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| --- | --- | --- | --- | --- |
| MONDAY 1, 2024  Swedish Meatballs  (3oz meatballs, 1oz LS Sauce)  1/2c Egg Noodles  1/2c Brussels Sprouts  1/2c Braised red cabbage w/ 1/4c red onions  Wheat Roll w/ 1 tsp margarine  Fresh Apple | TUESDAY 2, 2024  Sweet & Sour Pork  (3oz Lean and LS Pork, 2oz Sauce, 1 tsp sesame seeds)  1c Brown Rice  1c Emperor Veggie Blend  1/2c mandarin oranges  1/2c SF Gelatin | WEDNESDAY 3, 2024  Beef Soft Taco  (1 6 in flour tortilla, 2oz beef, 2 TBSP salsa, 1/2c lettuce and tomato)  1/2c LS Chili Beans  1c Zucchini and Yellow squash  1/2c Light nonfat Cherry yogurt | THURSDAY 4, 2024  Turkey & Swiss Wrap  (1 8 in WW Wrap, 3oz Turkey, .5oz Swiss Cheese, 1/2c lettuce, 1/2c tomato)  8 baby Carrot & 1/2c Celery Sticks  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1c Fruit Salad | FRIDAY 5, 2024  Green Chili Salmon Enchiladas  (3oz Salamon, 2oz GC sauce, 1oz GC, 2 corn tortilla, .5oz Cheese, 1/2c Lettuce and tomato)  3/4c spinach  1/3c Chuckwagon vegetables  Fresh Pear |
| MONDAY 8, 2024  2oz Polish Sausage  3/4c Steamed Carrots  1/2c Parsley Potatoes  Fresh Banana  1/2c Light nonfat vanilla yogurt | TUESDAY 9, 2024  Chicken Cordon Bleu  (3oz Chicken, .5oz ham, .5oz cheese, 1oz breading)  1c Broccoli & Cauliflower w/ 1 tsp margarine  3/4c LS Brown Rice Pilaf  1c strawberries | WEDNESDAY 10, 2024  3 oz LS Baked Cod  1/2c NAS Baked French Fries  1c Vegetable medley w/ 1 tsp margarine  1c Coleslaw w/ 2 TBSP dressing  Wheat roll  1c Fresh Grapes | THURSDAY 11, 2024  Teriyaki Chicken  (1oz Sauce, 3oz Diced Chicken)  1c Brown Rice  1c Asian Veggies  1 Fortune Cookie  1c Tropical Fruit salad | FRIDAY 12, 2024  1c Green Chili Beef Stew  (3oz Beef, 2oz GC, 1/2c potato, tomatoes, onions)  1/2c Beets  1c Spinach Salad  (1c Spinach, 1/4c red onion, 1 TBSP cranberries, 2 TBSP Lite raspberry vinaigrette)  1 6in WW Tortilla  3/4c Berries (non straw)  w/ 1/2c SF gelatin |
| MONDAY 15, 2024  3oz Baked Chicken  Mushroom Sauce  (1/2c Mushrooms, 2oz LS Gravy)  1/2c Parsley potatoes  1/2c NAS French Style Green Beans  Wheat Roll  1/2c Pineapple | TUESDAY 16, 2024  Frito Pie  (2oz RC, 1oz Corn chips, 3oz Beef)  1/2c LS Pinto Beans  1/2c Calabacitas  1/2c Cinnamon Spiced Apples | WEDNESDAY 17, 2024  Spaghetti with  Meaty Marinara Sauce  (1/2c spaghetti, 3oz ground beef, 2oz NAS marinara sauce)  1c Italian Veggies  1c Tossed Salad w/ 2 TBSP Light Ranch Dressing  Wheat roll  1c Fruit Salad | THURSDAY 18, 2024  3oz Roast Beef  1/2c Roasted Potatoes  1/2c Asparagus & 1/4c Onions  Wheat Roll  1/2c Apricots | FRIDAY 19, 2024  Cobb Salad with  Chicken & Boiled Egg  (1.5c Romaine lettuce,  1 HB egg, 3oz Diced Chicken, 1/4c tomatoes, 1/4c carrots, 1/4c Cucumber)  2 TBSP light ranch dressing  6 LS WW Crackers  1/2c Mixed fruit |
| MONDAY 22, 2024  Pork Red Tamale  (1/3c Mesa, 2oz pork, 1oc RC)  2oz Red Chili Sauce  1/2c LS Spanish Rice  1c Zucchini with NAS Tomatoes  6 in Tortilla  1/2c Diced Mango  1/2c Light vanilla nonfat yogurt | TUESDAY 23, 2024  BBQ Chicken  (3oz Chicken, 1oz BBQ sauce)  1/2c 5 Way Veggies  1/2c LS Three Bean salad  1 slice LF Cornbread w/ 1 tsp margarine  Fresh Orange | WEDNESDAY 24, 2024  Green Chili Cheeseburger  (1oz GC, 3oz Patty, 1bun, .5oz cheese, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c Potato Salad  1/2c LS Cucumber and tomato Salad  1/2c FF Chocolate pudding | THURSDAY 25, 2024  3oz LS Pork Roast  2oz LS Pork Gravy  1/2c LS Wild Rice  1c California Veggies  Wheat Roll  1c Fresh Strawberries | FRIDAY 26, 2024  Chicken Fajitas  (3oz Chicken, 1 6in flour tortilla, 1/2c peppers and onions, 2 TBSP Salsa)  1/2c LS Black beans  1/2c Green Beans  1/2c SF gelatin  w/ 1/2c banana |
| MONDAY 29, 2024  Beef & Bean Burrito  (1 8n Flour tortilla,2 oz Beef, 1/4c Pinto beans, 2oz RC sauce)  1/2c Calabacitas  1/2c Spanish Slaw  1/2c Applesauce | TUESDAY 30, 2024  1/2c Classic Chicken salad  (3oz Chicken, wheat roll)  1c Chateau Blend Vegetables  1/3c Carrot Raisin Salad  1c Tropical Fruit Salad |  |  | 2% milk served at meals |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 or more | 709.2 | 727.6 | 701.2 | 707.3 | 758.5 |
| % Carbohydrates from Calories | 45-55% | 52.9 | 53.0 | 46.3 | 47.1 | 48.4 |
| % Protein from Calories | 15-25% | 21.9 | 18.1 | 23.1 | 23.0 | 19.0 |
| % Fat from Calories | 25-35% | 25.2 | 28.9 | 30.7 | 29.9 | 32.6 |
| Saturated Fat | less than 8g | 8.0 | 7.8 | 7.9 | 8.0 | 7.8 |
| Fiber | 10g or more | 12.7 | 10.0 | 10.7 | 10.4 | 10.9 |
| Vitamin B-12 | .8ug or more | 2.9 | 1.8 | 2.9 | 2.5 | 2.1 |
| Vitamin A | 300ug RAE or more | 562.8 | 416.1 | 435.5 | 342.0 | 302.1 |
| Vitamin C | 30mg or more | 45.1 | 56.0 | 32.0 | 49.9 | 80.3 |
| Iron | 2.6mg or more | 5.4 | 3.7 | 4.9 | 4.7 | 4.4 |
| Calcium | 400mg or more | 537.9 | 433.8 | 412.6 | 466.8 | 451.2 |
| Sodium | less than 766mg | 659.9 | 762.9 | 637.1 | 687.2 | 761.4 |

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 March 15, 2024