|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Light Italian dressing used in analysis unless other specified** |  | **WEDNESDAY 1, 2023**  5oz Carne Adovada  (3oz Pork, 2oz Red Chile)  1c Calabacitas  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1 6in Flour Tortilla  1/2c Diced Mango; 1/2c Cantaloupe  1 Oatmeal Cookie | **THURSDAY 2, 2023**  Chicken and Rice Casserole  (3oz Chicken, 1/4c Rice, 1/2c Peas and Carrots)  1c Italian Blend Vegetables  Wheat Roll w/ 1 tsp margarine  1c Fruit Salad | **FRIDAY 3, 2023**  4oz Roast Beef  1/2c Mashed Potatoes w/ 2oz LS Gravy  1c Green Beans  1 Wheat Roll w/ 1 tsp margarine  1/2c Peaches |
| **MONDAY 6, 2023**  **1% Milk**  6oz Green Chili Chicken Enchiladas  (3oz Chicken 2 corn tortilla, 1oz GC, 1oz Cheese)  1/2c LS Pinto Beans  1c Yellow Squash and Zucchini  1c Plums | **TUESDAY 7, 2023**  **1% Milk**  3oz Pork Chop  2oz LS Pork Gravy  ½ Baked Potato, w/ 1 tsp Margarine  1c California Blend Vegetables  Wheat roll w/ 1 tsp Margarine  1/2c Apricots | **WEDNESDAY 8, 2023**  **1% Milk**  Beef Tacos  (3oz Beef, 1/2c lettuce and tomato, 2 corn tortillas, 2 TBSP Salsa)  1/2c LS Spanish Rice  1/2c LS Pinto Beans  1/2c Tapioca Pudding | **THURSDAY 9, 2023**  **1% Milk**  3oz Fried Fish  2 TBSP Tatar Sauce  4oz Broccoli w/.5oz Cheese Sauce  1/2c Sweet Potato Fries  1 Lemon Cookie | **FRIDAY 10, 2023**  Chef’s Salad  (1.5c Lettuce, 8 baby carrots  5 cherry tomatoes, 1/3 red cabbage, 1/4c Cucumbers,  1 HB Egg, 1oz LS Turkey, 1oz Cheese, 3 TBSP Light Ranch Dressing  6 LS WW Crackers  3/4c Watermelon |
| **MONDAY 13, 2023**  **1% milk**  4oz Tuna Salad  3/4c Peas  1c Coleslaw w/ 2 TBSP Dressing  6 LS WW crackers  1oz SF Brownie | **TUESDAY 14, 2023**  8oz Hamburger Macaroni  (3oz Beef, 1/2c Macaroni, .5oz Cheese)  1/2c beets  1/2c Italian Green Beans  1c Mandarin Oranges | **WEDNESDAY 15, 2023**  **1% Milk**  3oz LS Lemon Pepper Chicken  1/2c Parsley Potatoes  1/2c LS Creamed spinach  Wheat roll w/ 1 tsp margarine  1c Peaches and Strawberries | **THURSDAY 16, 2023**  Chile Relleno  (1oz Cheese, 2oz Batter, 1 pepper)  3/4c LS Stewed Tomatoes w/ 1/4c GC  1c LS Pinto Beans  1c Pears | **FRIDAY 17, 2023**  **1% Milk**  Grilled Cheese  (1oz Cheese, 2 slices Wheat Bread)  1c LS Tomato Soup  1c Tossed Salad w/ 2 TBSP Light Dressing w/ 1/2c LS Garbanzo Beans  1/2c SF Gelatin |
| **MONDAY 20, 2023**  Chicken Alfredo  (3oz Chicken, 1oz Light Alfredo Sauce, 1/2c Fettuccine)  1c Capri Blend Vegetables  1c Tossed Salad w/ 2 TBSP Light Dressing  1 Chocolate chip cookie | **TUESDAY 21, 2023**  Smothered Green Chili Bean Burritos  (3/4 LS Pinto Beans, .5oz Cheese, 1 8 in WW Tortilla, 1oz Green Chile Sauce)  1c Garden Salad w/ 2 TBSP Light Dressing  Banana | **WEDNESDAY 22, 2023**  Pepper Steak  (3oz Beef, 1/2c peppers and onions)  Baked Potato w/ 1 tsp margarine  Wheat roll w/ 1 tsp Margarine  1/2c Winter Blend Vegetables  1/2c Berry in Cobbler | **THURSDAY 23, 2023**  4oz BBQ Chicken Thigh  (3oz Chicken thigh, 2oz LS BBQ Sauce)  1c 5-way vegetables  1/2 c LS baked Beans  WW Roll w/ 1 tsp margarine  1/2c Fruit Cocktail | **FRIDAY 24, 2023**  Green Chile Cheeseburger  (1oz GC, 3oz Lean patty, 1 bun, .5 oz cheese), 1/2c Lettuce, 2 slices tomato, 1 slice onion,  10 NAS French Fries  1c Chuckwagon corn  1/2c Sliced Apples |
| **MONDAY 27, 2023**  1 Pork Tamale, (1oz masa, 3oz Pork)  w/ 1oz Red Chile Sauce  1/2c Cauliflower w 1 tsp chives  1/2c LS Black Beans  Cornbread w/ 1 tsp margarine  1/2c Mixed Fruit | **TUESDAY 28, 2023**  3oz Grilled Chicken Breast  1/2c Cubed Sweet Potatoes  3/4c Santa Fe vegetable blend  WW roll w/ 1 tsp margarine  3/4c Tropical Fruit Salad |  |  | **8oz-2% Milk Served with Meals**  **Occasionally We Must**  **Substitute Food Items**  **We Are Sorry For The**  **Inconvenience** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week**  **2** |
| Calories | 700 or more | 833.5 | 711.2 | 708.8 | 729.2 | 700.2 |
| % Carbohydrates from Calories | 45-55% | 48.9 | 49.2 | 50.2 | 51.5 | 52.2 |
| % Protein from Calories | 15-25% | 22.1 | 22.1 | 22.0 | 21.2 | 20.3 |
| % Fat from Calories | 25-35% | 29.1 | 28.6 | 27.9 | 27.3 | 27.6 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.8 | 7.9 | 7.7 |
| Fiber | 10g or more | 11.2 | 11.1 | 13.3 | 12.5 | 11.4 |
| Vitamin B-12 | .8ug or more | 2.7 | 2.2 | 2.2 | 2.2 | 1.7 |
| Vitamin A | 300ug RAE or more | 334.6 | 601.7 | 391.8 | 486.2 | 477.6 |
| Vitamin C | 30mg or more | 53.3 | 32.4 | 81.5 | 69.5 | 39.0 |
| Iron | 2.6mg or more | 4.9 | 4.2 | 5.6 | 4.7 | 3.8 |
| Calcium | 400mg or more | 426.9 | 540.7 | 591.0 | 476.6 | 467.2 |
| Sodium | less than 766mg | 625.5 | 751.9 | 765.6 | 680.9 | 743.5 |

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