2c LS Pinto Beans,  1 oz. Corn chips, 2 oz. RC Sauce)  1/2c Lettuce & Tomato  1c Scandinavian Blend  1c Watermelon |

***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:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 719.1 | 739.2 | 702.3 | 706.2 | 702.1 |
| % Carbohydrates from Calories | 45-55% | 50.3 | 50.1 | 48.7 | 51.4 | 51.4 |
| % Protein from Calories | 15-25% | 23.1 | 23.0 | 21.1 | 20.3 | 22.2 |
| % Fat from Calories | 25-35% | 26.5 | 26.8 | 30.2 | 28.3 | 26.4 |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 8.0 | 8.0 | 7.9 |
| Fiber | 10g or more | 10.9 | 12.6 | 10.5 | 11.6 | 12.4 |
| Vitamin B-12 | .8ug or more | 2.5 | 2.3 | 2.4 | 2.3 | 2.3 |
| Vitamin A | 300ug RAE or more | 302.1 | 487.4 | 525.0 | 336.2 | 389.0 |
| Vitamin C | 30mg or more | 83.7 | 54.0 | 51.0 | 50.2 | 46.4 |
| Iron | 2.6mg or more | 5.0 | 4.7 | 5.3 | 4.8 | 4.3 |
| Calcium | 400mg or more | 498.5 | 555.8 | 483.9 | 453.8 | 504.8 |
| Sodium | less than 766mg | 733.5 | 695.8 | 674.8 | 706.7 | 617.0 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. Th23.5%is 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 me26.3%nu 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 approved on April 8, 2024