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| MONDAY 1, 2024AllCenters Closed2% milk Served at meals | TUESDAY 2, 2024Swedish Meatballs(3oz Meat, 2oz Sauce)1/2c Egg Noodles1c Tossed Salad w/ 2 TBSP FF Italian Dressing1c Vegetable MedleyWheat roll w/ 1 tsp margarine3/4c Pineapple | WEDNESDAY 3, 2024Teriyaki Chicken(3oz Chicken, 1oz Sauce)1/2c Brown Rice1c Asian VeggiesFortune Cookie3/4c Mandarin Oranges1/2c Greek Nonfat vanilla yogurt  | THURSDAY 4, 2024Spaghetti withMeaty Sauce(1/2c spaghetti, 3oz meat, 2oz NAS marinara Sauce)1c Italian Veggies1c Tossed Salad w/ 2 TBSP FF ranch dressingWheat roll w/ 1 tsp margarine1/2c apple slices  | FRIDAY 5, 2024Soft Chicken Taco(3oz Chicken, 1 6in flour tortilla, 1/2c lettuce and tomato)2 TBSP Salsa1c Capri Vegetables w/ 1 tsp margarine1 Fresh Pear  |
| MONDAY 8, 2024Green Chile Cheeseburger(1oz GC, .5oz Cheese, 1bun, 2oz beef, 1/2c Lettuce, 2 slices tomatoes, 1 slice onion)1/2c LS LF Broccoli Salad 1/2c NAS Baked French Fries1/2c Bananas in 1/2c LF Vanilla Pudding | TUESDAY 9, 2024Chicken AlfredoFettuccine Noodles(3oz Diced Chicken, 1oz Light Alfredo Sauce, 1/2c Noodles)3/4c Roasted CauliflowerWheat roll 1/2c Peaches | WEDNESDAY 10, 20243oz Turkey Roast1/4c Bread Stuffing1/4c Cranberry Sauce1/2c Carrots1/2c Beet and onion salad Wheat Roll1/2c plums  | THURSDAY 11, 2024Red Chili Pork Tamale(3oz Pork, 1/3 masa, 1oz Red chile sauce1/2c LS Pinto Beans1/2c Calabacitas1/2c Mixed Fruit 4 Graham crackers  | FRIDAY 12, 2024Chef Salad(1.5c Lettuce, 1/4c carrots, 1/4c Red cabbage, 1/4c cucumbers, 1/8 piece tomato1 HB Egg, 1oz Turkey, 1oz LS Ham) 2TBSP FF Ranch Dressing6 LS WW Crackers1c Fruit Salad  |
| MONDAY 15, 2024AllCenters Closed | TUESDAY 16, 2024Turkey & Swiss Sandwich(3oz Turkey, 1oz Swiss cheese, 1/2c lettuce, 2 slices tomato, 2 sl wheat bread)1/2c Carrot raisin salad3/4c Pasta Salad (1/4c pasta, 1/2c Vegetables)1/2c Tropical Fruit Salad  | WEDNESDAY 17, 20243oz Baked Chicken2oz LS Chicken Gravy1/2c Wild Rice1/2c Tossed salad w/ 1 TBSP FF Italian Dressing1/2 c Asparagus & 1/4c Onions **1/3c Green Peas**Wheat roll 1/2c Apricots  | THURSDAY 18, 20243oz Meatloaf 1 TBSP tomato topping1/2 c Parsley Potatoes3/4c Green Beans Wheat Roll Orange  | FRIDAY 19, 2024Beef Fajita(3oz Beef, 1 6in flour tortilla, 1/2c peppers and onions)1/2c LS Spanish Rice1/2c Black Beans & Corn1/2c SF Gelatin  |
| MONDAY 22, 20244oz Salisbury SteakMushroom Gravy(2oz LS Gravy, 1/4c Mushrooms)1/2c LS Mashed Potatoes3/4c Mixed VeggiesRoll3/4c Pears  | TUESDAY 23, 2024Country Style BBQ Ribs(3oz Ribs, 1 TBSP BBQ Sauce)1/2c LS Ranch Beans1/2c Prince Edward Vegetable BlendSpinach Salad(1/2c Spinach, 1/8c Red onion, 1/2 TBSP Cranberries, 1/4c Strawberries 1 Tomato wedge)1 TBSP Light Raspberry Vinaigrette LF Cornbread1c Applesauce | WEDNESDAY 24, 2024Frito Pie(1oz Corn Chips, 3oz Beef, 2oz RC, 1/2c lettuce and tomato, 1/4c onion)1/2c Zucchini with 1/2c NAS Tomatoes1/2c Spanish Slaw1c Diced mango | THURSDAY 25, 20243/4c Chicken & Rice Casserole (3oz Diced Chicken, 1/2c Rice, .5oz cheese, 1oz Sauce)1/2c NAS French Style Green Beans1c Tossed Salad w/ 2 TBSP FF Ranch DressingWheat Roll | FRIDAY 26, 2024Tuna Salad Sandwich(1/2c Tuna Salad (3oz Light Tuna), 2 sl. Wheat bread, 1/2c lettuce, 2 sliced tomato)1/2c LS 3 Bean Salad1/2c Creamy Cucumber Salad 1oz Sun Chips1/2c Mixed Fruit in 1/2c SF Gelatin  |
| MONDAY 29, 2024Chicken & Potato Burritowith Green Chili Sauce(3oz Chicken, 1/2c diced potato, 1 8n WW tortilla)2oz Green Chile sauce1/2c 5 Way Veggies w/ 1 tsp margarine1c Grapes | TUESDAY 30, 2024Sweet & Sour Pork(3oz Pork, 2oz Sauce, peppers, pineapple, green onions, sesame seeds, onions)1c Brown Rice1c Stir Fry VeggiesVegetable Egg RollBanana | WEDNESDAY 31, 2024Sloppy Joe(1 WW bun, 1oz Sauce, 3oz beef, 1/2c peppers and onions)1/2c Steamed Spinach w/ 1 tsp margarine1c Coleslaw w 2 TBSP DressingFresh Orange |  |  |

***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:****4** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 700 or more | 726.0 | 734.6 | 748.4 | 703.3 | 792.7 |
| % Carbohydrates from Calories | 45-55% | 47.8 | 53.4 | 52.6 | 48.2 | 52.1 |
| % Protein from Calories | 15-25% | 25.3 | 19.6 | 22.4 | 24.5 | 22.0 |
| % Fat from Calories | 25-35% | 26.9 | 27.1 | 25.0 | 27.3 | 25.9 |
| Saturated Fat | less than 8g | 8.0 | 7.3 | 7.9 | 8.0 | 7.6 |
| Fiber | 10g or more | 10.1 | 10.0 | 14.5 | 10.8 | 10.4 |
| Vitamin B-12 | .8ug or more | 3.0 | 2.1 | 2.6 | 3.5 | 2.5 |
| Vitamin A | 300ug RAE or more | 508.9 | 458.3 | 1032 | 421.2 | 405.2 |
| Vitamin C | 30mg or more | 44.1 | 56.0 | 67.6 | 38.5 | 72.1 |
| Iron | 2.6mg or more | 4.5 | 4.3 | 5.7 | 5.3 | 6.0 |
| Calcium | 400mg or more | 459.5 | 411.8 | 533.3 | 487.1 | 464.9 |
| Sodium | less than 766mg | 734.3 | 764.3 | 745.5 | 760.5 | 752.4 |

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