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| MONDAY 1, 2024Swedish Meatballs(3oz meatballs, 1oz LS Sauce)1/2c Egg Noodles1/2c Brussels Sprouts1/2c Braised red cabbage w/ 1/4c red onionsWheat Roll w/ 1 tsp margarine Fresh Apple | TUESDAY 2, 2024Sweet & Sour Pork(3oz Lean and LS Pork, 2oz Sauce, 1 tsp sesame seeds)1c Brown Rice1c Emperor Veggie Blend1/2c mandarin oranges1/2c SF Gelatin  | WEDNESDAY 3, 2024Beef Soft Taco(1 6 in flour tortilla, 2oz beef, 2 TBSP salsa, 1/2c lettuce and tomato)1/2c LS Chili Beans1c Zucchini and Yellow squash1/2c Light nonfat Cherry yogurt  | THURSDAY 4, 2024Turkey & Swiss Wrap(1 8 in WW Wrap, 3oz Turkey, .5oz Swiss Cheese, 1/2c lettuce, 1/2c tomato)8 baby Carrot & 1/2c Celery Sticks1c Pasta Salad(1/2c Pasta, 1/2c Vegetables)1c Fruit Salad  | FRIDAY 5, 2024Green Chili Salmon Enchiladas(3oz Salamon, 2oz GC sauce, 1oz GC, 2 corn tortilla, .5oz Cheese, 1/2c Lettuce and tomato)3/4c spinach1/3c Chuckwagon vegetablesFresh Pear |
| MONDAY 8, 20242oz Polish Sausage3/4c Steamed Carrots1/2c Parsley PotatoesFresh Banana1/2c Light nonfat vanilla yogurt  | TUESDAY 9, 2024Chicken Cordon Bleu(3oz Chicken, .5oz ham, .5oz cheese, 1oz breading)1c Broccoli & Cauliflower w/ 1 tsp margarine 3/4c LS Brown Rice Pilaf1c strawberries  | WEDNESDAY 10, 20243 oz LS Baked Cod1/2c NAS Baked French Fries1c Vegetable medley w/ 1 tsp margarine 1c Coleslaw w/ 2 TBSP dressingWheat roll1c Fresh Grapes | THURSDAY 11, 2024Teriyaki Chicken(1oz Sauce, 3oz Diced Chicken)1c Brown Rice1c Asian Veggies1 Fortune Cookie1c Tropical Fruit salad | FRIDAY 12, 20241c 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 Tortilla3/4c Berries (non straw) w/ 1/2c SF gelatin  |
| MONDAY 15, 20243oz Baked ChickenMushroom Sauce(1/2c Mushrooms, 2oz LS Gravy)1/2c Parsley potatoes 1/2c NAS French Style Green BeansWheat Roll1/2c Pineapple | TUESDAY 16, 2024Frito Pie(2oz RC, 1oz Corn chips, 3oz Beef)1/2c LS Pinto Beans1/2c Calabacitas1/2c Cinnamon Spiced Apples | WEDNESDAY 17, 2024Spaghetti withMeaty Marinara Sauce(1/2c spaghetti, 3oz ground beef, 2oz NAS marinara sauce)1c Italian Veggies1c Tossed Salad w/ 2 TBSP Light Ranch DressingWheat roll 1c Fruit Salad  | THURSDAY 18, 20243oz Roast Beef1/2c Roasted Potatoes1/2c Asparagus & 1/4c OnionsWheat Roll1/2c Apricots | FRIDAY 19, 2024Cobb 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 dressing6 LS WW Crackers1/2c Mixed fruit  |
| MONDAY 22, 2024Pork Red Tamale(1/3c Mesa, 2oz pork, 1oc RC)2oz Red Chili Sauce1/2c LS Spanish Rice1c Zucchini with NAS Tomatoes6 in Tortilla1/2c Diced Mango1/2c Light vanilla nonfat yogurt  | TUESDAY 23, 2024BBQ Chicken(3oz Chicken, 1oz BBQ sauce)1/2c 5 Way Veggies1/2c LS Three Bean salad 1 slice LF Cornbread w/ 1 tsp margarine Fresh Orange | WEDNESDAY 24, 2024Green Chili Cheeseburger(1oz GC, 3oz Patty, 1bun, .5oz cheese, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c Potato Salad1/2c LS Cucumber and tomato Salad1/2c FF Chocolate pudding  | THURSDAY 25, 20243oz LS Pork Roast2oz LS Pork Gravy1/2c LS Wild Rice 1c California VeggiesWheat Roll1c Fresh Strawberries | FRIDAY 26, 2024Chicken Fajitas(3oz Chicken, 1 6in flour tortilla, 1/2c peppers and onions, 2 TBSP Salsa)1/2c LS Black beans1/2c Green Beans1/2c SF gelatin w/ 1/2c banana |
| MONDAY 29, 2024Beef & Bean Burrito(1 8n Flour tortilla,2 oz Beef, 1/4c Pinto beans, 2oz RC sauce)1/2c Calabacitas1/2c Spanish Slaw1/2c Applesauce | TUESDAY 30, 20241/2c Classic Chicken salad (3oz Chicken, wheat roll)1c Chateau Blend Vegetables 1/3c Carrot Raisin Salad1c 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