|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday April 3**  **Sausage Sauté**  **(2oz Italian Pork Sausage, 1/4c Onions, 1/2c Cabbage and Mushrooms**  **1/2c LS Roasted RED OR YELLOW Potatoes w/ Herbs**  **1/2c Green Salad**  **(1/3c lettuce, 5 cherry tomatoes, 1/4c Cucumbers, 1/4c Red Cabbage, 8 baby carrots, 1/4c LS Garbanzo Beans)**  **WW Roll**  **1 TBSP Light Italian Dressing**  **1/2c Baked Apple slices** | **Tuesday April 4**  **1% Milk used in analysis**  **NAS-no added salt**  **SF-sugar free**  **FF-Fat free**  **LS=low sodium**  **LF=low Fat**  **WW=whole wheat** | **Wednesday April 5**  **Chicken Cordon Bleu**  **(2oz Chicken, 1oz LS Ham, .5oz Mozzarella, 1 tsp parmesan), 1/4c Breadcrumbs)**  **1oz Light Alfredo sauce**  **1/2c LS Tomato and Red Onion Salad**  **1/2c Asparagus**  **6 LS WW Crackers**  **3/4c Peaches** | **Thursday April 6**  **6oz Pepper Steak**  **(3oz Beef, 1/3c Peppers/onion)**  **1c Broccoli and cauliflower**  **1/2c Brown Rice**  **1c Mandarin Oranges** | **Friday April 7** |
| **Monday April 10**  **6oz Lasagna**  **(3oz Meat, 1oz Cheese, 1/4c Lasagna)**  **1c Tossed Salad w/ 2 TBSP Light Italian Dressing**  **1/2c Beets**  **Garlic Bread**  **1/2c Banana** | **Tuesday April 11** | **Wednesday April 12**  **6oz Green Chile Chicken Enchiladas**  **(3oz Chicken, 1oz cheese, 2 corn tortilla, 1oz GC)**  **1/2c LS Spanish Rice**  **1c Calabacitas**  **1/2c Pineapple** | **Thursday April 13**  **Chile Dog**  **(1/2 Beef and Pork Frank, 1 TBSP Cheese, 2oz Chili, 1 bun)**  **1/2c Corn Salad**  **1/2c Pinto Beans w/ 1/4c GC**  **1c Green Beans**  **1c Grapes** | **Friday April 14** |
| **Monday April 17**  **Cheeseburger**  **(1bun, 3oz Beef Patty, .5oz Cheese, 1/2c Lettuce, 2 slices tomato. 1 slice onion)**  **1/2c Spinach w/ 1/4 LS White Beans**  **1c Coleslaw w/ 2 TBSP Dressing**  **1/2c Mixed Fruit** | **Tuesday April 18** | **Wednesday April 19**  **3oz Chicken Tenders**  **1c California Blend Vegetables**  **1/2c Sweet Potato Fries**  **1/2c cucumber Salad**  **WW Roll**  **Orange** | **Thursday April 20**  **3oz LS Lean Brisket**  **1/2c Mashed Potatoes w/ 2 oz LS Gravy**  **1/2c Braised Red Cabbage w/ 1/4c Red onions and 1/4c granny smith apple**  **WW Roll**  **1/2c Tropical Fruit Salad** | **Friday April 21** |
| **Monday April 24**  **3oz Cornflake Chicken**  **1/2c LS 3 Bean salad**  **3/4c Roasted Brussel Sprouts**  **Cheese Biscuit**  **1/2c SF Gelatin w/ 1/2c Fruit Cocktail** | **Tuesday April 25** | **Wednesday April 26**  **4oz LS Beef Tips**  **(3oz Beef, 1oz Sauce)**  **1 Baked Potato**  **1/2c Baked carrots**  **1c Green Salad w/ 2 TBSP Light Dressing**  **6 LS WW crackers**  **1/2c Strawberries, 2oz Angel Food Cake** | **Thursday April 27**  **Beef Tacos**  **(3oz Beef, 1/2c Lettuce and tomato, .5oz Cheese, 1/4c Onion, 1 6in Flour Tortilla**  **1/2c LS Pinto Beans**  **1c Zucchini and 1/4c red tomatoes**  **Apple** | **Friday April 28** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **3** | **Days in Week:**  **3** | **Days in Week:**  **3** | **Days in Week:**  **3** | **Days in Week:** |
| Calories | 700 or more | 702.2 | 716.4 | 739.5 | 752.7 |  |
| % Carbohydrates from Calories | 45-55% | 51.0 | 51.8 | 49.3 | 52.6 |  |
| % Protein from Calories | 15-25% | 21.1 | 20.6 | 20.9 | 22.3 |  |
| % Fat from Calories | 25-35% | 27.9 | 27.6 | 29.7 | 25.0 |  |
| Saturated Fat | less than 8g | 6.7 | 8.0 | 7.2 | 7.3 |  |
| Fiber | 10g or more | 11.2 | 12.9 | 11.8 | 14.4 |  |
| Vitamin B-12 | .8ug or more | 2.4 | 1.8 | 2.7 | 2.4 |  |
| Vitamin A | 300ug RAE or more | 476.9 | 464.6 | 5959.9 | 939.4 |  |
| Vitamin C | 30mg or more | 66.4 | 49.5 | 99.2 | 67.0 |  |
| Iron | 2.6mg or more | 4.8 | 5.1 | 6.0 | 7.3 |  |
| Calcium | 400mg or more | 478.6 | 570.5 | 550.9 | 532.3 |  |
| Sodium | less than 766mg | 746.5 | 643.0 | 731.7 | 698.7 |  |

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