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| --- | --- | --- | --- | --- |
| **Monday May 2****1% Milk**  Ham &Noodles(2oz noodles, 1/2c Noodles, 1oz LS Ham, 2oz Sauce)1c California Blend Vegetables1/4c 1/4c Cottage Cheese1/2c Fruit Cocktail  | **Tuesday May 3** 3oz Baked ChickenWheat Roll1c Green Beans 1/2c Scalloped Potatoes1/2c Cranberry Salad  | **Wednesday May 4****1% Milk** Red Chile Beef and Potatoes(1oz Red chile, 3oz Beef, and 1/2c Potatoes)3/4 c LS Pinto beans1 flour tortilla1/2c Spiced Poached Plums | **Thursday May 5**3oz LS Baked Fish1/2c Parsley Potatoes1/2c Coleslaw w/ 2 TBSP DressingWheat roll3/4c Strawberries 1 Peach Cookie  | **Friday May 6****1% Milk** Baked Ziti w/ Meat Sauce (3oz meat, 1/2c Pasta, .5oz Cheese, 3oz NAS Marinara)1c Capri Vegetables8 baby carrots½ sl. Garlic Bread½ c pears w/ 1/2c Gelatin |
| **Monday May 9**Cabbage and Kielbasaw/ Fried Onions(1/2c Cabbage, 2oz LS Turkey/Chicken Kielbasa, 2 TBSP Fried Onions, 1/2c LS white beans)1/2c LS chuckwagon cornTortilla1/2c LF Vanilla Pudding | **Tuesday May 10**6oz Meat Lasagna(3oz Meat, 2oz pasta, 2oz NAS Marinara Sauce)1c Italian Blend Vegetables1/2c SpinachGarlic breadOrange | **Wednesday May 11**BBQ Pork Sandwich(3oz Pork, 1oz LS Barbecue Sauce, 1 reduced calorie bun)1/2c Coleslaw w/1 TBSP Dressing1c Broccoli and Cauliflower1/2c LS Ranch Beans1/2c Apples in Crisp | **Thursday May 12** Patty Melt(3oz beef, 1/2c Onions, .5oz Swiss cheese, 2 reduced calorie Rye bread)10 NAS French fries1/2c Spiced Pineapple½ Tossed Salad w/ 1 TBSP LF Dressing | **Friday May 13**Chicken Sandwich(3oz Chicken, 2 slices tomato, 1/2c Lettuce, 1 bun)12 74Tater tots1/2c Zucchini1/2c Nonfat Vanilla Greek Yogurt w/ 1/2c Sweet cherries |
| **Monday May 16** Beef Stroganoff(3oz Beef 2oz Sauce), 1/2c Egg Noodles1/2c Collard Greens 1c Cauliflower w/ 1oz Cheese Sauce1/2c LF Lemon Pudding  | **Tuesday May 17**3oz Chicken Fried Steak1/2c Mashed Potatoes w/ 2oz LS Gravy1/2c Salsa CornWheat Roll1c Watermelon  | **Wednesday May 18**Sloppy Joe(4oz Meat, 1 bun)2 slices pickle1 slice onion10 NAS French Fries1/2c Mixed Vegetables1/2c Tropical Fruit Salad | **Thursday May 19**Tuna Casserole(3oz Tuna, 1/2c Noodles, 1oz Sauce)Cornbread w 1 tsp Margarine1/2c Applesauce**1/2c Beets****1c Tossed Salad w/ 2 TBSP LF dressing** | **Friday May 20**Beef Tacos(3oz Beef 1 flour tortilla, 1/2c Lettuce, 1 slice tomato, .5 oz Cheese)1oz Salsa3/4c LS Pinto Beans1/2c Succotash 1/2c LS Spanish Rice1/2c Apricots |
| **Monday May 23****1% Milk** 1c Beef Stew(3oz Beef, 3/4c Vegetables)1/2c LS Tomatoes w 2 oz Green ChileTortilla1/2c Spiced Pears   | **Tuesday May 24**4oz Chicken Tacos(3oz Chicken, flour tortilla,1/2c lettuce, 2 slices tomato, .5oz Cheese)1c LS Pinto Beans1/2c Calabacitas w/ 1/4c GC1c Cantaloupe | **Wednesday May 25****1% Milk** Stuffed Bell Pepper(3oz ground beef, 1/2c Rice, 1oz Tomato Sauce, ½ Pepper)1/2c Tossed Salad w/ 1TBSP LF DressingWheat Roll Chateau Blend Vegetables | **Thursday May 26**Pork Posole(3oz Pork, 1/2c Posole,2oz Red chile )1c tossed salad w/ 2 LF TBSP Dressing6 LS WW Crackers1c Malibu Blend Vegetables 1/2c Butterscotch Pudding | **Friday May 27****1% Milk**  Beef Chalupa(3oz Beef, 1 sl Onion, 1 oz Salsa, 1oz GC)1/2c LS Spanish Rice1c Tuscan Vegetables 1/2c Gelatin w/ 1/2c Diced Mango  |
| **Monday May 30****Close** | **Tuesday May 31**LS Arroz Con Pollo(3oz Chicken Breast (boneless, skinless), 1/2c Rice1/2c Peas and Carrots1c Broccoli4 WW Crackers |  |  |  |

***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:****1** |
| Calories | 700 or more | 746.3 | 746.3 | 701.6 | 709.6 | 805.3 |
| % Carbohydrates from Calories | 45-55% | 52.9 | 53.5 | 52.0 | 50.5 | 44.6 |
| % Protein from Calories | 15-25% | 21.4 | 20.4 | 21.3 | 23.8 | 24.8 |
| % Fat from Calories | 25-35% | 25.8 | 26.1 | 26.6 | 25.7 | 30.6 |
| Saturated Fat | less than 8g | 7.8 | 7.9 | 8.0 | 7.6 | 5.8 |
| Fiber | 10g or more | 11.4 | 12.6 | 10.3 | 13.2 | 10.0 |
| Vitamin B-12 | .8ug or more | 2.6 | 2.1 | 3.0 | 2.7 | 1.5 |
| Vitamin A | 300ug RAE or more | 377.6 | 395.3 | 428.2 | 1343.8 | 623.7 |
| Vitamin C | 30mg or more | 33.3 | 65.0 | 42.6 | 74.3 | 80.9 |
| Iron | 2.6mg or more | 4.5 | 5.7 | 5.7 | 5.5 | 6.4 |
| Calcium | 400mg or more | 516.3 | 565.5 | 519.4 | 494.1 | 423.5 |
| Sodium | less than 766mg | 724.8 | 755.0 | 760.4 | 764.7 | 372.5 |

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