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| **All Meals Served** **with 8oz 1% Milk****as available** | **TUESDAY 1 2023**2 oz. Low Sodium Hamw/ 1oz. Glaze1/2c Mashed Potato1/2 c California Vegetables1 Sl. WW Bread 1 Apple1/2c Greek Nonfat Vanilla Yogurt  | **WEDNESDAY 2, 2023**Shredded Chicken & Bean Burrito(3 oz. Chicken, 4 oz. LS Pinto Beans, .5 oz. Cheese, 1 6 in Wheat flour tortilla)1/2c Calabacitas1 TBSP Salsa1T Sour Cream1/2 c Diced Mango | **THURSDAY 3, 2023**Sloppy Joes(3oz Beef, 1oz Sauce, 1 Bun)1/2c Potato Wedges1/2c Diced Tomato1/4c Jalapenos1c Broccoli1 Banana | **FRIDAY 4 2023**Tuna Salad Sandwich(1/2c Tuna Salad, 1 Bun, 1/2c Lettuce)3/4c LS Cucumber & Onion Salad½c LS Roasted Brussel sprouts1c Fruit Salad |
| **MONDAY 7, 2023**6oz Beef Goulash(3oz Beef, 1oz Mushrooms, Peppers and Onions, 1/4c Macaroni)1c Italian Vegetables4 Low Sodium Crackers1/2c Diced Pear | **TUESDAY 8, 2023**Chicken Wrap(3oz Marinated Chicken Breast1/2c Lettuce and 2 slices Tomato.5oz Cheese, 1 6in Tortilla)1c Pasta Salad (1/2c pasta,1/2c vegetables)1/2c Carrot Sticks | **WEDNESDAY 9, 2023**Red Chile Beef Enchiladas (3 oz. Beef, .5 oz. Cheese, 2 Corn Tortillas, 1oz. Red Chile) 1/2c Lettuce & Tomato1/2c LS Spanish Rice 1/2c LS Pinto Beans1/2c Roasted Zucchini  1 Orange | **THURSDAY 10, 2023**Chicken Fried Chicken Steak (3 oz. Chicken Breaded)1/2c LS Mashed Potato /w 2oz LS Gravy1/2c No added salt French style green beans1 Biscuit w/1tsp Margarine1/2c Mixed Fruit | **FRIDAY 11, 2023**6oz Ham & Beans(1oz. Low Sodium Ham 1/2c Beans, 1 oz. Sauce)1/2 cup Green, Red Peppers & Onions1c tossed salad w/ TBSP light Italian Dressing1 Slice of Cornbread w/ 1 tsp. Margarine5oz Greek Strawberry Yogurt |
| **MONDAY 14, 2023**Green Chile Beef Stew (2 oz. Beef, 1 oz. Sauce, 1/2c Potatoes, 1/4c 4-way Mixed Vegetables, 1oz Green Chile)1c Tossed Salad w/ 2 TBSP Light Italian Dressing Wheat roll½ c Mandarin oranges  | **TUESDAY 15, 2023**Beach Dog (Beef and pork Hot Dog, Wheat Bun, 1/2c Peppers & Onions, 1 tsp Mustard, 1 TBSP Ketchup, 1 TBSP Relish)1/4c Hawaiian Macaroni Salad (Macaroni Salad , Green Onion)1c Coleslaw w/ 2TBSP Dressing3/4c LS Pinto Beans½ slice pineapple upside down cake | **WEDNESDAY 16, 2023**3 oz. Salisbury Steak1/2c Brown Rice w/1 oz. Low Sodium GravyWheat roll1c Capri Vegetables1/2c Fruit Cocktail | **THURSDAY 17, 2023**1 Chicken Fajita (3 oz. Chicken, 1/2c Peppers and Onions, 1 6in Flour Tortilla)1/2c LS Spanish Rice1/2c Spinach1T Salsa1/2c Baked Apples  | **FRIDAY 18, 2023** Chef Salad w/Dressing(1 H.B. Egg, 1 oz. Cheese, 1c Lettuce, 1/2c Spinach, 1/4c Tomatoes, 1/4cBell Peppers, 1/4c Red Onions, 1/4c Cucumbers, and 1/4c Red Cabbage, 2 TSP Light Ranch Dressing)6 LS Crackers1c Fruit Salad  |
| **MONDAY 21, 2023**Baked Fish Sandwich(3 oz. LS Baked Fish w/1 TBSP Tartar Sauce, 1 Bun)1/2c Roasted Herbed Potatoes1c Winter Blend Vegetables w/ 1 tsp margarine1/2c Plums | **TUESDAY 22, 2023**Tamale w/ Red Chile(3 oz. Pork, 2oz. Red Chile, 1 oz. Masa)1/2c LS Pinto Beans1/2c LS Stewed Tomatoes1c Cantaloupe4 graham crackers | **WEDNESDAY 23, 2023**Green Chile Cheeseburger (3oz Patty, 1/2oz Cheese, 1oz Green Chile, 1 WW Bun)1/2c Coleslaw w/ 1 TBSP Dressing1/2c Green Beans w/ 1 tsp margarine1/2c Peaches  | **THURSDAY 24, 2023**Beef and Bean Burrito(3 oz. Beef, 1/2c LS Pinto Beans,1 oz. Cheese, 1 6 in Tortilla)2 TBSP Salsa 1/2c Yellow squash with 1/2c NAS diced tomatoes1T Sour Cream 1 c Apricots | **Friday 25, 2023**1c Chicken Stew(1/4c Potatoes, 1/4c NAS. Diced tomato,3oz Diced Chicken, 1/4c oz. Shred Carrots,1/4c Celery, 1/4c Green Chile., 1/3c LS Chicken Broth )1 6in Tortilla w/ 1tsp margarine1c Vegetable medley w/ 1 tsp margarine1c Pears |
| **MONDAY 28, 2023**Macque Choux(1oz Kielbasa, 1oz Onion, 1/4 c Red Bell Pepper, ¼ c Green Bell Pepper, 1/4c Corn, 1oz Sauce)1/2c LS 3 bean salad 1sl Corn Bread 1 Banana1d Greek Vanilla Nonfat yogurt | **TUESDAY 29, 2023**Frito Pie (3 oz. Beef , 1/2c LS Pinto Beans, 1 oz. Fritos, 1 oz. Sauce)1/2c Lettuce & Tomato 1c Scandinavian Blend1/2c SF Gelatin1c Watermelon | **WEDNESDAY 30, 2023**Chicken Alfredo w/Penne(3oz Chicken, 1oz Light Alfredo Sauce,1/2c Penne)1c Italian Vegetables1 Garlic Bread 1/2c Mixed fruit | **THURSDAY 31, 2023**Beef Taco Skillet(3oz Beef, .5oz Cheese, 1/4c Pinto Beans, 1/4c Diced Tomatoes, 1oz Sliced Green Onions, 1oz Bell Peppers)1/2c LS LF Broccoli salad1/2c Carrots1/2c LS Spanish Rice1 6in Flour Tortilla1c Diced Mango | Menu Subject to Change |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** |
| Calories | 700 or more | 706.7 | 744.8 | 728.9 | 704.9 | 796.7 |
| % Carbohydrates from Calories | 45-55% | 53.8 | 51.1 | 46.0 | 51.5 | 49.6 |
| % Protein from Calories | 15-25% | 24.1 | 22.1 | 20.2 | 22.3 | 22.9 |
| % Fat from Calories | 25-35% | 22.1 | 26.8 | 33.9 | 26.2 | 27.4 |
| Saturated Fat | less than 8g | 6.0 | 6.7 | 7.9 | 7.2 | 7.9 |
| Fiber | 10g or more | 12.2 | 12.7 | 10.4 | 12.3 | 11.7 |
| Vitamin B-12 | .8ug or more | 2.6 | 2.4 | 2.3 | 2.4 | 2.9 |
| Vitamin A | 300ug RAE or more | 303.3 | 526.3 | 539.1 | 418.9 | 424.4 |
| Vitamin C | 30mg or more | 101.3 | 59.3 | 55.6 | 30.4 | 58.2 |
| Iron | 2.6mg or more | 5.0 | 5.0 | 5.2 | 4.7 | 4.7 |
| Calcium | 400mg or more | 532.1 | 536.7 | 487.6 | 497.8 | 562.6 |
| Sodium | less than 766mg | 765.8 | 755.9 | 755.3 | 766.8 | 664.7 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. Th23.5%is 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 me26.3%nu 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