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| MONDAY 1, 2024  Sloppy Joe  (3oz Meat, 1 sauce, 1 Bun)  8 Tater Tots  1c Peas & Carrots  1c Berries | TUESDAY 2, 2024  Chicken & Potato Burrito  (1 10 in Flour tortilla, 3 oz Chicken, 1/2c Potato)  with 1oz Red Chili Sauce  1c Chuck Wagon Veggies  1/2c Fruit Cocktail in 1/2c Gelatin | WEDNESDAY 3, 2024  4oz Pork Stir Fry  1/2c Fried Rice  1c Stir Fry Veggies  1/2c Spinach Salad  Fresh Orange | THURSDAY 4, 2024  3oz Meatloaf  4oz LS Scalloped Potatoes  Buttered Carrots  (1/2c carrots w/ 1 tsp margarine)  Wheat Roll  1c Cinnamon Spiced Apples | FRIDAY 5, 2024  3oz Baked Pork Chop  1/2c LS Rice Pilaf  1c Green Beans & Corn  Wheat Roll  1c Fresh Cantaloupe |
| MONDAY 8, 2024  3oz Salisbury Steak  1/2c Mashed Potatoes  Mushroom Gravy2oz Gravy w/ ¼ Mushrooms  1/2c 5 Way Veggies  Wheat Roll  1/2c Tropical Fruit | TUESDAY 9, 2024  Soft Fish Taco  (3oz LS Fish, 1 corn tortilla)  1/2c Cucumber Salad  ½c LS Black Beans  1/2c Spanish Slaw  1/2c Tapioca Pudding | WEDNESDAY 10, 2024  Hot Roast Beef and  Swiss Sandwich  (3oz Beef, .5oz Swiss cheese, 1 Hoagie bun)  1oz LS Au Jus Sauce  1/2c 3 Bean Salad  1/2c Roasted Beets  1 oz Potato Chips  Fresh Banana | THURSDAY 11, 2024  3oz Baked Chicken  2oz LS Chicken Gravy  1/2c Wild Rice  1c Asparagus with Onions  Biscuit  1/2c Apricots | FRIDAY 12, 2024  1/2c Cheese Tortellini with  4oz Meaty Marinara Sauce  1c Italian Veggies  1/2c Tossed Salad w/ 1 TBSP Light Dressing  Wheat Roll  1 Oatmeal Cookie |
| MONDAY 15, 2024  8 oz Pork Posole  (3oz Pork, 1/2c Posole  2oz Red Chili)  1c Chateau blend Vegetables  Flour Tortilla  1/2c Berries w/ 1/2c SF gelatin | TUESDAY 16, 2024  Chicken Fettuccini  with Alfredo Sauce  (3oz diced chicken, 1c Fettuccine, 1oz Light Alfredo Sauce)  1c Broccoli & Cauliflower  Wheat Roll w/ 1 tsp margarine  Fresh Pear | WEDNESDAY 17, 2024  3oz Lean LS Boneless Country Style Ribs  1/2c LS Baked Beans  1/2c Carrot and Raisin Salad  1 slice LF Cornbread  1c Pineapple chunks | THURSDAY 18, 2024  1c Green Chili Chicken Enchiladas  (3oz Chicken, 2 corn tortilla, 1oz Cheese,1oz GC, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1c Yellow Squash & Zucchini  1c Plums | FRIDAY 19, 2024  Turkey Cobb Salad  with 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 Dressing  6 LS WW Crackers  1c Strawberries |
| MONDAY 22, 2024  Teriyaki Chicken  (1oz Teriyaki Sauce 3 oz Chicken)  3/4c White Rice  1c Asian Veggies  Wheat Roll w 1 tsp margarine  1/2c Mandarin Oranges  1-Fortune Cookie | TUESDAY 23, 2024  3oz Breaded Cod  ½ NAS Baked French Fries  1c LS Vegetable Medley  1/2c Cole Slaw w 2 TBSP Dressing  1/2c Lemon Sherbet | WEDNESDAY 24, 2024  8 oz Pork Posole  (3oz Pork, 1/3c Posole  2oz Red Chili)  1/2c LS Spanish Rice  1c Mixed Veggies  Flour Tortilla  1c Sliced Pears | THURSDAY 25, 2024  3oz Beef in Ravioli  1/4c NSAS Marinara Sauce  1c California Veggies  Wheat Roll w 1 tsp Margarine  1/2c Applesauce | FRIDAY 26, 2024  Ham & 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, 2024  Shredded pork  (3oz Pork, 1oz Sauce, hamburger bun)  3/4c Sweet Potatoes  1/2c Cauliflower  Fresh Apple | TUESDAY 30, 2024  Classic Chicken salad  (3oz chicken, 6 LS WW crackers)  1c LS Tomato Soup  1/2c LS LF broccoli Salad  3/4c 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