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| MONDAY, APRIL 1 Red Chile Cheese Hotdog(1/2 hot dog, 1 bun, .5oz Cheese, 2oz RC, 2oz ground beef)1/2c Sweet Potatoes 1/2c Green Beans 1/2c Pineapple Chunks   | TUESDAY, APRIL 2Alaska Day 4oz Crab Cakes2 TBSP tartar sauce1c Broccoli Normandy w/ 1tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter 1/2c apples in 1/4c Crisp  | WEDNESDAY, APRIL 31c Tater Tot Casserole(3oz beef, 1oz Sauce, 1/2c mixed vegetables, 1/4c tater tots)1/2c Brussel sprouts WW Roll w/ 1 tsp unsalted butter 1 Fresh Pear  | THURSDAY, APRIL 4Sweet and Sour Pork(3oz Pork, 1oz Sauce)1c Brown Rice1c Stir Fry Vegetables1/2c Mandarin Oranges | FRIDAY, APRIL 5Beef Fajitas(3oz beef, 1/2c peppers and onions, 1 6in Flour Tortilla, 2 TBSP Salsa)3/4c Black Bean Salsa w/ Corn(1/2c black beans and 1/4c corn)1/2c Zucchini 1c Tropical Fruit |
| MONDAY, APRIL 84oz LS Salisbury Steak2oz LS Brown Gravy1/2c LS Mashed Potato1c Vegetable medley w/ 1 tsp unsalted butterWheat roll w/ 1 tsp unsalted butter 1/2c Diced Pears  | TUESDAY, APRIL 9**CLOSED FOR CLEANING** | WEDNESDAY, APRIL 10Chicken Parmesan(4oz parm crusted chicken, 2oz NAS Marinara Sauce)1/2c Fettuccine Noodles 1c Italian Blend Vegetables1/2c Bananas in 1/2c Vanilla Pudding | THURSDAY, APRIL 11Chickpea and Quinoa Taco Bowl(1/2c Quinoa, 3/4c Chickpeas, 1/2c Pico de Gallo (1/3c tomato, 1/8c 1/8c Avocado, red onion, lime juice cilantro, jalapeno)1/2c Cucumber and red cabbage Flour TortillaOatmeal Raisin Cookie | FRIDAY, APRIL 12Green Chile Chicken Enchiladas(3oz Chicken, 1oz GC, 2 corn tortilla, 1oz Cheese, 1/2c lettuce and tomato)1c Capri Vegetables1/2c LS Spanish Rice1/2c SF GelatinOrange  |
| MONDAY, APRIL 15Egg Salad Sandwich(1/2c Egg salad=1egg, 2 slices wheat bread)1/2c LS Pickled Beets1c LS Tomato soup 1/2c Apricots w/ 1c Light nonfat vanilla Yogurt  | TUESDAY, APRIL 163oz Marinated Grilled Chicken 1/2c Parsley Potatoes 1/2c Roasted BroccoliWheat roll w/ 1 tsp unsalted butter 1/2c mixed fruit  | WEDNESDAY, APRIL 17Cheese & Mushroom Pizza(1oz Crust, 1oz Sauce, .5oz Mozzarella Cheese, 1/2c Mushrooms, 1/8c onions)1/2c Asparagus w/ 1/4c Garbanzo beans1/2c NAS Stewed Tomatoes4 LS WW Crackers 1/2c Diced Peaches1c Light Vanilla nonfat vanilla yogurt  | THURSDAY, APRIL 186oz Beef Stroganoff(3oz beef, 2oz LS Gravy)1/2c Brown Rice 1/2c Spinach w/ 1 tsp unsalted butter 1/2c Roasted Cauliflower 1/2c Tapioca Pudding | FRIDAY, APRIL 19Fish Tacos w/ Corn Tortilla(3oz LS baked Fish, 2 corn tortilla, 1/2c Spanish slaw)1/2c Cilantro Lime Brown Rice1c Calabacitas1/2c Pineapple Chunks  |
| MONDAY, APRIL 221c Chicken Divan(3oz Chicken, 1/2c broccoli, 1oz Sauce)1/2c Glazed Carrots Wheat bread w/ 1 tsp unsalted butter Banana | TUESDAY, APRIL 231c Clam Chowder(3oz Clams 1/2c Potato/Celery/Onions)1c Tossed salad w/ 2 TBSP Light Italian DressingWheat roll w/ 1 tsp unsalted butter 1c Fruit Salad | WEDNESDAY, APRIL 24Chicken Stir Fry(3oz Diced Chicken, 1oz Sauce) 1c Stir Fry Vegetables w/ 1/3c Snow peas 1c Brown Rice 1c GrapesFortune cookie | THURSDAY, APRIL 251c Spinach Lasagna(1/2c Spinach, 1/2c Lasagna, 1oz Sauce, 1oz Cheese)1c Broccoli Normandy w/ 1 tsp unsalted butter Wheat roll w/ 1tsp unsalted butter 1c light nonfat vanilla yogurt1/2c Berries   | FRIDAY, APRIL 26Green Chile Cheeseburger(1 patty, 1oz GC, .5oz cheese, 1 bun, 1/2c lettuce, 2 slices red tomato, 1 slice onion)1/2c NAS French Fries 1c Chateau Blend Vegetables1/2c Baked Apple Slices  |
| MONDAY, APRIL 29Frito Pie (2oz RC, 3oz beef, 1oz Corn Chips, 1/4c Guacamole)1c Vegetable Medley w/ 1 tsp margarine 1/2c Pinto BeansOrange  |  TUESDAY, APRIL 301c LS Beef stew1c Coleslaw w/ 2 TBSP DressingCornbread1/2c Applesauce |  |  | 1% milk served at meals |

***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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 700.2 | 725.3 | 729.2 | 738.6 | 746.9 |
| % Carbohydrates from Calories | 45-55% | 52.7 | 51.9 | 54.0 | 53.5 | 44.2 |
| % Protein from Calories | 15-25% | 20.4 | 23.0 | 19.9 | 21.0 | 22.4 |
| % Fat from Calories | 25-35% | 26.9 | 25.1 | 26.1 | 25.5 | 33.4 |
| Saturated Fat | less than 8g | 7.9 | 7.8 | 6.2 | 7.8 | 7.8 |
| Fiber | 10g or more | 10.5 | 11.8 | 11.0 | 10.0 | 12.9 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.2 | 2.1 | 2.6 | 3.7 |
| Vitamin A | 300ug RAE or more | 385.6 | 323.8 | 369.7 | 436.4 | 647.2 |
| Vitamin C | 30mg or more | 63.7 | 46.3 | 72.6 | 67.6 | 49.1 |
| Iron | 2.6mg or more | 4.5 | 4.8 | 4.9 | 4.3 | 5.6 |
| Calcium | 400mg or more | 470.9 | 532.4 | 633.4 | 567.9 | 515.0 |
| Sodium | less than 766mg | 738.1 | 611.7 | 750.8 | 762.3 | 731.0 |

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 March 13, 2024