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| --- | --- | --- | --- | --- |
| 8 oz. 1% Milk Served With All Meals |  | WEDNESDAY 1, 2023  4 oz LS Steak Ranchero  (3oz meat, 1 sauce)  ½c LS Ranch Style Beans  1c Salad w/ 2 TBSP FF Ranch Dressing  1 Flour Tortilla  1/2c Pineapple Tidbits | THURSDAY 2, 2023  Chicken Parmesan  (3oz Parm Crusted Chicken Breast,.5 Mozzarella, 1oz Marinara Saucesp)  1/2c Spaghetti Noodles  1c Italian Vegetables  1 Breadstick  1/2c Tropical Fruit | FRIDAY 3, 2023  Cheeseburger  3oz Patty, .5oz Cheese, 1 bun)  1/2c, Lettuce, 2 slices Tomato, 1 Onion  1/2c Baked Beans  1/2c NAS baked French Fries  1/2c Creamy Cucumber Salad  1/2c Apple Slices |
| MONDAY 6, 2023  3 oz Country Fried Steak  1/2c Mashed Potatoes w/  1oz Gravy  1/2c Brussel Sprouts  1 WW Dinner Roll w/  1 tsp. Margarine  1/2c Diced Pears | TUESDAY 7, 2023  Beef Fajitas  (3 oz. Beef, 1/2c Peppers & Onion, 1 6in Flour Tortilla)  1/2c Lettuce & Tomatoes  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1/2c Vanilla Pudding | WEDNESDAY 8, 2023  3 oz. Pork Roast  1/2c Lemon Herb orzo  1c California Vegetables  1 WW Dinner Roll w/  1 tsp. Margarine  1c Cantaloupe | THURSDAY 9, 2023  Stuffed Peppers  (3 oz. Beef, 3 oz. Bell Pepper,  2 oz. Rice)  1/2 c LS Herb Roasted Potatoes  3/4c Green Beans w/ herbs  1 LF Cornbread w/ 1 tsp. Margarine  1c Tropical Fruit | **FRIDAY 10, 2023**  **CENTER CLOSED**  **Veteran’s Day** |
| MONDAY 13, 2023  GC Chicken Enchiladas  (3oz Chicken, corn tortilla, 1oz Green chili, 1oz Shredded Cheese)  1/2c LS Spanish Rice  1/2c LS Pinto Beans  1/2c asparagus  1/2c Mandarin Oranges | TUESDAY 14, 2023  4oz LS Beef Tips and 1oz LS Gravy  1/2c Egg noodles  1/2c Carrots  1/2c Spinach  1 WW Dinner Roll w/ 1 tsp. Margarine  ½ spiced peaches | WEDNESDAY 15, 2023  BBQ Chicken Breast  (3oz Chicken w 2 BSP BBQ Sauce)  3/4c Pasta Salad (1/4c Pasta, 1/2c Vegetables)  1c LF cornbread  1/2c Sauteed chard w/ garlic and onions  1`/2c berries w/ 1/4c SF Gelatin | THURSDAY 16, 2023  Tuna salad Sandwich  (2 slices wheat bread, 1/2c tuna salad (3oz Light tuna). 1/2c Lettice, 2 slices tomato)  1/2c LS Broccoli Salad  1/2c Zucchini  1c Fruit Salad | FRIDAY 17, 2023  THURSDAY 16, 2023  **Thanksgiving Dinner**  3 oz. Turkey  1/4c Dressing  1/2c LS Mashed Potatoes w/ 2 oz LS Gravy  1/2c Scandinavian Vegetables  1/4c Canned Cranberry  1 WW Dinner Roll w/ 1 tsp margarine  1 sl. Pumpkin Pie w/ 1 TBSP Whipped Topping |
| MONDAY 20, 2023  Pork Stir Fry  (4oz Pork,1oz Sauce. 1/4c Vegetables)  3/4c Asian Vegetables  1c Chow Mein Noodles  1c Mandarin Oranges & Pineapple | TUESDAY 21, 2023  Sour Cream Enchiladas  (6oz GC Sauce, 1 oz Shredded Cheese, 2 Corn Tortilla)  1/2c Lettuce & Tomato  1/2c LS Pinto Beans  1c Capri Vegetables w/ 1 tsp margarine  1/2c Plums  w/ 1/2c SF Gelatin | WEDNESDAY 22, 2023  3 oz. Chicken Strips  1/2c Parsley Potatoes  3/4c NAS French Style Green Beans w/ 1 tsp margarine  WW Roll w/ 1 tsp margarine  3/4c Mixed Fruit | THURSDAY 23, 2023  Closed  Thanksgiving | FRIDAY 24, 2023  Closed  CLOSED |
| MONDAY 27, 2023  3oz LS Baked Chicken Thighs w/ Herbs  1/2c Sweet Potatoes  1/2c Roasted Cauliflower  1 Wheat roll w/ 1 tsp margarine  1/2c Tropical Fruit | Tuesday 28, 2023  Grilled Cheese Sandwich  (1 oz cheese, 2 slices WW Bread)  3/4c LS Vegetable Soup  Spinach Salad  (1c Spinach, 1/4c red onion, 1 HB Egg, 1/3c Chopped pecans, 1/4c Cranberries)  2 TBSP LS Light Raspberry Dressing  1c strawberries /2T whipped Topping | Wednesday 29, 2023  Chicken Tetrazzini  (3oz Chicken, 1/2c Pasta,1/4c mixed vegetables)  1/2c LS 3 Bean Salad  1c Tossed Salad w/ 2 TBSP FF ranch Dressing  WW Roll  Fresh pear | Thursday 30, 2023  Beef Tacos  (3 oz. Beef, .5oz. Cheese, 1/2c Lettuce & Tomato,  1 6 in Flour Tortillas)  1/2c Corn w/Peppers  1/2c Roasted Carrots  1/2c Peaches |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week:**  **4** |
| Calories | 700 or more | 712.0 | 754.8 | 756.3 | 709.0 | 798.9 |
| % Carbohydrates from Calories | 45-55% | 51.3 | 50.0 | 50.2 | 50.8 | 46.5 |
| % Protein from Calories | 15-25% | 23.5 | 21.2 | 23.3 | 17.0 | 19.5 |
| % Fat from Calories | 25-35% | 25.2 | 28.8 | 26.5 | 32.2 | 34.0 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 6.5 | 7.8 | 7.9 |
| Fiber | 10g or more | 10.1 | 10.1 | 10.1 | 10.6 | 11.5 |
| Vitamin B-12 | .8ug or more | 2.9 | 2.8 | 2.6 | 1.4 | 2.0 |
| Vitamin A | 300ug RAE or more | 432.0 | 356.1 | 564.8 | 349.7 | 576.3 |
| Vitamin C | 30mg or more | 38.4 | 88.8 | 42.6 | 44.7 | 78.5 |
| Iron | 2.6mg or more | 5.6 | 5.1 | 5.8 | 3.3 | 5.6 |
| Calcium | 400mg or more | 529.4 | 489.8 | 547.2 | 488.5 | 559.1 |
| Sodium | less than 766mg | 700.6 | 614.8 | 763.9 | 746.5 | 744.7 |

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