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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 Calabacitas1/2c Diced Mango & 1/2c Cantaloupe  | **THURSDAY 2**Sloppy Joes(3oz Beef, 1oz Sauce, 1 Bun)1/2c Potato Wedges1/2c Diced Tomato1/8c jalapeños1/2c Broccoli1 Banana | **FRIDAY 3**Tuna Salad Sandwich(1/2c Tuna Salad, 1 Bun, 1/2c Lettuce)1/2c LS creamy Cucumber & Onion Salad½c LS Roasted Brussel sprouts1c 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 Vegetables1/2c SF Gelatin w/ 1/2c Diced pears | **TUESDAY 7**Chicken Wrap(3oz LS Diced Chicken1/2c 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 Beans1/2c Zucchini  1 Orange | **THURSDAY 9**Chicken Fried Chicken Steak (3 oz. Chicken breast Breaded)1/2c LS Mashed Potato /w 2oz LS Gravy1/2c No added salt French style green beans1 Wheat roll w/1tsp Margarine1/2c Mixed Fruit | **FRIDAY 10**3/4c Ham & Beans(1oz. Low Sodium Ham 1/2c Beans, 1 oz. Sauce)1/2 cup Green, Red Peppers & Onions1c tossed salad w/ 2 TBSP light Italian Dressing1 Slice LF Cornbread w/ 1 tsp. Margarine1/2c 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 roll½ 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 Salad1/2c LS Pinto beans1/2 slice pineapple upside down cake | **WEDNESDAY 15**3.5oz. Salisbury Steak1/2c Brown Rice w/1 oz. Low Sodium GravyWheat roll1c Capri Vegetables1/2c Fruit Cocktail1/2c 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 Rice1/2c Spinach1/2c Warm Apple Slices1/2c 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 Crackers1c Fruit Salad  |
| **MONDAY 20**Baked Fish Sandwich(3 oz. LS herbed Baked Fish w/1 TBSP Tartar Sauce, 1 Bun)1/2c Roasted Herbed Potatoes1c Winter Blend Vegetables1c Plums | **TUESDAY 21**Tamale w/ Red Chile(2 oz. Pork, 2oz. Red Chile, 2oz Red Chile sauce, 1 oz. Masa)1/2c LS Pinto Beans1c Chateau blend vegetables 1c Cantaloupe4 graham crackers | **WEDNESDAY 22**Green Chile Cheeseburger (3oz Patty, 1/2oz Cheese, 1oz Green Chile, 1 Bun)1c Coleslaw w/ 2 TBSP Dressing3/4c Green Beans w/ 1 tsp margarine1c 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 margarine1c Vegetable medley w/ 1 tsp margarine1 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 Banana1c Light nonfat cherry vanilla yogurt | **WEDNESDAY 29**Chicken Alfredo w/Penne(3oz Chicken, 1oz Light Alfredo Sauce,3/4c Penne)1c Italian Vegetables1 Wheat roll 1/2c Mixed fruit1/2c 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 beans1/2c Carrots1 6in Flour Tortilla1c 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 Blend1c 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