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| --- | --- | --- | --- | --- |
| **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***

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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:****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