|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Light Italian dressing used in analysis unless other specified**  |  | **WEDNESDAY 1, 2023**5oz Carne Adovada(3oz Pork, 2oz Red Chile)1c Calabacitas1/2c LS Pinto Beans1/2c LS Spanish Rice1 6in Flour Tortilla1/2c Diced Mango; 1/2c Cantaloupe1 Oatmeal Cookie  | **THURSDAY 2, 2023**Chicken and Rice Casserole(3oz Chicken, 1/4c Rice, 1/2c Peas and Carrots)1c Italian Blend VegetablesWheat Roll w/ 1 tsp margarine1c Fruit Salad  | **FRIDAY 3, 2023**4oz Roast Beef1/2c Mashed Potatoes w/ 2oz LS Gravy1c Green Beans1 Wheat Roll w/ 1 tsp margarine1/2c Peaches  |
| **MONDAY 6, 2023****1% Milk** 6oz Green Chili Chicken Enchiladas(3oz Chicken 2 corn tortilla, 1oz GC, 1oz Cheese)1/2c LS Pinto Beans1c Yellow Squash and Zucchini1c Plums  | **TUESDAY 7, 2023****1% Milk** 3oz Pork Chop2oz LS Pork Gravy½ Baked Potato, w/ 1 tsp Margarine1c California Blend VegetablesWheat roll w/ 1 tsp Margarine1/2c 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 Rice1/2c LS Pinto Beans1/2c Tapioca Pudding  | **THURSDAY 9, 2023****1% Milk** 3oz Fried Fish2 TBSP Tatar Sauce4oz Broccoli w/.5oz Cheese Sauce1/2c Sweet Potato Fries1 Lemon Cookie  | **FRIDAY 10, 2023**Chef’s Salad(1.5c Lettuce, 8 baby carrots5 cherry tomatoes, 1/3 red cabbage, 1/4c Cucumbers,1 HB Egg, 1oz LS Turkey, 1oz Cheese, 3 TBSP Light Ranch Dressing6 LS WW Crackers 3/4c Watermelon  |
| **MONDAY 13, 2023****1% milk** 4oz Tuna Salad3/4c Peas1c Coleslaw w/ 2 TBSP Dressing6 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 Beans1c Mandarin Oranges  | **WEDNESDAY 15, 2023****1% Milk** 3oz LS Lemon Pepper Chicken1/2c Parsley Potatoes1/2c LS Creamed spinachWheat roll w/ 1 tsp margarine1c Peaches and Strawberries  | **THURSDAY 16, 2023**Chile Relleno(1oz Cheese, 2oz Batter, 1 pepper)3/4c LS Stewed Tomatoes w/ 1/4c GC1c LS Pinto Beans1c Pears  | **FRIDAY 17, 2023****1% Milk** Grilled Cheese(1oz Cheese, 2 slices Wheat Bread)1c LS Tomato Soup1c Tossed Salad w/ 2 TBSP Light Dressing w/ 1/2c LS Garbanzo Beans1/2c SF Gelatin |
| **MONDAY 20, 2023**Chicken Alfredo(3oz Chicken, 1oz Light Alfredo Sauce, 1/2c Fettuccine)1c Capri Blend Vegetables1c Tossed Salad w/ 2 TBSP Light Dressing1 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 DressingBanana | **WEDNESDAY 22, 2023**Pepper Steak(3oz Beef, 1/2c peppers and onions)Baked Potato w/ 1 tsp margarineWheat roll w/ 1 tsp Margarine1/2c 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 vegetables1/2 c LS baked BeansWW Roll w/ 1 tsp margarine1/2c 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 Sauce1/2c Cauliflower w 1 tsp chives1/2c LS Black BeansCornbread w/ 1 tsp margarine1/2c Mixed Fruit | **TUESDAY 28, 2023**3oz Grilled Chicken Breast1/2c Cubed Sweet Potatoes3/4c Santa Fe vegetable blendWW roll w/ 1 tsp margarine3/4c 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