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| MONDAY, APRIL 1  4oz Salisbury Steak  1/2c LS Mashed Potatoes w/ 2oz LS gravy, 1/4c Mushrooms  1/2c Country Blend Vegetables  Wheat roll  3/4c Plums | TUESDAY, APRIL 2  Hot Dog  (1oz beef and pork hot dog, 1 bun)  1/2c NAS baked French Fries  1/2c 5 way vegetables  1c Light Nonfat Vanilla Yogurt | WEDNESDAY, APRIL 3  Grilled Chicken Breast  (3oz Chicken)  1/2c Garlic Noodles  (1/2c noodles, garlic, 1 tsp olive oil)  1/2c NAS French Style Green Beans  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  Wheat roll w/ 1 tsp margarine  Banana | THURSDAY, APRIL 4  Ziti  (1/2c Ziti, 3oz ground beef, 2oz LS marinara Sauce, 1oz Cheese)  1c Italian vegetables  1c Spinach Salad  (1c Spinach, 1 TBSP cranberries, 1/4c red onions)  2 TBSP Light Ranch Dressing  Breadstick  1/2c Applesauce | FRIDAY, APRIL 5  Soft Chicken Taco  (2 corn tortilla, 3oz chicken, 1/2c Lettuce and tomato, 2 TBSP Salsa)  1/2c Spanish Slaw  1/2c Roasted Corn and Black beans  1/2c LS wild rice  1/2c Diced Mango |
| MONDAY, APRIL 8  Turkey and cheese Sub  (2oz Turkey, 1oz Swiss cheese, WW hot dog bun, 1/2c lettuce, 1/4c Tomato, 1c Vegetable Medley  1oz Sun Chips  1c Fruit Salad | TUESDAY, APRIL 9  Pork Chop  3oz Boneless Pork chop  1/2c NAS Stewed tomatoes, 2oz GC  1/2c Carrots & Red Cabbage  Wheat roll w/ 1 tsp margarine  Blueberry Crisp  (1/2c blueberries and 1/4c Crisp) | WEDNESDAY, APRIL 10  Beef Enchilada Casserole  (3oz Ground beef, 2 corn tortilla, 1oz Cheese, 1/4c RC, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1/2c Cucumber and tomato salad  1/2c SF Gelatin w/ 1/2c Banana | THURSDAY, APRIL 11  Lemon Pepper Fish  3oz LS Lemon Pepper Fish  1/2c LS brown rice pilaf  1/2c Brussel Sprouts  1/2c Coleslaw w/ 1 TBSP dressing  1/2c Spiced Pears  1/2c Light vanilla nonfat yogurt | FRIDAY, APRIL 12  Open Faced Red Chile Burger  (1/2 bun, 3oz patty, 1oz RC, .5oz Cheese)  1/3c Hominy  1c Zucchini and NAS Diced Tomatoes  1c Strawberries |
| MONDAY, APRIL 15  Cobb Salad  (1.5c Romaine lettuce, 1 HB Egg, 2oz diced chicken, 1/4c Red cabbage, 1/3c cucumbers, 10 cherry tomatoes, 8 baby carrots)  2 TBSP Light Ranch Dressing  6 LS WW Crackers  1/2c mandarin oranges | TUESDAY, APRIL 16  Beef Tostada  (3oz Beef, 2 corn tortilla,  1/2c lettuce and tomato, 1oz salsa, .5oz cheese )  1/2c LS Pinto beans  1c Capri Vegetables  1 apples | WEDNESDAY, APRIL 17  1c Chicken and rice casserole  (3oz diced chicken, 1oz Sauce, 1/2c Rice, .5oz cheese, 1/4c peas and carrots)  1c Broccoli and Red Pepper  1/2c Fruit compote | THURSDAY, APRIL 18  2oz LS Lean Ham  1/2c Scalloped potatoes  1/2c Green Beans  1c Tossed salad w/ 2 TBSP Light Italian Dressing  1/2c Light vanilla nonfat yogurt w/ 1/2c tropical fruit salad | FRIDAY, APRIL 19  Swedish Meatballs  (3oz meatballs, 1/4c Sauce, 1/2c Egg Noodles)  1/2c Glazed Carrots  1/2c Asparagus  1 garlic bread  1/2c SF gelatin w/ 1/2c Apricots |
| MONDAY, APRIL 22  Chicken Fajitas  (3oz Chicken, 1 6in WW Tortilla, 1/2c Peppers and onions, 1 TBSP salsa)  1/2c Spinach w/ 1/2c Mushrooms  1/2c LS Spanish rice  1c Cantaloupe | TUESDAY, APRIL 23  Spaghetti  (3/4c pasta, 3oz meat, 2oz NAS Marinara Sauce)  1c Tossed salad w/ 2 TBSP Light ranch dressing  Wheat roll  1/2c Cherries w/ 1 slice SF angel food cake | WEDNESDAY, APRIL 24  Teriyaki Chicken Breast  (3oz diced chicken, 1oz Sauce)  1c Oriental vegetables  1c Brown rice  Vegetable egg roll  Orange | THURSDAY, APRIL 25  Chicken Fried steak  1/2c LS mashed potatoes  2oz LS Country Gravy  3/4c Roasted Brussel sprouts  Wheat roll  1/2c Fruit Cocktail | FRIDAY, APRIL 26  1/2c Classic Chicken salad  (3oz chicken, 1/4c celery & onions, 2 slices wheat bread, 1/2c lettuce)  1/2c Tomato and Onion Salad  3/4c Sweet potatoes  1c peaches |
| MONDAY, APRIL 29  Chicken Chow Mein  (3oz diced Chicken, 3/4c chow mein noodles, 2oz Reduced sodium sauce)  1c Oriental vegetables w/ 1/2c snow peas  1 fortune cookie  Banana | TUESDAY, APRIL 30  1c LS Beef Stew  (3oz beef, 1/2c vegetables)  1c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1c Chateau blend vegetables w/ 1 tsp margarine  Wheat roll w/ 1 tsp unsalted butter  1c mandarin orange  Peanut butter cookie |  |  | 1% milk served at meals |

***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 | 705.4 | 756.7 | 702.1 | 792.0 | 701.4 |
| % Carbohydrates from Calories | 45-55% | 50.7 | 49.1 | 49.6 | 50.4 | 48.8 |
| % Protein from Calories | 15-25% | 23.9 | 20.9 | 23.0 | 22.0 | 23.5 |
| % Fat from Calories | 25-35% | 25.4 | 30.1 | 27.3 | 27.6 | 27.8 |
| Saturated Fat | less than 8g | 6.7 | 8.0 | 7.5 | 6.3 | 7.4 |
| Fiber | 10g or more | 10.3 | 11.4 | 11.3 | 10.0 | 11.9 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.5 | 2.5 | 2.0 | 2.5 |
| Vitamin A | 300ug RAE or more | 408.5 | 319.8 | 703.3 | 601.1 | 844.9 |
| Vitamin C | 30mg or more | 37.0 | 43.9 | 64.2 | 77.0 | 84.1 |
| Iron | 2.6mg or more | 5.3 | 4.3 | 5.1 | 5.9 | 5.5 |
| Calcium | 400mg or more | 545.0 | 556.7 | 594.8 | 487.8 | 433.0 |
| Sodium | less than 766mg | 712.9 | 706.7 | 757.9 | 763.0 | 746.6 |

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 8, 2024