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| 8 oz. 1% Milk Served With All Meals |  | WEDNESDAY 1, 20234 oz LS Steak Ranchero(3oz meat, 1 sauce) ½c LS Ranch Style Beans1c Salad w/ 2 TBSP FF Ranch Dressing1 Flour Tortilla 1/2c Pineapple Tidbits | THURSDAY 2, 2023Chicken Parmesan(3oz Parm Crusted Chicken Breast,.5 Mozzarella, 1oz Marinara Saucesp) 1/2c Spaghetti Noodles1c Italian Vegetables1 Breadstick 1/2c Tropical Fruit | FRIDAY 3, 2023Cheeseburger3oz Patty, .5oz Cheese, 1 bun)1/2c, Lettuce, 2 slices Tomato, 1 Onion1/2c Baked Beans1/2c NAS baked French Fries 1/2c Creamy Cucumber Salad1/2c Apple Slices |
| MONDAY 6, 20233 oz Country Fried Steak1/2c Mashed Potatoes w/1oz Gravy1/2c Brussel Sprouts1 WW Dinner Roll w/1 tsp. Margarine1/2c Diced Pears  | TUESDAY 7, 2023Beef Fajitas(3 oz. Beef, 1/2c Peppers & Onion, 1 6in Flour Tortilla)1/2c Lettuce & Tomatoes1/2c LS Pinto Beans1/2c LS Spanish Rice1/2c Vanilla Pudding | WEDNESDAY 8, 20233 oz. Pork Roast1/2c Lemon Herb orzo1c California Vegetables1 WW Dinner Roll w/ 1 tsp. Margarine1c Cantaloupe | THURSDAY 9, 2023Stuffed Peppers(3 oz. Beef, 3 oz. Bell Pepper,2 oz. Rice)1/2 c LS Herb Roasted Potatoes3/4c Green Beans w/ herbs1 LF Cornbread w/ 1 tsp. Margarine1c Tropical Fruit | **FRIDAY 10, 2023****CENTER CLOSED****Veteran’s Day** |
| MONDAY 13, 2023GC Chicken Enchiladas(3oz Chicken, corn tortilla, 1oz Green chili, 1oz Shredded Cheese)1/2c LS Spanish Rice 1/2c LS Pinto Beans1/2c asparagus1/2c Mandarin Oranges | TUESDAY 14, 20234oz LS Beef Tips and 1oz LS Gravy1/2c Egg noodles1/2c Carrots 1/2c Spinach1 WW Dinner Roll w/ 1 tsp. Margarine½ spiced peaches  | WEDNESDAY 15, 2023BBQ 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 onions1`/2c berries w/ 1/4c SF Gelatin | THURSDAY 16, 2023Tuna salad Sandwich(2 slices wheat bread, 1/2c tuna salad (3oz Light tuna). 1/2c Lettice, 2 slices tomato) 1/2c LS Broccoli Salad1/2c Zucchini1c Fruit Salad | FRIDAY 17, 2023THURSDAY 16, 2023**Thanksgiving Dinner**3 oz. Turkey 1/4c Dressing1/2c LS Mashed Potatoes w/ 2 oz LS Gravy1/2c Scandinavian Vegetables1/4c Canned Cranberry1 WW Dinner Roll w/ 1 tsp margarine1 sl. Pumpkin Pie w/ 1 TBSP Whipped Topping |
| MONDAY 20, 2023Pork Stir Fry(4oz Pork,1oz Sauce. 1/4c Vegetables)3/4c Asian Vegetables1c Chow Mein Noodles 1c Mandarin Oranges & Pineapple | TUESDAY 21, 2023Sour Cream Enchiladas(6oz GC Sauce, 1 oz Shredded Cheese, 2 Corn Tortilla)1/2c Lettuce & Tomato1/2c LS Pinto Beans1c Capri Vegetables w/ 1 tsp margarine1/2c Plumsw/ 1/2c SF Gelatin  | WEDNESDAY 22, 20233 oz. Chicken Strips1/2c Parsley Potatoes3/4c NAS French Style Green Beans w/ 1 tsp margarineWW Roll w/ 1 tsp margarine3/4c Mixed Fruit | THURSDAY 23, 2023ClosedThanksgiving  | FRIDAY 24, 2023Closed CLOSED  |
| MONDAY 27, 20233oz LS Baked Chicken Thighs w/ Herbs1/2c Sweet Potatoes1/2c Roasted Cauliflower1 Wheat roll w/ 1 tsp margarine1/2c 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 Salad1c Tossed Salad w/ 2 TBSP FF ranch DressingWW RollFresh pear | Thursday 30, 2023Beef Tacos(3 oz. Beef, .5oz. Cheese, 1/2c Lettuce & Tomato, 1 6 in Flour Tortillas)1/2c Corn w/Peppers1/2c 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