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| --- | --- | --- | --- | --- |
| MONDAY 1, 2024Sloppy Joe(3oz Meat, 1 sauce, 1 Bun)8 Tater Tots1c Peas & Carrots1c Berries  | TUESDAY 2, 2024Chicken & Potato Burrito(1 10 in Flour tortilla, 3 oz Chicken, 1/2c Potato)with 1oz Red Chili Sauce1c Chuck Wagon Veggies1/2c Fruit Cocktail in 1/2c Gelatin | WEDNESDAY 3, 20244oz Pork Stir Fry1/2c Fried Rice1c Stir Fry Veggies1/2c Spinach SaladFresh Orange | THURSDAY 4, 20243oz Meatloaf4oz LS Scalloped PotatoesButtered Carrots(1/2c carrots w/ 1 tsp margarine)Wheat Roll1c Cinnamon Spiced Apples | FRIDAY 5, 20243oz Baked Pork Chop1/2c LS Rice Pilaf1c Green Beans & CornWheat Roll1c Fresh Cantaloupe |
| MONDAY 8, 20243oz Salisbury Steak1/2c Mashed PotatoesMushroom Gravy2oz Gravy w/ ¼ Mushrooms1/2c 5 Way VeggiesWheat Roll1/2c Tropical Fruit | TUESDAY 9, 2024Soft Fish Taco(3oz LS Fish, 1 corn tortilla) 1/2c Cucumber Salad½c LS Black Beans1/2c Spanish Slaw1/2c Tapioca Pudding | WEDNESDAY 10, 2024Hot Roast Beef andSwiss Sandwich(3oz Beef, .5oz Swiss cheese, 1 Hoagie bun)1oz LS Au Jus Sauce1/2c 3 Bean Salad1/2c Roasted Beets 1 oz Potato ChipsFresh Banana | THURSDAY 11, 20243oz Baked Chicken2oz LS Chicken Gravy1/2c Wild Rice1c Asparagus with OnionsBiscuit1/2c Apricots | FRIDAY 12, 20241/2c Cheese Tortellini with4oz Meaty Marinara Sauce1c Italian Veggies1/2c Tossed Salad w/ 1 TBSP Light DressingWheat Roll1 Oatmeal Cookie |
| MONDAY 15, 20248 oz Pork Posole(3oz Pork, 1/2c Posole2oz Red Chili)1c Chateau blend VegetablesFlour Tortilla1/2c Berries w/ 1/2c SF gelatin  | TUESDAY 16, 2024Chicken Fettucciniwith Alfredo Sauce(3oz diced chicken, 1c Fettuccine, 1oz Light Alfredo Sauce)1c Broccoli & CauliflowerWheat Roll w/ 1 tsp margarineFresh Pear | WEDNESDAY 17, 20243oz Lean LS Boneless Country Style Ribs1/2c LS Baked Beans1/2c Carrot and Raisin Salad 1 slice LF Cornbread 1c Pineapple chunks | THURSDAY 18, 20241c Green Chili Chicken Enchiladas(3oz Chicken, 2 corn tortilla, 1oz Cheese,1oz GC, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1c Yellow Squash & Zucchini1c Plums | FRIDAY 19, 2024Turkey Cobb Saladwith Boiled Egg(1.5c romaine lettuce, 1/4c Red cabbage, 1/4c carrots, 1/4c Cucumbers, 1/4c tomato, 2oz Turkey Breast, 1 hardboiled egg, , 2 TBSP FF Ranch Dressing6 LS WW Crackers 1c Strawberries  |
| MONDAY 22, 2024Teriyaki Chicken(1oz Teriyaki Sauce 3 oz Chicken)3/4c White Rice1c Asian VeggiesWheat Roll w 1 tsp margarine1/2c Mandarin Oranges1-Fortune Cookie | TUESDAY 23, 20243oz Breaded Cod½ NAS Baked French Fries1c LS Vegetable Medley1/2c Cole Slaw w 2 TBSP Dressing1/2c Lemon Sherbet | WEDNESDAY 24, 20248 oz Pork Posole(3oz Pork, 1/3c Posole2oz Red Chili)1/2c LS Spanish Rice1c Mixed VeggiesFlour Tortilla1c Sliced Pears | THURSDAY 25, 20243oz Beef in Ravioli1/4c NSAS Marinara Sauce1c California VeggiesWheat Roll w 1 tsp Margarine1/2c Applesauce | FRIDAY 26, 2024Ham & Cheese Sandwich(2oz LS Lean Ham, 1 oz Swiss Cheese, 2 slices Wheat Bread, 1/2c Lettuce, 2 slices tomato)1oz Sun Chips 1c Garden Blend Vegetables 3/4c Watermelon |
| MONDAY 29, 2024Shredded pork(3oz Pork, 1oz Sauce, hamburger bun)3/4c Sweet Potatoes1/2c CauliflowerFresh Apple | TUESDAY 30, 2024Classic Chicken salad(3oz chicken, 6 LS WW crackers)1c LS Tomato Soup1/2c LS LF broccoli Salad3/4c Fruit Salad  |  |  | All meals served with 2% Milk  |

***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 | 754.8 | 723.8 | 708.8 | 706.2 | 725.9 |
| % Carbohydrates from Calories | 45-55% | 54.2 | 51.1 | 49.9 | 54.8 | 49.6 |
| % Protein from Calories | 15-25% | 20.4 | 21.7 | 23.4 | 20.2 | 20.1 |
| % Fat from Calories | 25-35% | 25.4 | 27.2 | 26.7 | 25.0 | 30.3 |
| Saturated Fat | less than 8g | 7.0 | 8.0 | 8.0 | 7.3 | 7.1 |
| Fiber | 10g or more | 10.3 | 10.2 | 11.8 | 10.6 | 10.3 |
| Vitamin B-12 | .8ug or more | 2.2 | 2.8 | 2.2 | 1.6 | 1.8 |
| Vitamin A | 300ug RAE or more | 626.8 | 362.1 | 409.2 | 407.7 | 535.8 |
| Vitamin C | 30mg or more | 45.8 | 43.6 | 38.2 | 31.7 | 51.9 |
| Iron | 2.6mg or more | 4.8 | 5.5 | 4.1 | 4.1 | 4.0 |
| Calcium | 400mg or more | 483.4 | 528.4 | 476.0 | 472.3 | 474.4 |
| Sodium | less than 766mg | 763.7 | 696.5 | 635.7 | 761.1 | 739.8 |

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 13, 2024