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| --- | --- | --- | --- | --- |
| 8 oz. 2% Milk Served With All Meals |  | Wednesday 1, 2023  4oz meat loaf  1oz LS Gravy  1/2c Sweet Potatoes  3/4c Green Beans  Wheat Roll w/ 1 tsp Margarine  1c strawberries  1 slice SF Angel food cake | Thursday 2, 2023  BBQ Pulled Pork Sandwich  3 oz pork  1 oz BBQ sauce  1 bun  1/2c NAS Stewed Tomatoes  1/2c Coleslaw w/ 1 TBSP dressing  3/4c mandarin oranges | FRIDAY 3, 2023  Bean Burrito Smothered  1 8 in Flour tortilla  1/2c LS Pinto beans  .5oz shredded cheese , 1 2oz red chile sauce  1/2c cucumber salad  1/2c Roasted Brussel Sprouts  3/4c peaches  1/2c Greek Nonfat Vanilla Yogurt |
| MONDAY 6, 2023  Chicken Pot Pie  3 oz chicken, 2 oz veggies, 1 oz sauce, 1oz Crust  1c Tossed Salad w/ 2 TBSP FF Ranch  4 LS WW Crackers  3/4c Sliced Apples | Tuesday 7, 2023  1c Pork Posole  3 oz diced pork, 1/2c hominy, 1 oz red Chile  1/2c cabbage, 1/4c onion  1 6n flour tortilla w/ 1 tsp margarine  Orange | Wednesday 8, 2023  Soft Chicken taco  2 oz diced chicken, 2 corn tortillas, 1 oz shredded cheese  1/2c LS pinto beans  1/2c calabacitas  1/2c Lettuce and tomato  1 oz salsa  1/2c Spiced Pears w/ 1/4c LF Granola (no raisins) | THURSDAY 9, 2023  Chili Dog  1oz turkey frank , 3 oz meat chile, 1 WW hot dog bun  1/2c NAS French Fries  1/2c carrots  1c Cantaloupe | FRIDAY 10, 2023  **CLOSED**  **VETERAN’S DAY** |
| MONDAY 13, 2023  Chicken Sandwich  (3 oz chicken Breast,  .5oz Cheese,1 hamburger bun, 1/2c Lettuce, 1 tomato slice)  1c California blend vegetables  1 fresh pear  1/2c SF Gelatin w/ 2 TBSP FF Whipped Topping | TUESDAY 14, 2023  Pork chop  3 oz Lean pork chop w/ 1oz LS Gravy  1/2c Lemon Herb Orzo  1/2c broccoli spears  1/2c Zucchini  1 ww roll  1/2c 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 stuffing  1 ww roll w/ 1 tsp margarine  1/4c cranberry sauce  1 slice pumpkin pie 1 TBSP whipped topping | THURSDAY 16, 2023  4 oz orange chicken  1/2c steamed brown rice  1c oriental vegetables  1 Fortune Cookie  1/2c Pineapple Chunks | FRIDAY 17, 2023  Frito Pie  1oz Corn Chip , 3oz ground beef 2oz red chile  1/4c onion, 1/2c Lettuce and tomato )  1/2c LS Pinto Beans  1/2c Beet and Red Onion salad  1/2c SF Gelatin w/ 1/2c Banana |
| MONDAY 20, 2023  Pepperoni Pizza  1oz Pizza Crust.  7 slices Pepperoni, .5 oz cheese, 1 oz sauce. 1/4c Peppers and Onions  1/2c yellow squash  1/2c Spinach w/ 1/4c Mushrooms  1 HB Egg  1/2c Greek Nonfat Vanilla Yogurt w/ 1/2c Spiced Peaches  4 LS WW Crackers | TUESDAY 21, 2023  Spaghetti 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 margarine  1c Fruit Cocktail | WEDNESDAY 22, 2023  Tuna salad Sandwich  (3 oz tuna, 1/2c lettuce, 2 tomato slice  2 slice ww bread  1/2c Asparagus w/ 1 tsp margarine and lemon  1/2c Cauliflower  1/2c Apricots | THURSDAY 23, 2023  Closed | FRIDAY 24, 2023  Closed |
| MONDAY 27, 2023  4oz LS Baked Fish w/ 2 TBSP Tartar Sauce  1/2c wild rice w/ 1/2c celery and onions  Wheat Roll w/ 1 tsp margarine  1c Vegetable medley  Banana | TUESDAY 28, 2023  Cheeseburger  (3 oz patty, .5 oz slice cheese, 1 bun, 1/2c lettuce, 2 tomato slices, 1 onion slice)  1/2c NAS French Fries  1/2c Cucumber and tomato Salad (non-creamy)  1c Watermelon | WEDNESDAY 29, 2023  Grilled Cheese sandwich  1 oz cheese, 2 ww slices wheat bread  1c LS tomato soup  1/2c Capri Vegetables w/ 1 tsp margarine  1 HB Egg  1c Fruit Salad w/ 4oz nonfat vanilla Greek yogurt | THURSDAY 30, 2023  Chicken Bow Tie Pasta  3 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