|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NOTE:  2% Milk served at meals  LS=low sodium  NAS=no added salt  WW= whole wheat  SF=sugar free |  | **WEDNESDAY 1, 2024**  1c Posole  (3 oz diced pork, 1/2c hominy, 1 oz red Chile)  1c California Blend vegetables w/ 1 tsp margarine  Flour Tortilla  1/2c Light nonfat vanilla yogurt  Fresh Pear | **THURSDAY 2, 2024**  Chicken Fajitas  (3oz Chicken, 1/2c Peppers and onions, 1 6in flour tortilla, 2 TBSP FF Sour Cream)  1c Vegetable medley  1c Cantaloupe  1/2c FF Tapioca Pudding |  |
| **MONDAY 6, 2024**  Spaghetti  (3oz meat, 1c spaghetti, 2oz NAS marinara sauce)  3/4c Green Beans  1c Tossed Salad w/  2 TBSP Light Ranch dressing  1c strawberries | **TUESDAY 7, 2024**  BBQ Chicken  (3oz chicken, 1oz LS BBQ sauce)  1/2c LS Mashed Potatoes  1/2c NAS stewed tomatoes  1 WW Roll  Banana | **WEDNESDAY 8, 2024**  3oz LS Herbed Pork Chops  1/2c LS Brown Rice Pila  1/2c Carrots  3/4c Brussel Sprouts  1 WW Roll  3/4c Apricots | **THURSDAY 9, 2024**  Grilled Cheese  (1oz cheese, 2 slices Whole Wheat bread)  1c Reduced sodium Veggie Soup  1 Hard-Boiled Egg  6oz Light nonfat Blueberry yogurt  1/2c Fruit Cocktail |  |
| **MONDAY 13, 2024**  3oz Chicken Fried Steak  1/2c LS Mashed Potatoes w/ 2oz LS Country Gravy  1/2c spinach  1/2c spiced peaches  1 WW Roll w/ 1 tsp margarine | **TUESDAY 14, 2024**  Green Chile Chicken Alfredo  (3oz chicken, 2oz Light Alfredo, 1/2c pasta, 1oz green chile)  1c Italian Blend veg  1 Breadstick  3/4c Plums | **WEDNESDAY 15, 2024**  Navajo Taco  (1oz Fry bread, 3oz Ground Beef, 1/2c Lettuce, 1/2c tomatoes,1/4c onions)  3/4c Pinto Beans  1/2c Squash w/ 1 tsp margarine  1/2c pears | **THURSDAY 16, 2024**  Egg Salad Sandwich  (1/2c Egg salad=1 egg, 2 slices wheat bread)  3/4c Sweet Potato  1/2c Broccoli w/ 1 tsp margarine  1c Light nonfat vanilla yogurt  1 Orange |  |
| **MONDAY 20, 2024**  Chicken Soft Taco  (1 6in Flour tortilla, 1/2c Lettuce and tomato, 3oz Chicken, 1oz Salsa, 1/4c Onions)  1/2c LS Spanish Rice  1/2c LS Pinto Beans  1/2c Zucchini  1/2c Tropical Fruit Salad | **TUESDAY 21, 2024**  Cheeseburger  (3 oz patty, .5oz slice cheese, 1 bun, 1/2c lettuce, 2 tomato slices,  1 onion slice)  1/3c potato wedges  1c Winter Vegetables  1c Fruit salad | **WEDNESDAY 22, 2024**  Sloppy Joes  (3 oz. Ground turkey, 1 oz. Sauce, 1/2c peppers and onions, 1 Bun)  1c vegetable medley  1/2c Sweet potatoes  1/2c pineapple tidbits  1/2c SF Gelatin | **THURSDAY 23, 2024**  Red Chile Enchiladas  (1oz red Chile, 2oz beef, 2 corn tortillas, 1oz cheese,  1/2c tomato and lettuce,  1/4c onion)  1/2c LS Pinto Beans  1c Chateau Blend Vegetables  1/2c mixed fruit |  |
| **MONDAY 27, 2024**  CLOSED  MEMORIAL DAY | **TUESDAY 28, 2024**  1c GC Pork Stew  (3oz pork, 3/4c potatoes, tomatoes, and onions, GC)  3/4c Garden Blend Vegetables w/ 1 tsp margarine  1 6in WW tortilla  1c chopped cantaloupe | **WEDNESDAY 29, 2024**  Frito Pie  (1oz Corn Chips, 2oz beef, 2oz red chile, 1/2c Lettuce and tomato, 1/4c onion)  1/2c LS Pinto beans  1/2c spinach  1/2c Cucumber and tomato salad (non creamy)  3/4c Peaches | **THURSDAY 30, 2024**  Beef Stroganoff  (3oz beef stroganoff, 1oz Sauce,1/2c egg noodles)  1/2c Beets  1/2c Mushrooms  1 WW Roll  1c Strawberries and bananas  1c Light nonfat vanilla yogurt |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **2** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **3** |
| Calories | 700 or more | 715.4 | 703.9 | 737.8 | 774.7 | 707.1 |
| % Carbohydrates from Calories | 45-55% | 49.1 | 51.5 | 51.1 | 54.1 | 50.9 |
| % Protein from Calories | 15-25% | 21.1 | 22.6 | 21.8 | 23.3 | 21.5 |
| % Fat from Calories | 25-35% | 29.8 | 26.0 | 27.1 | 22.6 | 27.6 |
| Saturated Fat | less than 8g | 8.0 | 7.6 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 10.6 | 10.3 | 12.4 | 13.9 | 12.4 |
| Vitamin B-12 | .8ug or more | 1.6 | 2.2 | 2.4 | 2.7 | 2.4 |
| Vitamin A | 300ug RAE or more | 370.7 | 559.3 | 608.4 | 451.5 | 465.2 |
| Vitamin C | 30mg or more | 71.3 | 60.9 | 47.5 | 49.7 | 66.8 |
| Iron | 2.6mg or more | 3.4 | 4.6 | 5.9 | 5.9 | 6.1 |
| Calcium | 400mg or more | 503.0 | 585.1 | 569.2 | 540.0 | 555.8 |
| Sodium | less than 766mg | 750.4 | 759.6 | 763.3 | 736.9 | 564.6 |

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, approved on April 3, 2024