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| --- | --- | --- | --- | --- |
| NOTE:2% Milk served at mealsLS=low sodiumNAS=no added saltWW= 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 yogurtFresh Pear  | **THURSDAY 2, 2024**Chicken Fajitas(3oz Chicken, 1/2c Peppers and onions, 1 6in flour tortilla, 2 TBSP FF Sour Cream)1c Vegetable medley1c Cantaloupe 1/2c FF Tapioca Pudding |  |
| **MONDAY 6, 2024**Spaghetti(3oz meat, 1c spaghetti, 2oz NAS marinara sauce)3/4c Green Beans1c Tossed Salad w/ 2 TBSP Light Ranch dressing1c strawberries  | **TUESDAY 7, 2024**BBQ Chicken(3oz chicken, 1oz LS BBQ sauce)1/2c LS Mashed Potatoes1/2c NAS stewed tomatoes1 WW RollBanana | **WEDNESDAY 8, 2024**3oz LS Herbed Pork Chops1/2c LS Brown Rice Pila1/2c Carrots3/4c Brussel Sprouts 1 WW Roll3/4c Apricots | **THURSDAY 9, 2024**Grilled Cheese(1oz cheese, 2 slices Whole Wheat bread)1c Reduced sodium Veggie Soup1 Hard-Boiled Egg6oz Light nonfat Blueberry yogurt1/2c Fruit Cocktail  |  |
| **MONDAY 13, 2024**3oz Chicken Fried Steak1/2c LS Mashed Potatoes w/ 2oz LS Country Gravy1/2c spinach1/2c spiced peaches1 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 veg1 Breadstick3/4c Plums | **WEDNESDAY 15, 2024**Navajo Taco(1oz Fry bread, 3oz Ground Beef, 1/2c Lettuce, 1/2c tomatoes,1/4c onions)3/4c Pinto Beans1/2c Squash w/ 1 tsp margarine1/2c 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 margarine1c 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 Rice1/2c LS Pinto Beans1/2c Zucchini1/2c 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 wedges1c Winter Vegetables1c Fruit salad | **WEDNESDAY 22, 2024**Sloppy Joes(3 oz. Ground turkey, 1 oz. Sauce, 1/2c peppers and onions, 1 Bun)1c vegetable medley1/2c Sweet potatoes 1/2c pineapple tidbits1/2c 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 Beans1c Chateau Blend Vegetables1/2c mixed fruit  |  |
| **MONDAY 27, 2024**CLOSEDMEMORIAL 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 tortilla1c 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 spinach1/2c 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 Beets1/2c Mushrooms1 WW Roll1c Strawberries and bananas1c Light nonfat vanilla yogurt  |  |

***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:****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