|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY 1, 2024**  3/4c reduced sodium Chili w Beans  (3 oz ground beef, 1/4c LS pinto beans, 1 oz red chile sauce, .5oz cheese)  6 WW LS Crackers  1/2c Green beans  1c Coleslaw w/ 2 TBSP dressing  1 slice Cornbread  1/2c Pears | **TUESDAY 2, 2024**  Loaded Baked Potato  (1 med potato, 1 tsp margarine, 1 tsp chives, 1/2c Broccoli, 1oz Cheese, 2 TBSP salsa)  1c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1 WW Roll  1c Tropical Fruit Salad  1c Light Vanllla nonfat yogurt | **WEDNESDAY 3, 2024**  3oz LS Herbed Cod  2 TBSP Tartar Sauce  1/2c LS Brown Rice Pilaf w/ 1/2c Mushrooms  1c California Blend vegetables w/ 1 tsp margarine  1/2c Mixed Fruit | **THURSDAY 4, 2024**  3oz LS Lean Pork Roast  1/2c LS Mashed Potato w/  2oz LS gravy  1/2c Brussel sprouts  1c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1/2c Wheat Roll  Orange | **FRIDAY 5, 2024**  CLOSED |
| **MONDAY 8, 2024**  1/2c Classic Chicken salad  (3oz chicken, 1/4c celery & onions, 2 slices wheat bread, 1/2c lettuce)  1/2c Tomato and Onion Salad  1/2c Sweet potatoes  1/2c peaches  1 slice SF angel food cake | **TUESDAY 9, 2024**  Beef Soft Taco  (3oz beef, 1 6in tortilla,  2 TBSP Salsa,  1/2c Lettuce and Tomato  1/4c Onion)  1/2c cauliflower  1/2c red bell pepper w/ 1/4c Corn  3/4c Pineapple tidbits | **WEDNESDAY 10, 2024**  1c Tossed salad w/ 2 TBSP Light Italian Dressing  3oz Oven Roasted Turkey Breast  2oz LS gravy  1c Vegetable Medley  Wheat roll w/ 1 tsp margarine  1c Cantaloupe | **THURSDAY 11, 2024**  Sloppy Joe  (3 oz beef, 1oz LS Sauce, 1 hamburger bun, 1/2c peppers and onions)  1/2c NAS Potato Wedges  1/2c 5 Way Veggies  1 Banana | **FRIDAY 12, 2024**  CLOSED |
| **MONDAY 15, 2024**  Chile Relleno  (1 Green Chile, 1 oz. Cheese, 3oz Green Chle sauce,. 1 oz. Breading)  1/2c Pinto Beans  1c Capri Vegetables  1/2c LS Spanish Rice  1c Strawberries | **TUESDAY 16, 2024**  Chicken Pot Pie  (3 oz chicken, 2 oz veggies, 1 oz sauce, 1oz Crust)  1c Tossed Salad w/  2 TBSP Light Ranch Dressing  1 WW Roll  1 Fresh Pear | **WEDNESDAY 17, 2024**  Beef Stew  (3oz beef, 1/2c vegetables, 1 oz sauce)  1/2c Spinach  1/2c LS LF Broccoli Salad  1 slice LF Cornbread  1 Orange  1/2c Light nonfat vanilla yogurt | **THURSDAY 18, 2024**  Tuna Noodle Casserole  (3oz tuna, 1/2c vegetables, 1/2c pasta)  1c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1/2c SF Gelatin w/ 1/2c Fruit Cocktail | **FRIDAY 19, 2024**  CLOSED |
| **MONDAY 22, 2024**  Navajo Taco  (1oz Fry bread, 3oz Ground Beef, 1/2c Lettuce, 1/2c tomatoes, 1/4c onions, 1oz GC)  1/2c LS Pinto Beans  1/2c Squash  3/4c Mixed Fruit  1/2c FF Sorbet | **TUESDAY 23, 2024**  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  3/4c Chicken & Noodles  (3 oz. Chicken, 1/2c Noodles)  1c Chateau Blend Vegetables  1 Wheat Roll w/1 tsp margarine  1/2c Apricots | **Wednesday 24, 2024**  GC cheeseburger  (3 oz beef, 1 oz green Chile,.5oz cheese, 1 bun, 1/2c lettuce, 2 slices red tomato, 1 slices onion)  1/2c NAS Potato Wedges  1/2c Beets  3/4c mandarin oranges | **THURSDAY 25, 2024**  2 oz. Kielbasa w/1/2c red Cabbage w/ ½ c apples  1/2c Brown Rice  1/2c Tomatoes and cucumber Salad  1/2c Light nonfat vanilla yogurt  1/2c Sweet cherries | **FRIDAY 26, 2024**  CLOSED |
| **MONDAY 29, 2024**  Chef’s Salad  1 oz. Turkey, 2oz Chicken, 1.5c Lettuce & 1/4c Tomato, 1 HB Egg, 1/4c cucumber, 1/4c carrots, 1/4c Red Cabbage,, 2T Light Ranch Dressing  6 LS WW crackers  Banana | **TUESDAY 30, 2024**  BBQ Chicken  (3oz chicken,  1 TBSP BBQ Sauce)  1/2c Yams  1/2c Winter blend vegetables  1/2c LS Three bean salad  1 WW Roll w/ 1 tsp unsalted butter  1c Fruit Salad |  |  | **NOTE:**  2% Milk served at meals  LS=low sodium  NAS=no added salt  WW= whole wheat  SF=sugar free |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **2** |
| Calories | 700 or more | 700.6 | 739.3 | 709.5 | 701.3 | 713.0 |
| % Carbohydrates from Calories | 45-55% | 49.3 | 48.1 | 49.4 | 55.0 | 49.6 |
| % Protein from Calories | 15-25% | 19.6 | 22.8 | 21.4 | 19.3 | 22.6 |
| % Fat from Calories | 25-35% | 31.1 | 29.1 | 29.2 | 25.7 | 27.8 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 8.0 | 7.9 | 7.6 |
| Fiber | 10g or more | 10.7 | 10.0 | 12.9 | 11.8 | 10.6 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.5 | 2.4 | 2.5 | 1.7 |
| Vitamin A | 300ug RAE or more | 497.8 | 568.8 | 903.0 | 458.6 | 492.3 |
| Vitamin C | 30mg or more | 91.0 | 113.0 | 104.4 | 57.5 | 37.2 |
| Iron | 2.6mg or more | 4.2 | 5.6 | 5.0 | 4.6 | 3.7 |
| Calcium | 400mg or more | 476.8 | 423.1 | 592.3 | 442.2 | 413.4 |
| Sodium | less than 766mg | 661.6 | 744.2 | 757.1 | 737.7 | 734.4 |

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 approved on March 4, 2024