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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 Peaches1/2c NAS Baked French Fries3/4c Roasted Zucchini | **THURSDAY 2, 2023**Sweet and Sour Pork(3oz Pork, 3oz Sauce)1/2c Brown Rice1c 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 DressingWheat 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 DressingWheat 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 Dressing6 LS Wheat Crackers1c Tropical Fruit Salad  | **THURSDAY 9, 2023**BBQ Brisket(3oz LS Lean, 2 TBSP BBQ Sauce)1/2c LS Potato Salad1/2c Green BeansWheat Roll w/ 1 tsp unsalted butter 1/2c Spiced Pears | **FRIDAY 10, 2023**Fried catfish3oz Fried Fish, 2 TBSP Tartar Sauce1/2c NAS Baked French Fries1/2c Roasted Brussel Sprouts1/2c SF peaches in CobblerWheat 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 Beans1/2c Spinach1 orange  | **TUESDAY 14, 2023** Pulled pork Sandwich(1 bun, 3oz pulled pork, 1oz BBQ Sauce)1c Coleslaw w/ 2 TBSP Dressing1oz Sun chips1c 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 Dressing1/2c LS Spanish rice1/2c 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 Dressing1/2c Italian Blend VegetablesGarlic Bread1c Fruit Salad |
| **MONDAY 20, 2023**3oz Pork Chops 1/2c LS Brown Rice Pilaf1c Tossed Salad w/ 2 TBSP FF ranch Dressing1c California Blend Vegetables1/2c 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 Vegetables1/2c Apple Slices  | **WEDNESDAY 22, 2023**Turkey Dinner3oz LS Turkey1/2c Mashed Potatoes1oz LS Gravy1/4c yams1/2c Green Beans1c Tossed Salad w/ 2 TBSP FF Italian Dressing1/4c Cranberry Sauce1/2c 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 Beets1/2c Pineapple1 Wheat roll w/ 1 tsp margarine | **WEDNESDAY 29, 2023**3oz LS Herbed Baked Fish2 TBSP Tartar Sauce1 Baked Potato w/ 1 tsp margarine, 2 TBSP Sour Cream, 1 tsp chives 1/2c Broccoli Wheat roll1/2c Apricots  | **THURSDAY 30, 2023**4oz Meat loaf1/2c parsley Potatoes 1/2c LS Stewed Tomatoes w/ 1oz GC 1c Tossed Salad w/ 2 TBSP FF ranch DressingWheat bread w/ 1 tsp margarine1/2c 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