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| --- | --- | --- | --- | --- |
| 8 oz. 2% Milk Served With All Meals |  | Wednesday 1, 2023 4oz meat loaf1oz LS Gravy1/2c Sweet Potatoes 3/4c Green Beans Wheat Roll w/ 1 tsp Margarine1c strawberries 1 slice SF Angel food cake | Thursday 2, 2023BBQ Pulled Pork Sandwich3 oz pork1 oz BBQ sauce1 bun1/2c NAS Stewed Tomatoes1/2c Coleslaw w/ 1 TBSP dressing3/4c mandarin oranges  | FRIDAY 3, 2023Bean Burrito Smothered1 8 in Flour tortilla 1/2c LS Pinto beans.5oz shredded cheese , 1 2oz red chile sauce 1/2c cucumber salad1/2c Roasted Brussel Sprouts 3/4c peaches 1/2c Greek Nonfat Vanilla Yogurt  |
| MONDAY 6, 2023Chicken Pot Pie 3 oz chicken, 2 oz veggies, 1 oz sauce, 1oz Crust1c Tossed Salad w/ 2 TBSP FF Ranch4 LS WW Crackers3/4c Sliced Apples   | Tuesday 7, 20231c Pork Posole3 oz diced pork, 1/2c hominy, 1 oz red Chile1/2c cabbage, 1/4c onion1 6n flour tortilla w/ 1 tsp margarineOrange  | Wednesday 8, 2023Soft Chicken taco2 oz diced chicken, 2 corn tortillas, 1 oz shredded cheese1/2c LS pinto beans1/2c calabacitas 1/2c Lettuce and tomato1 oz salsa 1/2c Spiced Pears w/ 1/4c LF Granola (no raisins) | THURSDAY 9, 2023Chili Dog1oz turkey frank , 3 oz meat chile, 1 WW hot dog bun1/2c NAS French Fries 1/2c carrots 1c Cantaloupe | FRIDAY 10, 2023**CLOSED** **VETERAN’S DAY** |
| MONDAY 13, 2023Chicken Sandwich (3 oz chicken Breast,.5oz Cheese,1 hamburger bun, 1/2c Lettuce, 1 tomato slice)1c California blend vegetables 1 fresh pear1/2c SF Gelatin w/ 2 TBSP FF Whipped Topping  | TUESDAY 14, 2023Pork chop 3 oz Lean pork chop w/ 1oz LS Gravy1/2c Lemon Herb Orzo1/2c broccoli spears1/2c Zucchini1 ww roll1/2c applesauce  | WEDNESDAY 15, 2023**Turkey Dinner**3 oz turkey, 1/2c LS mashed potatoes 2oz LS gravy 1/2c green beans w/ 1/4c Slivered almonds 1/4c corn bread stuffing1 ww roll w/ 1 tsp margarine1/4c cranberry sauce 1 slice pumpkin pie 1 TBSP whipped topping  | THURSDAY 16, 20234 oz orange chicken1/2c steamed brown rice1c oriental vegetables1 Fortune Cookie 1/2c Pineapple Chunks | FRIDAY 17, 2023Frito Pie 1oz Corn Chip , 3oz ground beef 2oz red chile 1/4c onion, 1/2c Lettuce and tomato )1/2c LS Pinto Beans1/2c Beet and Red Onion salad 1/2c SF Gelatin w/ 1/2c Banana  |
| MONDAY 20, 2023Pepperoni Pizza1oz Pizza Crust.7 slices Pepperoni, .5 oz cheese, 1 oz sauce. 1/4c Peppers and Onions1/2c yellow squash 1/2c Spinach w/ 1/4c Mushrooms1 HB Egg1/2c Greek Nonfat Vanilla Yogurt w/ 1/2c Spiced Peaches4 LS WW Crackers  | TUESDAY 21, 2023Spaghetti w/ meat sauce 3 oz meat, 3/4c WW pasta, 2 oz NAS Marinara sauce 1c Italian Blend Vegetables 1 wheat roll w/ 1 tsp margarine1c Fruit Cocktail  | WEDNESDAY 22, 2023Tuna salad Sandwich (3 oz tuna, 1/2c lettuce, 2 tomato slice2 slice ww bread1/2c Asparagus w/ 1 tsp margarine and lemon1/2c Cauliflower1/2c Apricots | THURSDAY 23, 2023Closed | FRIDAY 24, 2023Closed  |
| MONDAY 27, 20234oz LS Baked Fish w/ 2 TBSP Tartar Sauce1/2c wild rice w/ 1/2c celery and onionsWheat Roll w/ 1 tsp margarine1c Vegetable medleyBanana | TUESDAY 28, 2023Cheeseburger(3 oz patty, .5 oz slice cheese, 1 bun, 1/2c lettuce, 2 tomato slices, 1 onion slice) 1/2c NAS French Fries1/2c Cucumber and tomato Salad (non-creamy)1c Watermelon | WEDNESDAY 29, 2023Grilled Cheese sandwich 1 oz cheese, 2 ww slices wheat bread1c LS tomato soup1/2c Capri Vegetables w/ 1 tsp margarine1 HB Egg1c Fruit Salad w/ 4oz nonfat vanilla Greek yogurt | THURSDAY 30, 2023Chicken Bow Tie Pasta3 oz diced chicken, 1/2c pasta, 1 oz NAS Marinara sauce 1c Italian Veggies 1 slice garlic wheat roll w/ 1 tsp margarine 1c Tropical Fruit Salad |  |

***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:****3** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****3** | **Days in Week:****4** |
| Calories | 700 or more | 701.4 | 702.9 | 753.2 | 712.1 | 749.0 |
| % Carbohydrates from Calories | 45-55% | 53.2 | 47.8 | 47.5 | 49.6 | 52.5 |
| % Protein from Calories | 15-25% | 19.7 | 22.5 | 23.9 | 21.5 | 22.5 |
| % Fat from Calories | 25-35% | 27.0 | 29.7 | 28.6 | 28.8 | 25.0 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.9 | 8.0 | 8.0 |
| Fiber | 10g or more | 11.0 | 11.8 | 10.0 | 10.8 | 10.0 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.7 | 2.3 | 3.3 | 2.7 |
| Vitamin A | 300ug RAE or more | 568.0 | 603.9 | 368.3 | 514.7 | 309.7 |
| Vitamin C | 30mg or more | 98.2 | 61.2 | 32.0 | 37.2 | 369.7 |
| Iron | 2.6mg or more | 5.1 | 4.1 | 4.5 | 5.9 | 4.4 |
| Calcium | 400mg or more | 564.2 | 482.2 | 475.6 | 518.9 | 552.2 |
| Sodium | less than 766mg | 709.6 | 697.4 | 641.4 | 741.3 | 699.1 |

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