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| --- | --- | --- | --- | --- |
| MONDAY 4, 2024  Bean and Cheese Burrito  (1 8-in Flour tortilla  3/4c LS Pinto beans  .5oz shredded cheese,  2oz RC Chile sauce)  1/2c LS Spanish Rice  1/2c Corn  1/2c NSA Stewed Tomatoes  1 Chocolate Chip Cookie | TUESDAY 5, 2024  3/4c Goulash  (3 oz meat, ½ macaroni), 2 oz NAS Marinara sauce)  1/2c Cauliflower  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  1 WW Roll w/  1 tsp margarine  1/2c Warm Apple Slices | WEDNESDAY 6, 2024  BBQ Chicken  (3oz chicken,  1oz BBQ Sauce)  1/2c Yams  1/2c Brussel Sprouts  1 WW Roll  Orange | THURSDAY 7, 2024  3oz Baked Pork Chop  1/2c LS LF Scalloped Potatoes  1/2c Spinach  1 WW Roll w/  1tsp margarine  1/2c SF Gelatin w/ 1/2c Banana | FRIDAY 8, 2024  CLOSED |
| MONDAY 11, 2024  3oz Chicken Fried Steak  1/2c LS Mashed Potatoes  w/ 2oz LS Gravy  1/2c Green Beans  1 WW Roll  1/2c Apricots | Tuesday 12, 2024  1c RC Pork Posole  (3 oz diced pork, 1/2c hominy,  1 oz red Chile)  1/2c Calabacitas  1c Tossed salad w/ 2 TBSP FF Italian Dressing  1 6in Tortilla  1c Tropical Fruit Salad | WEDNESDAY 13, 2024  Chicken Fajita  (3 oz. Chicken 1/2c Peppers & Onions,  1 6 in Flour Tortilla)  1/2c LS Pinto Beans  1c Salad w/ 2T FF Ranch Dressing  1/2c Mixed Fruit | THURSDAY 14, 2024  Spaghetti  (3 oz meat, 1/2pasta, 2 oz NAS Marinara sauce)  1c Italain Blend Veg  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Wheat roll  1/2c Spiced Peaches | FRIDAY 15, 2024  CLOSED |
| MONDAY 18, 2024  Corned Beef & Cabbage  (3oz LS, LF Brisket, 1/2c cabbage)  1/2c LS Mashed Potato w/ 2oz LS Gravy  1/2c Carrots  1 WW Roll w/ 1 tsp margarine  1/2c Lime Sherbert | TUESDAY 19, 2024  3/4c Chicken & Noodles  (3oz Diced Chicken,  1/2c Noodles, 2oz Sauce)  1/2c Mixed Veggies  1/2c LS LF Broccoli Salad  1/2c Fruit Cocktail | WEDNESDAY 20, 2024  Hamburger  (3 oz patty, 1 WW bun, 1/2c lettuce, 2 tomato slices, 1 onion slice)  1c Coleslaw w/ 2 TBSP Dressing  1/2c NAS Baked French Fries  1/2c Apricots | THURSDAY 21, 2024  Veggie Pizza  (1oz Crust, 1oz Pizza sauce, .5oz Cheese, 1/2c Peppers and onions, 1 slice tomato)  1c Tossed Salad w/ 2 TBSP FF ranch Dressing  w/ 1/4c LS Garbanzo Beans  1c light vanilla nonfat Yogurt  1/2c Strawberries | FRIDAY 22, 2024  CLOSED |
| MONDAY 25, 2024  Chef 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 Dressing  6 LS WW crackers  1c Fruit Salad  1/2c light nonfat vanilla yogurt | TUESDAY 26, 2024  1c 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 Tomatoes  1/2c LS Spanish Rice  Fresh Pear | WEDNESDAY 27, 2024  Frito Pie  (1oz Corn Chips, 3oz ground beef 1oz red chile)  1/2c Tomato, Lettuce  1/4c Onion  1/2c LS Pinto Beans  1c California Blend Vegetables  Orange | THURSDAY 28, 2024  1c Chicken and Rice Casserole  (3oz chicken, 1/2c rice, 1oz Sauce)  1c Vegetable Medley  1 WW Roll w/ 1 tsp margarine  1 Plum | FRIDAY 29, 2024  CLOSED |
|  |  |  |  | NOTE:  2% Milk served at meals  LS=low sodium  NAS=no added salt  WW= 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