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| MONDAY 1, 2024  All  Centers  Closed  2% milk Served at meals | TUESDAY 2, 2024  Swedish Meatballs  (3oz Meat, 2oz Sauce)  1/2c Egg Noodles  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1c Vegetable Medley  Wheat roll w/ 1 tsp margarine  3/4c Pineapple | WEDNESDAY 3, 2024  Teriyaki Chicken  (3oz Chicken, 1oz Sauce)  1/2c Brown Rice  1c Asian Veggies  Fortune Cookie  3/4c Mandarin Oranges  1/2c Greek Nonfat vanilla yogurt | THURSDAY 4, 2024  Spaghetti with  Meaty Sauce  (1/2c spaghetti, 3oz meat, 2oz NAS marinara Sauce)  1c Italian Veggies  1c Tossed Salad w/ 2 TBSP FF ranch dressing  Wheat roll w/ 1 tsp margarine  1/2c apple slices | FRIDAY 5, 2024  Soft Chicken Taco  (3oz Chicken, 1 6in flour tortilla, 1/2c lettuce and tomato)  2 TBSP Salsa  1c Capri Vegetables w/ 1 tsp margarine  1 Fresh Pear |
| MONDAY 8, 2024  Green 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 Fries  1/2c Bananas in 1/2c LF Vanilla Pudding | TUESDAY 9, 2024  Chicken Alfredo  Fettuccine Noodles  (3oz Diced Chicken, 1oz Light Alfredo Sauce, 1/2c Noodles)  3/4c Roasted Cauliflower  Wheat roll  1/2c Peaches | WEDNESDAY 10, 2024  3oz Turkey Roast  1/4c Bread Stuffing  1/4c Cranberry Sauce  1/2c Carrots  1/2c Beet and onion salad  Wheat Roll  1/2c plums | THURSDAY 11, 2024  Red Chili Pork Tamale  (3oz Pork, 1/3 masa, 1oz Red chile sauce  1/2c LS Pinto Beans  1/2c Calabacitas  1/2c Mixed Fruit  4 Graham crackers | FRIDAY 12, 2024  Chef Salad  (1.5c Lettuce, 1/4c carrots, 1/4c Red cabbage, 1/4c cucumbers, 1/8 piece tomato  1 HB Egg, 1oz Turkey, 1oz LS Ham)  2TBSP FF Ranch Dressing  6 LS WW Crackers  1c Fruit Salad |
| MONDAY 15, 2024  All  Centers  Closed | TUESDAY 16, 2024  Turkey & Swiss Sandwich  (3oz Turkey, 1oz Swiss cheese, 1/2c lettuce, 2 slices tomato, 2 sl wheat bread)  1/2c Carrot raisin salad  3/4c Pasta Salad (1/4c pasta, 1/2c Vegetables)  1/2c Tropical Fruit Salad | WEDNESDAY 17, 2024  3oz Baked Chicken  2oz LS Chicken Gravy  1/2c Wild Rice  1/2c Tossed salad w/ 1 TBSP FF Italian Dressing  1/2 c Asparagus & 1/4c Onions  **1/3c Green Peas**  Wheat roll  1/2c Apricots | THURSDAY 18, 2024  3oz Meatloaf  1 TBSP tomato topping  1/2 c Parsley Potatoes  3/4c Green Beans  Wheat Roll  Orange | FRIDAY 19, 2024  Beef Fajita  (3oz Beef, 1 6in flour tortilla, 1/2c peppers and onions)  1/2c LS Spanish Rice  1/2c Black Beans & Corn  1/2c SF Gelatin |
| MONDAY 22, 2024  4oz Salisbury Steak  Mushroom Gravy  (2oz LS Gravy, 1/4c Mushrooms)  1/2c LS Mashed Potatoes  3/4c Mixed Veggies  Roll  3/4c Pears | TUESDAY 23, 2024  Country Style BBQ Ribs  (3oz Ribs, 1 TBSP BBQ Sauce)  1/2c LS Ranch Beans  1/2c Prince Edward Vegetable Blend  Spinach Salad  (1/2c Spinach, 1/8c Red onion, 1/2 TBSP Cranberries, 1/4c Strawberries 1 Tomato wedge)  1 TBSP Light Raspberry Vinaigrette  LF Cornbread  1c Applesauce | WEDNESDAY 24, 2024  Frito Pie  (1oz Corn Chips, 3oz Beef, 2oz RC, 1/2c lettuce and tomato, 1/4c onion)  1/2c Zucchini with 1/2c NAS Tomatoes  1/2c Spanish Slaw  1c Diced mango | THURSDAY 25, 2024  3/4c Chicken & Rice Casserole  (3oz Diced Chicken, 1/2c Rice, .5oz cheese, 1oz Sauce)  1/2c NAS French Style Green Beans  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  Wheat Roll | FRIDAY 26, 2024  Tuna Salad Sandwich  (1/2c Tuna Salad (3oz Light Tuna), 2 sl. Wheat bread, 1/2c lettuce, 2 sliced tomato)  1/2c LS 3 Bean Salad  1/2c Creamy Cucumber Salad  1oz Sun Chips  1/2c Mixed Fruit in 1/2c SF Gelatin |
| MONDAY 29, 2024  Chicken & Potato Burrito  with Green Chili Sauce  (3oz Chicken, 1/2c diced potato, 1 8n WW tortilla)  2oz Green Chile sauce  1/2c 5 Way Veggies w/ 1 tsp margarine  1c Grapes | TUESDAY 30, 2024  Sweet & Sour Pork  (3oz Pork, 2oz Sauce, peppers, pineapple, green onions, sesame seeds, onions)  1c Brown Rice  1c Stir Fry Veggies  Vegetable Egg Roll  Banana | WEDNESDAY 31, 2024  Sloppy Joe  (1 WW bun, 1oz Sauce, 3oz beef, 1/2c peppers and onions)  1/2c Steamed Spinach w/ 1 tsp margarine  1c Coleslaw w 2 TBSP Dressing  Fresh 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.

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