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| All Meals Served With 8oz 1% Milk as available  |  |  |  | FRIDAY 1, 2023Spaghetti W/ Meat Sauce(1/2c Spaghetti, 5 oz Meat Sauce (2oz LS Marinara Sauce, 3oz Beef)1/2c peas and carrots1cGarden Salad W/ 2 TBSP Light Italian DressingWheat roll w/ 1 tsp margarine Orange |
| Labor DayNo Meals Served | TUESDAY 5, 2023Egg 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 yogurt½ or 1items Granola Bar (2 items in package)1c Cantaloupe | WEDNESDAY 6, 2023LS Butter Chicken(3oz Diced Chicken breast, .5 oz Sauce (Half and Half))1/2c brown rice1/2c LS roasted Brussel sprouts1/2c Italian Green Beans½ c Berries | THURSDAY 7, 2023Carne Adovada(3oz Carne Adovada, 2oz RC Sauce)1 6” flour tortilla 1/2c LS pinto beans1/2c calabacitas1/2c Apricots | FRIDAY 8, 20234oz 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 margarine1/2c pineapple tidbits1/2c Greek Nonfat vanilla yogurt |
| MONDAY 11, 2023Turkey & 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 salad1c Vegetable Medley1c Strawberries  | TUESDAY 12, 2023Hamburger Steak(3oz Hamburger Steak, 1/4c grilled onion, 1/4c mushrooms, 1oz LS Gravy)1/2c green beans1/2c LS Mashed Potato w/ 1 tsp chives1/2c Spiced ApplesWW Roll  | WEDNESDAY 13, 2023Chicken Tacos(3oz Diced Chicken, .5 c lettuce & tomato 2 corn tortillas, .5oz shredded cheese)1/2c LS Spanish rice1/2c LS Pinto beans1c Capri Vegetables1/2c SF Gelatin  | THURSDAY 14, 2023Spinach Lasagna(8oz Lasagna, 4oz spinach, 1.5oz Cheese)1c Italian vegetables1/2c Carrot and Rasin Salad1/2c Fruit Compote3/4c Greek nonfat vanilla yogurt Garlic Breadstick | FRIDAY 15, 2023Chili Beans W/ Cornbread (3oz ground beef, 2oz LS chile sauce, 4oz beans)1/2c Roasted Cauliflower1 SL corn bread.1c Fruit Salad |
| MONDAY 18, 2023Philly 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 Fries3/4c Spring Vegtables1/2c mixed Fruit in 1/2c SF Gelatin | TUESDAY 19, 20231c Tossed Salad w/ 2 TBSP light Italian Dressing3oz LS Mrs Dash Lemon Pepper Chicken(3oz Chicken Breast)1/2c creamed spinach1/2c Wild RiceWW Roll½ slice Brownie  | WEDNESDAY 20, 20231c Tossed Salad w/ 2 TBSP light Italian Dressing1c Shepherd’s Pie( 3oz ground turkey, ½c mixed veggies, 1oz sauce, 4 oz Mashed potato)6 LS WW Crackers1/2c Tropical fruit salad | THURSDAY 21, 20231c 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 Dressing1/2c California Blend VegetablesWW Roll1/2c Mandarin oranges | FRIDAY 22, 2023Taco Salad(2oz ground beef,1c Lettuce & tomato,1oz tortilla chips, 1oz shredded cheese, 2 TBSP LS Salsa) 1/2c Cilantro Brown Rice1/2c LS pinto beans1/2c Spiced Peaches |
| Monday 25,2023Meatball Subs(1 Hot Dog Bun, 3oz Beef meatball, 1oz Marinara Sauce, .5oz Mozzarella Cheese)1/2c Carrots1/2c Beets1/2c Cinnamon Apple Sauce | Tuesday 26, 20238oz Green Chile Corn Chowder (1/4c GC, 2oz potatoes, 2oz corn,)1c Garden Salad w/ 3/4c LS Garbanzo Beans  2 TBSP Light Italian Dressing6 WW Crackers1 slice angel food cake w/ 2 TBSP FF Whipped topping, and 2 TBSP cherry topping | Wednesday 27, 2023Stuffed Bell Peppers(1/2 Bell Pepper, 3oz ground beef, 1/4c rice)1/2c Roasted Broccoli1/2c tomato cucumber saladWW Roll1/2c Spiced Pears | Thursday 28, 20231c Chicken and Biscuit Bake(3oz diced white chicken, 1/4c mixed veggies, 1oz sauce, 1 oz biscuit)1/2c Roasted Herb Potatoes3/4c No added Salt FS Green Beans1c Grapes | Friday 29, 2023Frito 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 Beans1c 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.

 Constance Rudnicki MS, RDN, LD