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| 1% milk served at meals |  | WEDNESDAY 1, 2024  Cheeseburger  (3oz beef, .5oz Cheese, 1 bun, 1/2c lettuce, 2 slice tomato, 1 slice onion)  1/2c LS 3 Bean salad  1c yellow squash w/ 1/2c NAS Diced Tomatoes  1/2c Mixed fruit | THURSDAY 2, 2024  1/2c Tuna Salad (3oz Light Tuna)  6 LS WW crackers  1c California Blend Vegetables  1oz multigrain Chips  Orange | FRIDAY 3, 2024  Red Chile Beef Enchiladas  (3oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)  1/2c Lettuce & Tomato  1/2c Zucchini  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1/2c Apricots |
| MONDAY 6, 2024  1c Hamburger Mac  (3 oz. Beef, 1 oz. Sauce,  1/2c Macaroni)  1/2c Green Beans w/ 1 tsp margarine  1/2c Peas w/ 1 tsp margarine  1/2c plums | TUESDAY 7, 2024  1c Ham with Northern Beans  (1oz LS Ham, 1/2c Beans, 1oz Sauce)  1c Capri Vegetables w/ 2 tsp margarine  Wheat roll w/ 1 tsp margarine  1c Tropical Fruit | WEDNESDAY 8, 2024  1c Green Chile Chicken Enchiladas  (1oz GC, 3oz Chicken, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato)  1/2c LS Spanish Rice  1/2c Broccoli w/ 1 tsp margarine  1/2c Pinto Beans  1/2c Fruit cocktail | THURSDAY 9, 2024  3oz Orange Chicken  (3oz Diced Chicken, 1oz Sauce)  1/2c Brown Rice  1 Vegetable egg roll  1c Asian Vegetables  1/2c Mandarin Oranges | FRIDAY 10, 2024  Sloppy Joe  (1 bun, 3oz beef, 2oz Sauce)  1oz Multigrain Chips  1c Vegetable Medley w/ 2 tsp margarine  1/2c Peaches |
| MONDAY 13, 2024  1c Chicken Pot Pie  (3oz. Chicken, 1 oz. Sauce, 1 oz. Crust, 3 oz. Veggies) 1c Tossed salad w/ 2 TBSP Light Ranch Dressing  1/2c Spiced Peaches | TUESDAY 14, 2024  3oz Meat Loaf 1oz LS Gravy  1/2c Penne pasta w/ 1 tsp margarine.  1c Garden Blend vegetables w/ 1 tsp margarine  WW Dinner Roll w/ 1 tsp margarine  3/4c Pineapple tidbits | Wednesday 15, 2024  1c Shepherd’s Pie  (3oz ground Turkey, 1/2c peas and carrots, 1/4c LS mashed potatoes)  1c Tossed Salad w/ 2 TBSP light Italian Dressing  Wheat roll w/ 1 tsp margarine  Fresh Pear | THURSDAY 16, 2024  Beef Tacos  (3oz Beef, 1 6in flour tortilla, 1/2c Lettuce and tomato, 1oz Cheese, 2 TBSP Salsa)  1/2c LS Pinto Beans  1/2c Succotash  1/2c LS Spanish Rice  1/2c warm apple slices | FRIDAY 17, 2024  3oz Chicken Strips  1oz LS Gravy  1/2c Carrots  1/2c NAS Stewed Tomatoes w/ 1oz GC  WW Dinner Roll  Chocolate Chip Cookie |
| MONDAY 20, 2024  3oz Country Fried Steak  1c Baked Potato, 1 tsp margarine, 1 tsp chives  1/2c Spinach  WW Dinner Roll  1/2c Strawberries in 1/2c SF Gelatin | TUESDAY 21, 2024  Green Chile Sour Cream Enchiladas  (2 corn tortilla, 1oz Cheese, 1/2c Pinto beans, 2.5oz green Chile sauce, 1oz Sour cream)  1/2c LS Spanish Rice  1c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1/2c mixed fruit | WEDNESDAY 22, 2024  1c Tater Tot Casserole  (3oz Ground beef, 1/2c mixed vegetables, 1oz sauce, 5 tater tots)  1/2c Cauliflower  WW Dinner Roll  1/2c Pears | THURSDAY 23, 2024  Open Faced Turkey Sandwich  (1 slice wheat bread, 3oz turkey, 2oz LS Gravy)  1/2c Roasted Herb Red Potatoes  3/4c Brussel Sprouts  Banana | FRIDAY 24, 2024  3 oz. Baked Chicken  1/2c Carrot Raisin Salad  1c California Blend Vegetables  1c Wild Rice w/  1 Tsp. Margarine  1 WW Roll w/ 1 tsp. Margarine  1/2c Mandarin Oranges |
| MONDAY 27, 2024  Center Closed | TUESDAY 28, 2024  Spaghetti & Meat Sauce  (1/2c Spaghetti, 2oz NAS Sauce, 3oz Meat)  1c Italian Blend Vegetables  1c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1/2c Unsweetened Applesauce | Wednesday 29, 2024  Beef and Bean Burrito  (1 8n inch Flour Tortilla, 2oz Beef, 1/2c LS pinto Beans, 2 TBSP Salsa)  1/2c LS Spanish Rice  1c Green Salad/ 2 TBSP Light Italian Dressing  Orange | Thursday 30,2024  3oz. Drumstick  1/2c LS Mashed Potato  1 oz. Low Sodium Gravy  1/2c Green Beans w/ 1 tsp margarine  1 WW Dinner Roll w/  1 tsp. Margarine  1c Tropical Fruit Salad | Friday 31 ,2024  Pasta Primavera  (1/2c Bow tie Pasta, 1c Vegetables (yellow squash, carrots, bell peppers, onion, grapes tomatoes, garlic, oregano), .5oz Parm Cheese, 2 TBSP olive oil)  1/2c Tossed Salad w/ 1 TBSP Light Ranch Dressing, 1/2c LS Garbanzo Beans  1/2c Fruit Cocktail  1/2c Light Cherry nonfat yogurt |

**NUTRIENT ANALYSIS**

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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: 5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 | 755.2 | 782.7 | 732.6 | 702.5 | 740.6 |
| % Carbohydrates from Calories | 45-55% | 50.9 | 51.6 | 47.5 | 53.4 | 54.3 |
| % Protein from Calories | 15-25% | 21.4 | 23.3 | 20.7 | 20.9 | 19.8 |
| % Fat from Calories | 25-35% | 27.7 | 25.1 | 31.7 | 25.7 | 26.0 |
| Saturated Fat | less than 8g | 7.8 | 6.7 | 7.9 | 6.4 | 6.3 |
| Fiber | 10 grams or more | 14.0 | 12.3 | 10.5 | 12.1 | 12.3 |
| Vitamin B-12 | .8ug or more | 3.2 | 2.2 | 2.2 | 1.9 | 2.2 |
| Vitamin A | 300ug RAE or more | 363.1 | 349.1 | 622.7 | 528.4 | 571.5 |
| Vitamin C | 30mg or more | 49.7 | 34.2 | 30.7 | 58.4 | 78.5 |
| Iron | 2.6mg or more | 4.8 | 5.4 | 4.8 | 5.0 | 5.1 |
| Calcium | 400mg or more | 549.8 | 486.1 | 469.4 | 504.6 | 532.5 |
| Sodium | less than 766mg | 691.4 | 676.0 | 758.8 | 763.9 | 727.3 |

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.