|  |  |  |  |
| --- | --- | --- | --- |
| **1**  **1% Milk**  **BAKED POTATO w/ Chives**  **(1 baked potato, 1 tsp margarine, 1 TBSP Chives, .5oz Cheese)**  **1c Broccoli spears w/ red bell peppers and 1/2c LS Garbanzo beans**  **3/4c Fruit Salad w/ 1/3c Slivered almonds** | **2**  **1% Milk**  **HAMBURGER VEGGIE PIZZA**  **(1oz Crust, 2oz Ground Beef, 1oz Mozzarella cheese, 1oz Sauce, 1/4c Peppers and onions, 2 slices of tomato)**  **1/2c Baby carrots**  **1c Tossed salad w/ 2 TBSP Light Italian Dressing**  **1/2c PINEAPPLE**  **4 LS WW Crackers** | **3**  **1% Milk**  **1c JAMBALAYA**  **(3oz Meat/Fish, ½ Vegetables, 1/4c Rice)**  **1c Tossed salad w/ 2 TBSP Light Italian Dressing**  **2oz CORNBREAD**  **1/2c PEACH in SF COBBLER** | **4**  **1% Milk**  **BEEF TAMALIE PIE**  **(3oz Beef, 1oz Masa,**  **1c Zucchini with diced tomatoes**  **1/2c Tossed salad w/1 TBSP Light Italian Dressing**  **1/2c Diced Mango** |
| **8**  **PASTA PRIMAVERA**  **(1/2c Vegetables, 1/2c Bowtie Pasta, , add 1/2c White beans)**  **1c Tossed salad w/ 2 TBSP Light Dressing**  **Whole Wheat roll w/ 1 tsp Margarine**  **1c PEARS** | **9**  **8 oz BEEF POT PIE**  **(1oz crust, 1/2c Vegetables, 3oz Beef)**  **1c Tossed salad w/ 2 TBSP Light Italian Dressing**  **1c WATERMELON** | **10**  **8oz TUNA CASSEROLE**  **(3oz Tuna, 1/4c Noodles, 1/3c vegetables)**  **1c Tossed salad w/ 2 TBSP Light Italian Dressing**  **1oz Wheat ROLL**  **ORANGE** | **11**  **BEEF QUESADILLA**  **(1 6 inch wheat tortilla, 3oz ground beef, .5oz Cheese)**  **1/2c LS STEWED TOMATOES w/ 1 oz Green Chile**  **1c California Blend Vegetables w/ 1 tsp margarine**  **1c Tropical fruit Salad** |
| **15**  **2oz Lean Turkey ITALIAN SAUSAGE**  **1/2c PEPPERS & ONIONS**  **1/4c LS SAUERKRAUT**  **1c Tossed salad w/ 2 TBSP Light Italian Dressing**  **Wheat ROLL**  **3/4c Fruit Compote**  **1/2c Greek Nonfat Vanilla Yogurt** | **16**  **CHEESEBURGER**  **(1bun, .5oz Cheese, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)**  **1/2c LS COWBOY BEANS**  **1/2c Tomato and Cucumber salad**  **1c Strawberries** | **17**  **CHICKEN TACOS**  **(3oz Chicken, 1 6 in flour tortilla, 1/2c lettuce and tomato)**  **1c Tossed salad w/ 2 TBSP Light Italian Dressing**  **1/2c Cabbage Slaw**  **1c CILANTRO LIME Brown RICE**  **1/2c Baked Apple Slices** | **18**  **3oz SMOTHERED STEAK w/ 2oz LS Gravy**  **1/2c ONIONS & MUSHROOMS**  **1/2c MASHED POTATOES**  **1c Tossed salad w/ 2 TBSP Light Italian Dressing**  **Wheat ROLL**  **1/2c Sherbet** |
| **22**  **BBQ PORK SLIDER**  **(1 slider bun, 3oz Diced Pork, 1oz LS Barbecue Sauce)**  **1/2c SWEET POTATO WEDGES**  **3/4c ROASTED BRUSSEL SPROUTS**  **1c Tossed salad w/ 2 TBSP Light Italian Dressing**  **1c GRAPES** | **23**  **3oz MEATLOAF**  **1/2c Parsley Potatoes**  **1/2c GREEN BEANS**  **1/2c Tossed salad w/1 TBSP Light Italian Dressing**  **Wheat roll w/ 1 tsp Margarine**  **Banana** | **24**  **6 oz TURKEY ALA KING**  **(3 oz Turkey, 1/4c Vegetables)**  **1/2c Brown RICE**  **1/2c BEETS**  **1c Tossed salad w/ 2 TBSP Light Italian Dressing**  **6 LS WW Crackers**  **1/2c LS Chocolate Pudding** | **25**  **TACO SALAD**  **(1oz Tortilla Chips, 3oz ground beef, 1/2c lettuce, 1/2c Tomato, ¼ c onions, 1oz GC, 2 TBSP Salsa)**  **1/2c LS BLACK BEANS**  **1c Capri Vegetables**  **3/4c APRICOTS** |
| **29**  **CLOSED**  **MEMORIAL DAY HOLIDAY** | **30**  **1% Milk**  **6oz Sweet and sour pork**  **(3oz Pork 2oz Sauce)**  **1c Brown Rice**  **1c Stir Fry Vegetables**  **3/4c Plums w/**  **1/2c SF gelatin**  **1 Fortune Cookie** | **31**  **1/2c CHILIE RELLENO CASSEROLE**  **(1 GC, 1oz Cheese, 1oz Batter)**  **1/2c**  **1/2c LS PINTO BEANS**  **1c Tossed salad w/ 2 TBSP Light Italian Dressing**  **1/2c Orange sections w/ 1 tsp Cinnamon**  **1 Wheat bread w/ 1 tsp margarine**  **1/2c Spinach w/ 1 tsp margarine** |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **2** |
| Calories | 700 or more | 763.7 | 701.8 | 700.0 | 707.4 | 712.4 |
| % Carbohydrates from Calories | 45-55% | 50.3 | 53.3 | 52.5 | 55.1 | 55.2 |
| % Protein from Calories | 15-25% | 19.2 | 20.5 | 22.0 | 17.2 | 19.7 |
| % Fat from Calories | 25-35% | 30.5 | 25.8 | 25.5 | 27.6 | 25.1 |
| Saturated Fat | less than 8g | 7.9 | 7.8 | 7.3 | 6.7 | 7.9 |
| Fiber | 10g or more | 13.2 | 12.2 | 10.0 | 13.3 | 13.4 |
| Vitamin B-12 | .8ug or more | 1.9 | 3.0 | 2.2 | 1.9 | 1.7 |
| Vitamin A | 300ug RAE or more | 555.6 | 588.8 | 561.1 | 702.0 | 686.2 |
| Vitamin C | 30mg or more | 93.2 | 83.0 | 77.2 | 58.3 | 48.6 |
| Iron | 2.6mg or more | 5.7 | 5.4 | 5.0 | 4.7 | 5.9 |
| Calcium | 400mg or more | 602.7 | 540.5 | 529.5 | 485.9 | 662.6 |
| Sodium | less than 766mg | 764.4 | 726.0 | 761.4 | 745.8 | 752.5 |

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