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| --- | --- | --- | --- |
| **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