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| --- | --- | --- | --- | --- |
| **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 Crackers1/2c Green beans1c Coleslaw w/ 2 TBSP dressing1 slice Cornbread1/2c 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 Dressing1 WW Roll1c Tropical Fruit Salad 1c Light Vanllla nonfat yogurt | **WEDNESDAY 3, 2024**3oz LS Herbed Cod2 TBSP Tartar Sauce1/2c LS Brown Rice Pilaf w/ 1/2c Mushrooms1c California Blend vegetables w/ 1 tsp margarine 1/2c Mixed Fruit  | **THURSDAY 4, 2024**3oz LS Lean Pork Roast1/2c LS Mashed Potato w/ 2oz LS gravy1/2c Brussel sprouts 1c Tossed Salad w/ 2 TBSP Light Ranch Dressing1/2c Wheat RollOrange  | **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 potatoes1/2c 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 Tomato1/4c Onion)1/2c cauliflower1/2c red bell pepper w/ 1/4c Corn3/4c Pineapple tidbits | **WEDNESDAY 10, 2024**1c Tossed salad w/ 2 TBSP Light Italian Dressing3oz Oven Roasted Turkey Breast2oz LS gravy1c Vegetable MedleyWheat 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 Wedges1/2c 5 Way Veggies1 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 Beans1c Capri Vegetables 1/2c LS Spanish Rice1c 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 Dressing1 WW Roll1 Fresh Pear | **WEDNESDAY 17, 2024**Beef Stew(3oz beef, 1/2c vegetables, 1 oz sauce)1/2c Spinach1/2c LS LF Broccoli Salad1 slice LF Cornbread1 Orange1/2c 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 Dressing1/2c 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 Beans1/2c Squash3/4c Mixed Fruit 1/2c FF Sorbet | **TUESDAY 23, 2024**1c Tossed Salad w/ 2 TBSP Light Italian Dressing3/4c Chicken & Noodles(3 oz. Chicken, 1/2c Noodles)1c Chateau Blend Vegetables1 Wheat Roll w/1 tsp margarine1/2c 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 Wedges1/2c Beets3/4c mandarin oranges  | **THURSDAY 25, 2024**2 oz. Kielbasa w/1/2c red Cabbage w/ ½ c apples 1/2c Brown Rice1/2c Tomatoes and cucumber Salad 1/2c Light nonfat vanilla yogurt1/2c 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 Dressing6 LS WW crackersBanana | **TUESDAY 30, 2024**BBQ Chicken(3oz chicken, 1 TBSP BBQ Sauce)1/2c Yams1/2c Winter blend vegetables1/2c LS Three bean salad1 WW Roll w/ 1 tsp unsalted butter1c Fruit Salad |   |   | **NOTE:**2% Milk served at mealsLS=low sodiumNAS=no added saltWW= whole wheat SF=sugar free |

***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:****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