|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY 4, 2024Bean and Cheese Burrito(1 8-in Flour tortilla 3/4c LS Pinto beans.5oz shredded cheese, 2oz RC Chile sauce)1/2c LS Spanish Rice1/2c Corn1/2c NSA Stewed Tomatoes1 Chocolate Chip Cookie | TUESDAY 5, 20243/4c Goulash(3 oz meat, ½ macaroni), 2 oz NAS Marinara sauce)1/2c Cauliflower1c Tossed salad w/ 2 TBSP FF Ranch Dressing1 WW Roll w/ 1 tsp margarine1/2c Warm Apple Slices | WEDNESDAY 6, 2024BBQ Chicken(3oz chicken, 1oz BBQ Sauce)1/2c Yams1/2c Brussel Sprouts1 WW RollOrange | THURSDAY 7, 20243oz Baked Pork Chop1/2c LS LF Scalloped Potatoes1/2c Spinach1 WW Roll w/1tsp margarine1/2c SF Gelatin w/ 1/2c Banana | FRIDAY 8, 2024CLOSED |
| MONDAY 11, 20243oz Chicken Fried Steak1/2c LS Mashed Potatoesw/ 2oz LS Gravy1/2c Green Beans1 WW Roll1/2c Apricots | Tuesday 12, 20241c RC Pork Posole(3 oz diced pork, 1/2c hominy, 1 oz red Chile)1/2c Calabacitas1c Tossed salad w/ 2 TBSP FF Italian Dressing1 6in Tortilla1c Tropical Fruit Salad  | WEDNESDAY 13, 2024Chicken Fajita(3 oz. Chicken 1/2c Peppers & Onions, 1 6 in Flour Tortilla)1/2c LS Pinto Beans1c Salad w/ 2T FF Ranch Dressing1/2c Mixed Fruit  | THURSDAY 14, 2024Spaghetti(3 oz meat, 1/2pasta, 2 oz NAS Marinara sauce)1c Italain Blend Veg1c Tossed Salad w/ 2 TBSP FF Italian DressingWheat roll 1/2c Spiced Peaches | FRIDAY 15, 2024CLOSED |
| MONDAY 18, 2024Corned Beef & Cabbage(3oz LS, LF Brisket, 1/2c cabbage)1/2c LS Mashed Potato w/ 2oz LS Gravy1/2c Carrots1 WW Roll w/ 1 tsp margarine1/2c Lime Sherbert | TUESDAY 19, 20243/4c Chicken & Noodles(3oz Diced Chicken, 1/2c Noodles, 2oz Sauce)1/2c Mixed Veggies1/2c LS LF Broccoli Salad1/2c Fruit Cocktail  | WEDNESDAY 20, 2024Hamburger(3 oz patty, 1 WW bun, 1/2c lettuce, 2 tomato slices, 1 onion slice)1c Coleslaw w/ 2 TBSP Dressing1/2c NAS Baked French Fries 1/2c Apricots | THURSDAY 21, 2024Veggie Pizza(1oz Crust, 1oz Pizza sauce, .5oz Cheese, 1/2c Peppers and onions, 1 slice tomato)1c Tossed Salad w/ 2 TBSP FF ranch Dressingw/ 1/4c LS Garbanzo Beans1c light vanilla nonfat Yogurt 1/2c Strawberries  | FRIDAY 22, 2024CLOSED |
| MONDAY 25, 2024Chef Salad (1.5c romaine lettuce, 1 HB Egg, 1oz Turkey, 1oz Carrot, 1/4c Cabbage, 1/4c Cucumber, 1/8 red tomato, 1oz Chicken, 1oz LS Ham)2 TBSP FF ranch Dressing6 LS WW crackers 1c Fruit Salad1/2c light nonfat vanilla yogurt  | TUESDAY 26, 20241c Green Chili Chicken Enchiladas(3 oz. Chicken, 1 oz. Green Chile, 1 oz. Cheese, 2 Corn Tortillas, 1/2c Lettuce and tomato)1c Zucchini and NAS Diced Tomatoes1/2c LS Spanish RiceFresh Pear  | WEDNESDAY 27, 2024Frito Pie(1oz Corn Chips, 3oz ground beef 1oz red chile)1/2c Tomato, Lettuce 1/4c Onion1/2c LS Pinto Beans1c California Blend VegetablesOrange  | THURSDAY 28, 20241c Chicken and Rice Casserole(3oz chicken, 1/2c rice, 1oz Sauce)1c Vegetable Medley1 WW Roll w/ 1 tsp margarine1 Plum | FRIDAY 29, 2024CLOSED |
|  |  |   |   | NOTE:2% Milk served at mealsLS=low sodiumNAS=no added saltWW= whole wheat SF=sugar free |

***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:****4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****n/a** |
| Calories | 700 or more | 745.7 | 728.6 | 709.8 | 701.9 |  |
| % Carbohydrates from Calories | 45-55% | 51.9 | 51.0 | 51.9 | 48.7 |  |
| % Protein from Calories | 15-25% | 22.31 | 21.0 | 20.2 | 24.3 |  |
| % Fat from Calories | 25-35% | 25.8 | 28.0 | 27.8 | 27.1 |  |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 7.3 | 7.9 |  |
| Fiber | 10g or more | 12.3 | 11.3 | 10.1 | 11.4 |  |
| Vitamin B-12 | .8ug or more | 2.2 | 2.3 | 2.6 | 2.1 |  |
| Vitamin A | 300ug RAE or more | 462.5 | 590.2 | 617.1 | 423.5 |  |
| Vitamin C | 30mg or more | 56.2 | 63.2 | 67.7 | 41.7 |  |
| Iron | 2.6mg or more | 5.8 | 4.8 | 4.5 | 3.5 |  |
| Calcium | 400mg or more | 542.2 | 430.2 | 517.0 | 519.6 |  |
| Sodium | less than 766mg | 745.1 | 752.4 | 730.6 | 759.5 |  |

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 approved on February 1, 2024