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| MONDAY APRIL 1  Hamburger  (3oz Patty, 1/2c lettuce, 2 slices tomato, 1slice onion, 1bun)  1/2c Potato Salad  1/2c Broccoli w/ 1 tsp margarine  1/2c Cherries in 1/4c Cobbler | TUESDAY APRIL 2  Sweet & Sour Pork  (3oz Pork, 1/2c peppers, onions, pineapple, 1oz Sauce)  1c Brown Rice  1c Stir Fry Veggies  1 Vegetable Egg Roll  3/4c Mandarin Oranges | WEDNESDAY APRIL 3  Open Faced Roast Beef sandwich  (3oz Roast Beef, 1 slice wheat bread, 2oz LS gravy)  1/2c LS Mashed Potatoes  1/2c Carrots w/ 1 tsp margarine  Fresh pear | THURSDAY APRIL 4  1c Green Chile Chicken Enchiladas?  (3oz chicken, 1oz GC, 1oz cheese, 2 corn tortilla, 1/2c lettuce and tomato)  1/2c LS Spanish Rice  1c Capri Vegetables w/ 1 tsp margarine  3/4c Pineapple | FRIDAY APRIL 5  3/4c Hamburger Macaroni  (1/2c Macaroni, 3oz Beef)  1/2c NAS Stewed Tomatoes  1/2c Green Beans w/ 1 tsp margarine  1/2c Apricots |
| MONDAY APRIL 8  3oz Chicken Strips  1oz LS County Gravy  3/4c Brussel Sprouts  1/2c Asparagus  1/2c Peaches  Wheat bread w/ 1 tsp margarine | TUESDAY APRIL 9  1c Beef Chili  (3oz Beef, 1/2c LS Pinto beans)  1c Garden Salad w/ 2 TBSP light Ranch Dressing  6 LS WW crackers  1/2c SF Gelatin w/ 1 TBSP whipped topping | WEDNESDAY APRIL 10  3oz Boneless Country ribs  1c Coleslaw w/ 2 TBSP Dressing  1/2c LS Three bean salad  1 slice LF Cornbread  1c Strawberries and bananas | THURSDAY APRIL 11  8oz LS Beef Tips  (3oz Beef Tips, 2oz LS Gravy, 1/2c Mushrooms)  1c Egg noodles  1/2c Cauliflower  1c Tossed salad w/ 2 TBSP Light Italian Dressing  1c Tropical fruit salad | FRIDAY APRIL 12  Chicken Fettuccine  (1/2c Fettuccine, 3oz Diced Chicken, 2oz Light alfredo sauce)  1c Italian Blend  1/2c Tossed salad w/ 1 TBSP Light Italian Dressing  Wheat bread w/ 1 tsp unsalted butter  1/2c Fruit cocktail |
| MONDAY APRIL 15  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 | TUESDAY APRIL 16  Navajo Taco  (1oz Fry bread, 3oz Beef, 1/2c LS Pinto Beans, 1/2c Lettuce, 1/2c Tomatoes, 1/4c onions, 1oz Salsa)  1c Cantaloupe | WEDNESDAY APRIL 17  Breakfast for Lunch  2 scrambled eggs  1oz reduced fat Sausage Patty  1/2c Hashbrowns, 1/2c Peppers and onions  Wheat roll  1c Fruit Salad | THURSDAY APRIL 18  Mushroom and Swiss Burger  (1/4c Mushrooms, .5oz Swiss Cheese, 1/4c Sauteed onions, 3oz Patty, 2 slices wheat bread)  1/2c NAS Baked French Fries  1c Vegetable Medley  1/2c Peaches | FRIDAY, APRIL 19  1c LS Fideo Corn Carne  (3oz Beef, 1/2c Fideo pasta, 2oz sauce, 1/2c potatoes/onions/pepper)  1c Tossed salad w/ 2 TBSP light ranch dressing  1 6in Flour Tortilla  1/2c Mixed Fruit |
| MONDAY APRIL 22  3/4c Ham and Beans  (2oz LS Ham, 1/2c Pinto beans.1oz GC)  1/2c Okra  1/2c Zucchini  1 slice LF Cornbread  1c Tropical Fruit Salad | TUESDAY APRIL 23  4 oz. Meatloaf  1/2c Herb Roasted Red Potatoes  1c Tossed Salad w/ 2 TBSP Light ranch dressing  1/2c 5 way Mixed Veggies  1 slice wheat bread w/ 1 tsp. Margarine  1 Apple  1/2c Lemon Pudding | WEDNESDAY APRIL 24  Drumstick chicken  1 4-oz drumstick  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1/2c Spinach  1 ww Roll  1 banana | THURSDAY APRIL 25  3oz LS Herbed Pork Chops  Baked potato w/ 1 tsp margarine, 1 tsp chives  1/2c Green Beans w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  1/2c Warm sliced Apples | FRIDAY APRIL 26  Chicken Fajita  (3oz Diced chicken, 1/2c Peppers and onions, 1oz Salsa, 1 6in Flour Tortilla, 1oz Cheese)  1c Winter Blend Vegetables w/ 1 tsp margarine  1/2c spiced pears |
| MONDAY APRIL 29  Garden Salad w/ Chicken  2oz Diced Chicken, 1c romaine 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  1/2c Blueberry Crisp | TUESDAYAPRIL 30  BBQ Chicken  (3oz chicken,  2 TBSP BBQ Sauce)  1/2c Yams  1/2c Carrot Raisin Salad  1 WW Roll w/ 1 tsp unsalted butter  1c Fruit Salad |  |  | 1% milk served at meals |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 or more | 798.8 | 778.2 | 728.4 | 717.6 | 889.2 |
| % Carbohydrates from Calories | 45-55% | 53.3 | 45.6 | 50.8 | 50.3 | 51.9 |
| % Protein from Calories | 15-25% | 21.5 | 21.8 | 20.4 | 20.3 | 17.9 |
| % Fat from Calories | 25-35% | 25.2 | 32.5 | 28.8 | 29.4 | 30.2 |
| Saturated Fat | less than 8g | 7.6 | 8.0 | 8.0 | 7.3 | 6.7 |
| Fiber | 10g or more | 10.0 | 10.0 | 10.3 | 10.1 | 11.1 |
| Vitamin B-12 | .8ug or more | 2.9 | 2.9 | 2.8 | 1.9 | 1.6 |
| Vitamin A | 300ug RAE or more | 505.2 | 490.4 | 388.3 | 444.7 | 620.3 |
| Vitamin C | 30mg or more | 56.5 | 61.9 | 52.0 | 41.2 | 31.6 |
| Iron | 2.6mg or more | 5.1 | 5.5 | 5.3 | 4.7 | 4.3 |
| Calcium | 400mg or more | 490.5 | 464.9 | 474.9 | 524.5 | 438.2 |
| Sodium | less than 766mg | 611.7 | 762.7 | 723.5 | 683.5 | 750.9 |

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 27, 2024