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| --- | --- | --- | --- | --- |
| **Monday May 2**  **1% Milk**  Ham &Noodles  (2oz noodles, 1/2c Noodles, 1oz LS Ham, 2oz Sauce)  1c California Blend Vegetables  1/4c 1/4c Cottage Cheese  1/2c Fruit Cocktail | **Tuesday May 3**  3oz Baked Chicken  Wheat Roll  1c Green Beans  1/2c Scalloped Potatoes  1/2c 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 beans  1 flour tortilla  1/2c Spiced Poached Plums | **Thursday May 5**  3oz LS Baked Fish  1/2c Parsley Potatoes  1/2c Coleslaw w/ 2 TBSP Dressing  Wheat roll  3/4c 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 Vegetables  8 baby carrots  ½ sl. Garlic Bread  ½ c pears w/ 1/2c Gelatin |
| **Monday May 9**  Cabbage and Kielbasa  w/ Fried Onions  (1/2c Cabbage, 2oz LS Turkey/Chicken Kielbasa, 2 TBSP Fried Onions, 1/2c LS white beans)  1/2c LS chuckwagon corn  Tortilla  1/2c LF Vanilla Pudding | **Tuesday May 10**  6oz Meat Lasagna  (3oz Meat, 2oz pasta, 2oz NAS Marinara Sauce)  1c Italian Blend Vegetables  1/2c Spinach  Garlic bread  Orange | **Wednesday May 11**  BBQ Pork Sandwich  (3oz Pork, 1oz LS Barbecue Sauce, 1 reduced calorie bun)  1/2c Coleslaw w/1 TBSP Dressing  1c Broccoli and Cauliflower  1/2c LS Ranch Beans  1/2c Apples in Crisp | **Thursday May 12**  Patty Melt  (3oz beef, 1/2c Onions, .5oz Swiss cheese, 2 reduced calorie Rye bread)  10 NAS French fries  1/2c Spiced Pineapple  ½ Tossed Salad w/ 1 TBSP LF Dressing | **Friday May 13**  Chicken Sandwich  (3oz Chicken, 2 slices tomato, 1/2c Lettuce, 1 bun)  12 74Tater tots  1/2c Zucchini  1/2c Nonfat Vanilla Greek Yogurt w/ 1/2c Sweet cherries |
| **Monday May 16**  Beef Stroganoff  (3oz Beef 2oz Sauce), 1/2c Egg Noodles  1/2c Collard Greens  1c Cauliflower w/ 1oz Cheese Sauce  1/2c LF Lemon Pudding | **Tuesday May 17**  3oz Chicken Fried Steak  1/2c Mashed Potatoes w/ 2oz LS Gravy  1/2c Salsa Corn  Wheat Roll  1c Watermelon | **Wednesday May 18**  Sloppy Joe  (4oz Meat, 1 bun)  2 slices pickle  1 slice onion  10 NAS French Fries  1/2c Mixed Vegetables  1/2c Tropical Fruit Salad | **Thursday May 19**  Tuna Casserole  (3oz Tuna, 1/2c Noodles, 1oz Sauce)  Cornbread w 1 tsp Margarine  1/2c 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 Salsa  3/4c LS Pinto Beans  1/2c Succotash  1/2c LS Spanish Rice  1/2c Apricots |
| **Monday May 23**  **1% Milk**  1c Beef Stew  (3oz Beef, 3/4c Vegetables)  1/2c LS Tomatoes w 2 oz Green Chile  Tortilla  1/2c Spiced Pears | **Tuesday May 24**  4oz Chicken Tacos  (3oz Chicken, flour tortilla,1/2c lettuce, 2 slices tomato, .5oz Cheese)  1c LS Pinto Beans  1/2c Calabacitas w/ 1/4c GC  1c 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 Dressing  Wheat Roll  Chateau Blend Vegetables | **Thursday May 26**  Pork Posole  (3oz Pork, 1/2c Posole,2oz Red chile )  1c tossed salad w/ 2 LF TBSP Dressing  6 LS WW Crackers  1c 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 Rice  1c 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 Rice  1/2c Peas and Carrots  1c Broccoli  4 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