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| --- | --- | --- | --- | --- |
| **8 oz. 1% Low-Fat Milk Served With All meals as Available** |  | **WEDNESDAY 1, 2023**  Cheeseburger  (1 bun, oz cheese, 3oz Patty, 1/2c lettuce, 2 slices tomato,1 slice onion)  1/2c Peaches  1/2c NAS Baked French Fries  3/4c Roasted Zucchini | **THURSDAY 2, 2023**  Sweet and Sour Pork  (3oz Pork, 3oz Sauce)  1/2c Brown Rice  1c Broccoli and Cauliflower w/ 1 tsp margarine  Vegetable egg roll  1/2c Pineapple in 1/2c SF Gelatin, w/ 2 TBSP whipped topping | **FRIDAY 3, 2023**  3/4c LS Chicken Noodle Soup  (3oz Chicken, 1/3c Noodles, 1/3c Mixed vegetables)  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  Wheat roll w/ 1 tsp margarine  1 Fresh Pear |
| **MONDAY 6, 2023**  Bean and Cheese burrito  (1 6 in Flour Tortilla, 3/4c LS Pinto Beans, 2 TBSP Salsa, 1/2c lettuce and tomato, .5oz Cheese)  1/2c Calabacitas  1/2c Asparagus  1/2c Applesauce | **TUESDAY 7, 2023**  Chicken Pot Pie  (3oz Chicken, 1/2c vegetables, 1oz Crust, 1oz sauce)  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  Wheat roll w/ 1 tsp unsalted butter  3/4c Mandarin oranges | **WEDNESDAY 8, 2023**  1c LS Red Chile Pork Posole  (3oz Pork, 1/2c Posole, 1oz RC, 1/4c LS Broth)  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  6 LS Wheat Crackers  1c Tropical Fruit Salad | **THURSDAY 9, 2023**  BBQ Brisket  (3oz LS Lean, 2 TBSP BBQ Sauce)  1/2c LS Potato Salad  1/2c Green Beans  Wheat Roll w/ 1 tsp unsalted butter  1/2c Spiced Pears | **FRIDAY 10, 2023**  Fried catfish  3oz Fried Fish, 2 TBSP Tartar Sauce  1/2c NAS Baked French Fries  1/2c Roasted Brussel Sprouts  1/2c SF peaches in Cobbler  Wheat bun w/ 1 tsp unsalted butter |
| **MONDAY 13, 2023**  Taco Salad  (3oz Beef, 1/2c Lettuce, and Tomatoes, 1oz Tortilla Chips, 2 TBSP Salsa, .5oz Cheese,)  1/2c LS Pinto Beans  1/2c Spinach  1 orange | **TUESDAY 14, 2023**  Pulled pork Sandwich  (1 bun, 3oz pulled pork, 1oz BBQ Sauce)  1c Coleslaw w/ 2 TBSP Dressing  1oz Sun chips  1c Watermelon | **WEDNESDAY 15, 2023**  1c LS Tamale Pie casserole  (1/4c Masa, 3oz beef, 1/2c corn, black beans, onion mixture)  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  1/2c LS Spanish rice  1/2c Fruit Cocktail | **THURSDAY 16, 2023**  GC Cheese Chicken Sandwich  (1oz GC, .5oz Cheese, 1 **WW bun**, 3oz Grilled Chicken Breast )  **1/3c Herb Roasted Red Potatoes**  **3/4c Vegetable Medley**  Bananas | **FRIDAY 17,2023**  1c Meat Lasagna  (3oz Beef, 1/2c Lasagna, 1oz Sauce, 1oz Cheese)  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1/2c Italian Blend Vegetables  Garlic Bread  1c Fruit Salad |
| **MONDAY 20, 2023**  3oz Pork Chops  1/2c LS Brown Rice Pilaf  1c Tossed Salad w/ 2 TBSP FF ranch Dressing  1c California Blend Vegetables  1/2c Mixed Fruit | **TUESDAY 21, 2023**  Green Chile Chicken Enchiladas  (3oz Chicken, 2 corn tortilla, 1oz GC, 1oz Cheese)  1/2c Black beans/ 1/4c red bell peppers  1/2c Chateau Blend Vegetables  1/2c Apple Slices | **WEDNESDAY 22, 2023**  Turkey Dinner  3oz LS Turkey  1/2c Mashed Potatoes  1oz LS Gravy  1/4c yams  1/2c Green Beans  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1/4c Cranberry Sauce  1/2c pumpkin in pie | **THURSDAY 23, 2023**  **CLOSED**  **Happy Thanksgiving** | **FRIDAY 24, 2023**  **CLOSED** |
| **MONDAY 27, 2023**  Chicken Salad Sandwich  (3oz Chicken, 1/4c celery, grapes, walnuts, 2 slices wheat bread)  1c Capri Vegetables  1oz Sun Chips  1/2c Spiced Peaches | **TUESDAY 28, 2023**  Beef Stroganoff  (3oz Beef, 1/2c Egg Noodles, 1/2c Mushrooms)  1/2c Beets  1/2c Pineapple  1 Wheat roll w/ 1 tsp margarine | **WEDNESDAY 29, 2023**  3oz LS Herbed Baked Fish  2 TBSP Tartar Sauce  1 Baked Potato w/ 1 tsp margarine, 2 TBSP Sour Cream, 1 tsp chives  1/2c Broccoli  Wheat roll  1/2c Apricots | **THURSDAY 30, 2023**  4oz Meat loaf  1/2c parsley Potatoes  1/2c LS Stewed Tomatoes w/ 1oz GC  1c Tossed Salad w/ 2 TBSP FF ranch Dressing  Wheat bread w/ 1 tsp margarine  1/2c Berries w/ 1/2c SF Gelatin |  |

***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:**  **3** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week:**  **4** |
| **Calories** | 700 or more | 730.6 | 700.1 | 741.3 | 736.7 | 778.5 |
| **% Carbohydrates from Calories** | 45-55% | 55.9 | 52.9 | 49.5 | 43.6 | 52.5 |
| **% Protein from Calories** | 15-25% | 18.6 | 20.98 | 22.5 | 25.0 | 22.4 |
| **% Fat from Calories** | 25-35% | 25.5 | 26.2 | 28.0 | 25.5 | 25.1 |
| **Saturated Fat** | less than 8g | 6.3 | 6.9 | 7.9 | 8.0 | 6.4 |
| **Fiber** | 10g or more | 10.5 | 11.2 | 11.3 | 10.2 | 12.1 |
| **Vitamin B-12** | .8ug or more | 2.1 | 1.9 | 2.4 | 2.0 | 2.3 |
| **Vitamin A** | 300ug RAE or more | 507.0 | 466.7 | 534.0 | 690.1 | 538.5 |
| **Vitamin C** | 30mg or more | 86.2 | 66.0 | 44.2 | 51.7 | 43.0 |
| **Iron** | 2.6mg or more | 4.6 | 4.7 | 5.8 | 3.8 | 6.0 |
| **Calcium** | 400mg or more | 466.4 | 452.1 | 548.0 | 548.8 | 497.8 |
| **Sodium** | less than 766mg | 728.7 | 764.0 | 757.0 | 713.6 | 748.3 |

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