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| All Meals Served With 8oz 1% Milk as available |  |  |  | FRIDAY 1, 2023  Spaghetti W/ Meat Sauce  (1/2c Spaghetti, 5 oz Meat Sauce (2oz LS Marinara Sauce, 3oz Beef)  1/2c peas and carrots  1cGarden Salad W/ 2 TBSP Light Italian Dressing  Wheat roll w/ 1 tsp margarine  Orange |
| Labor Day  No Meals Served | TUESDAY 5, 2023  Egg Salad Sandwich  (4oz Egg Salad (1 egg), 2 slices wheat bread, 1/2c spinach, 2 slices red tomato)  3/4c LS 3 Bean Salad (1/4c Red beans, 1/2c Green and wax beans))  1/2c Greek nonfat vanilla yogurt  ½ or 1items Granola Bar (2 items in package)  1c Cantaloupe | WEDNESDAY 6, 2023  LS Butter Chicken  (3oz Diced Chicken breast, .5 oz Sauce (Half and Half))  1/2c brown rice  1/2c LS roasted Brussel sprouts  1/2c Italian Green Beans  ½ c Berries | THURSDAY 7, 2023  Carne Adovada  (3oz Carne Adovada, 2oz RC Sauce)  1 6” flour tortilla  1/2c LS pinto beans  1/2c calabacitas  1/2c Apricots | FRIDAY 8, 2023  4oz LS Zuppa Toscana Soup  (2 oz Italian Sausage, 1oz potatoes, 1oz kale,1oz sauce (2% milk))  1c Red peppers & Zucchini  Wheat roll w/ 1 tsp margarine  1/2c pineapple tidbits  1/2c Greek Nonfat vanilla yogurt |
| MONDAY 11, 2023  Turkey & Cheese Wrap  (2oz sliced Turkey, 8” WW tortilla, 1/2c lettuce, 1oz Swiss cheese, 1/4c diced tomato, 1/4c avocado)  1/2c LS LF broccoli salad  1c Vegetable Medley  1c Strawberries | TUESDAY 12, 2023  Hamburger Steak  (3oz Hamburger Steak, 1/4c grilled onion, 1/4c mushrooms, 1oz LS Gravy)  1/2c green beans  1/2c LS Mashed Potato w/ 1 tsp chives  1/2c Spiced Apples  WW Roll | WEDNESDAY 13, 2023  Chicken Tacos  (3oz Diced Chicken, .5 c lettuce & tomato 2 corn tortillas, .5oz shredded cheese)  1/2c LS Spanish rice  1/2c LS Pinto beans  1c Capri Vegetables  1/2c SF Gelatin | THURSDAY 14, 2023  Spinach Lasagna  (8oz Lasagna, 4oz spinach, 1.5oz Cheese)  1c Italian vegetables  1/2c Carrot and Rasin Salad  1/2c Fruit Compote  3/4c Greek nonfat vanilla yogurt  Garlic Breadstick | FRIDAY 15, 2023  Chili Beans W/ Cornbread  (3oz ground beef, 2oz LS chile sauce, 4oz beans)  1/2c Roasted Cauliflower  1 SL corn bread  .1c Fruit Salad |
| MONDAY 18, 2023  Philly Cheese Steak Sandwich  (3oz sliced Roast Beef, 1 hot dog bun, 1/4c grilled onion, 1/4c roasted bell peppers, .5oz Swiss cheese)  1/2c Sweet Potato Fries  3/4c Spring Vegtables  1/2c mixed Fruit in 1/2c SF Gelatin | TUESDAY 19, 2023  1c Tossed Salad w/ 2 TBSP light Italian Dressing  3oz LS Mrs Dash Lemon Pepper Chicken  (3oz Chicken Breast)  1/2c creamed spinach  1/2c Wild Rice  WW Roll  ½ slice Brownie | WEDNESDAY 20, 2023  1c Tossed Salad w/ 2 TBSP light Italian Dressing  1c Shepherd’s Pie  ( 3oz ground turkey, ½c mixed veggies, 1oz sauce, 4 oz Mashed potato)  6 LS WW Crackers  1/2c Tropical fruit salad | THURSDAY 21, 2023  1c Chicken & Spinach Pasta  (3oz diced chicken, .5c penne pasta, 3oz Spinach 1oz onion,1oz mozzarella cheese, 1/4c Sun dried tomato)  1c Garden Salad W/ 2 TBSP light italian Dressing  1/2c California Blend Vegetables  WW Roll  1/2c Mandarin oranges | FRIDAY 22, 2023  Taco Salad  (2oz ground beef,1c Lettuce & tomato,1oz tortilla chips, 1oz shredded cheese, 2 TBSP LS Salsa)  1/2c Cilantro Brown Rice  1/2c LS pinto beans  1/2c Spiced Peaches |
| Monday 25,2023  Meatball Subs  (1 Hot Dog Bun, 3oz Beef meatball, 1oz Marinara Sauce, .5oz Mozzarella Cheese)  1/2c Carrots  1/2c Beets  1/2c Cinnamon Apple Sauce | Tuesday 26, 2023  8oz Green Chile Corn Chowder  (1/4c GC, 2oz potatoes, 2oz corn,)  1c Garden Salad w/  3/4c LS Garbanzo Beans  2 TBSP Light Italian Dressing  6 WW Crackers  1 slice angel food cake w/ 2 TBSP FF Whipped topping, and 2 TBSP cherry topping | Wednesday 27, 2023  Stuffed Bell Peppers  (1/2 Bell Pepper, 3oz ground beef, 1/4c rice)  1/2c Roasted Broccoli  1/2c tomato cucumber salad  WW Roll  1/2c Spiced Pears | Thursday 28, 2023  1c Chicken and Biscuit Bake  (3oz diced white chicken, 1/4c mixed veggies, 1oz sauce, 1 oz biscuit)  1/2c Roasted Herb Potatoes  3/4c No added Salt FS Green Beans  1c Grapes | Friday 29, 2023  Frito Pie  (6oz Frito pie, 1oz corn chips, 3 oz ground beef, 2oz LS Red Chile sauce, .5 oz cheese)  1/2c Asparagus.  1/2c LS Pinto Beans  1c Watermelon |

***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:**  **1** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 731.9 | 729.6 | 833.3 | 731.1 | 768.5 |
| % Carbohydrates from Calories | 45-55% | 47.0 | 48.8 | 51.5 | 48.2 | 50.0 |
| % Protein from Calories | 15-25% | 23.9 | 22.4 | 22.6 | 22.9 | 22.0 |
| % Fat from Calories | 25-35% | 29.1 | 28.9 | 25.9 | 28.6 | 27.9 |
| Saturated Fat | less than 8g | 7.9 | 7.6 | 8.0 | 8.0 | 7.9 |
| Fiber | 10g or more | 13.0 | 12.1 | 15.9 | 11.3 | 12.7 |
| Vitamin B-12 | .8ug or more | 3.5 | 1.9 | 2.9 | 2.8 | 2.2 |
| Vitamin A | 300ug RAE or more | 1054.6 | 418.5 | 855.4 | 699.0 | 541.6 |
| Vitamin C | 30mg or more | 96.5 | 91.9 | 76.3 | 57.0 | 64.8 |
| Iron | 2.6mg or more | 6.3 | 4.6 | 5.8 | 4.9 | 6.1 |
| Calcium | 400mg or more | 487.2 | 535.2 | 678.7 | 602.4 | 528.0 |
| Sodium | less than 766mg | 713.6 | 697.5 | 735.1 | 669.8 | 751.1 |

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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