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| **Monday, July 3rd****1c Lettuce & Tomato****1 svg. Pita Steak w/ 3 oz. meat, 6” pita bread, hummus, sliced tomato, lettuce and carrots****1 oz. Sun Chips****1/2c Zucchini & Onion** **3/4c Honeydew Melon** | **Tuesday, July 4th****CLOSED** | **Wednesday, July 5th****1/2c Mexican Coleslaw****1 svg. Beef Stew w/ 3 oz. meat and 8 oz vegetables****6 Low Sodium Crackers****1 Peanut Butter Cookie** | **Thursday, July 6th****1/2c Coleslaw****3 oz. Sliced Ham****1/2c Sweet Potatoes****1/2c Green Beans****1 Whole Wheat Roll****1/2c Apricots**  | **Friday, July 7th****1c Tossed Salad****1 svg Stuffed Peppers w/ 3 pz meat, 1/2c rice, 1 Green Bell Pepper** **1/2c Baby Carrots****1 Whole Wheat Roll****1 Apple** |
| **Monday, July 10th****1/2c Spinach Salad w/ Egg****3 oz. Lemon Pepper Chicken****1/2c Oven Roasted Potatoes****1/2c Sliced Carrots****1 Whole Wheat Roll****1/2c Peaches and Strawberries** | **Tuesday, July 11th****1c Lettuce & Tomato****1 itm. Red Enchilada w/ 3 oz. Cheese & two 6” tortillas****1/2c Spanish Rice****1/2c Zucchini Squash****1c Plums** | **Wednesday, July 12th****1/2c Carrot Raisin Salad****3/4c Tuna Salad w/ 3 oz. meat & 2 oz vegetables****2 sl. Tomatoes****1/2c Cucumbers****6 Low Sodium Crackers****1 Brownie** | **Thursday, July 13th****1c Tossed Salad****3 oz. Fried Catfish****1 Yeast Roll****1/2c Broccoli & Cheese****4 oz. Sweet Potato Fries****1 Lemon Cookie** | **Friday, July 14th****1c Cucumber Salad****1 svg. Green Chile Cheeseburger w/ 3 oz. meat, 1 oz. cheese, 2 oz. and Whole Wheat Bun****3/4c Okra****1 Banana** |
| **Monday, July 17th****1/2c Spinach Salad w/ Egg****1 svg. Salisbury Steak w/ 3 oz. meat and 2 oz. Mushrooms****1 Yeast Roll****1 Baked Potato****1/2c Brussel Sprouts****1/2c Jello Chiffon** | **Tuesday, July 18th****1/2c Summer Salad****2 sl. Liver and Onions w/ 3 oz. Meat and 2 oz. Onions****1/2c Mashed Potatoes****1/2c Baby Carrots****1 Whole Wheat Roll****1 Apple** | **Wednesday, July 19th****1c Garden Salad****1 svg. Pizza w/ 2 oz. cheese and 2 oz. meat on 4” square crust****1/2c Carrots****1/2c Winter Mix****1 Pear** | **Thursday, July 20th****1/2c Pea Salad****3 oz. Sweet & Sour Meatballs****1/2c Rice****1/2c Oriental Vegetables****1 sl. French Bread****1 pc. Banana Bread** | **Friday, July 21st****1/2c Beet & Onion Salad****1 1/2c Chef Salad w/ 1 egg, 1 oz. cheese, 1 oz. meat and 5 oz. vegetables and 2 T dressing****6 Low Sodium Crackers****1c Nectarines****1c Yogurt** |
| **Monday, July 24th****1/2c Pineapple Coleslaw****1 svg Chicken Cordon Bleu w/ 3 oz. meat****1/2c Potatoes Au Gratin****1/2c Green Beans****1 Whole Wheat Roll****1 Orange** | **Tuesday, July 25th****1c Tossed Salad****3 oz. Pepper Steak** **1/2c White Rice****1/2c Sweet Peas****1 Whole Wheat Roll****1/2c Honeydew** | **Wednesday, July 26th****1/2c Cucumber Salad****1 svg. Asian Chicken w/ 3 oz. meat****1/2c Angel Hair Pasta****1/2c Glazed Baby Carrots****1 Whole Wheat Roll****1 Pear****1 Fortune Cookie** | **Thursday, July 27th****1c Caesar Salad****1 svg. Cheese Tortellini Alfredo w/ 1/2c pasta, 3 oz. meat and 2 oz. cheese****1 Whole Wheat Roll****1/2c Broccoli****1/2c Seasoned Spinach****1c Yogurt****1 pc. Jello w/ Mandarin Oranges** | **Friday, July 28th****1/2c Pasta Salad****1 svg. Turkey Ruben Sandwich w/ 3 oz meat and 2 sl. Rye Bread****1/2c Cucumbers****1 oz. Sun Chips****1/2c Apricots** |
| **Monday, July 31st** **1/2c Pineapple Coleslaw****1 svg. Braised Pork Chops w/ 3 oz. meat****1/2c Baked Yams****1/2c Broccoli****1 Yeast Roll****1/2c Applesauce**  |  |  |  |  |

***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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 700 or more | 761 | 715 | 782 | 752 | 766 |
| % Carbohydrates from Calories | 45-55% | 51.5% | 46.1% | 52% | 53.5% | 50.8% |
| % Protein from Calories | 15-25% | 21.1% | 20.3% | 22.9% | 21.5% | 22.3% |
| % Fat from Calories | 25-35% | 27.3% | 33.5% | 25.1% | 25% | 26.9% |
| Saturated Fat | less than 8g | 6.3g | 7.8g | 7.9g | 6.8g | 5.4g |
| Fiber | 10g or more | 11.7g | 10.4g | 11g | 10g | 11.77g |
| Vitamin B-12 | .8ug or more | 2.7ug | 2.7ug | 31.2ug | 2.2ug | 1.7ug |
| Vitamin A | 300ug RAE or more | 967ug | 1394ug | 2922ug | 499ug | 323ug |
| Vitamin C | 30mg or more | 84mg | 81mg | 68mg | 76mg | 108mg |
| Iron | 2.6mg or more | 5.7mg | 5.5mg | 7.6mg | 5.2mg | 3.8mg |
| Calcium | 400mg or more | 482mg | 561mg | 621mg | 621mg | 479mg |
| Sodium | less than 766mg | 686mg | 746mg | 705mg | 754mg | 362mg |

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