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|  |  |  | **Thursday June 1**Spaghetti(1/2c spaghetti, 5oz Meat sauce (3oz ground meat, 2oz LS Marinara Sauce)1/2c Green Beans1c Tossed Salad w/ 2 TBSP light Italian Dressing1 slice Wheat bread1/2c SF Gelatin w/ 1/2c Banana |  |
| **MONDAY JUNE 5**1/2c Tossed Salad w/ 1 TBSP light Italian DressingHamburger(1 bun,3oz Lean Patty, 1/2c lettuce, 2 slices tomato, 1 slices onion)1/2c Potato Wedges3/4c Okra3/4c Watermelon | **TUESDAY JUNE 6**6oz Red Chile Beef Enchiladas(2 corn tortilla, 3oz Beef, 1oz cheese, 1c Lettuce and tomato, 2oz RC)1c Zucchini w/ Tomatoes1/2c LS Pinto Beans w/ 1/4c GC1/2c Diced Mango1/2c SF Gelatin  | **WEDNESDAY JUNE 7**Grilled Lean LS Ham &Cheese Sandwich (1oz Cheese, 1 oz LS Ham 2 slices wheat bread)10oz LS Minestrone Soup (w/ 1/4c elbow macaroni, 3/4c Vegetables, 1/4c red beans)9 baby carrots1/2c Celery Sticks1/2c Fruit Salad w 1oz FF whipped topping | **THURSDAY JUNE 8**1/2c Tossed Salad w/ 1 TBSP light Italian Dressing5oz LS Beef Stroganoff(1/2c egg noodles, 2oz Beef, 3oz LS Gravy)1/2c Mushrooms1/2c BeetsWheat Roll w/ 1 tsp margarineOrange | **FRIDAY JUNE 9**  |
| **MONDAY JUNE 12****1% Milk** 1c Tossed Salad w/ 2 TBSP light Italian Dressing3/4c Egg Roll in a bowl(3oz pork, 1/4c carrots, 1/4c cabbage, 1oz onions, 1oz Sauce)3/4c Brown Rice 1/2c Pineapple | **TUESDAY JUNE 13****1% Milk** 1/2c Tossed Salad w/ 1 TBSP light Italian Dressing6 oz Green Chile Chicken Enchiladas(2 corn tortilla, 3oz Chicken, 1oz GC, 1oz Cheese, 1/2c Lettuce and tomato)1/2c Yellow Squash1/2c LS Pinto Beans1/2c Sugar Free Gelatin | **WEDNESDAY JUNE 14****1% Milk** 1/2c Tossed Salad w/ 1 TBSP light Italian Dressing3oz Swiss Steak3/4c baked sweet potatoes1/2c SpinachWheat Roll 1c Grapes | **THURSDAY JUNE 15****1% Milk** 1/2c Tossed Salad w/ 1 TBSP light Italian Dressing1/2c Chili Relleno Casserole(1oz Cheese, 1 pepper,)3/4c Roasted Brussel Sprouts1/2c LS Black Beans w/ 1/2c Red bell pepper6 LS WW crackers1/2c Plums | **FRIDAY JUNE 16** |
| **MONDAY JUNE 19**CLOSED  | **TUESDAY JUNE 20**1c LS Kale Salad w Lemon juice/olive oil dressing, red tomatoes, sunflower seeds)Scalloped Potatoes w/ Ham(1/2c Scalloped Potatoes, 1oz LS Ham)3/4c Broccoli Spears w/ 2 tsp Sesame Seeds 1c Greek Vanilla Nonfat Yogurt 1 slice wheat bread1/2c Apricots  | **WEDNESDAY JUNE 21**1/2c Tossed Salad w/ 1 TBSP light Italian Dressing8oz Beef Stew(3oz Beef, 1/2c vegetables)3/4c Red cabbage w/ red onions6 LS WW Crackers 1/2c Baked Apple Slices | **THURSDAY JUNE 22**1/2c Tamale Casserole(3oz Pork, 1oz RC, 1oz Mesa)1c Capri Vegetables1/2c Spiced Peaches6 LS WW Crackers | **FRIDAY JUNE 23**  |
| **MONDAY JUNE 26****1% Milk** 1c Tossed Salad w/ 2 TBSP light Italian DressingShepherd’s Pie(1/2c Mashed potatoes, 1/2c Vegetables, 3oz Beef)1/2c LS Roasted TomatoesWheat Roll3/4c Mandarin Oranges  | **TUESDAY JUNE 27****1% Milk** 1/2c Tossed Salad w/ 1 TBSP light Italian DressingChili Dog(1bun, ½ beef and pork Hot dog, 3oz Chili meat Sauce)1c California Blend Vegetables10 NAS Baked French Fries1/2c Fruit Cocktail  | **WEDNESDAY JUNE 28****1% Milk** 1/2c Tossed Salad w/ 1 TBSP light Italian DressingFrio Pie(3oz Ground beef, 2oz RC)1/2c Pinto beans1/2c Lettuce and tomato, 1oz Corn Chips)1/2c LS LF Broccoli Salad | **THURSDAY JUNE 29**1/2c Tossed Salad w/ 1 TBSP light Italian DressingGreen Chile Smothered Steak(2oz GC, 3oz Beef)1/2c Roasted Cauliflower1/2c Cabbage and Carrots1c Strawberries  | **FRIDAY JUNE 30**  |

***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:****4** | **Days in Week:****3** | **Days in Week:****4** |
| Calories | 700 or more | 736.4 | 700.4 | 701.8 | 708.6 | 700.7 |
| % Carbohydrates from Calories | 45-55% | 47.6 | 53.7 | 51.0 | 50.6 | 44.6 |
| % Protein from Calories | 15-25% | 24.9 | 21.3 | 22.2 | 19.0 | 21.6 |
| % Fat from Calories | 25-35% | 27.5 | 25.0 | 25.8 | 30.4 | 33.8 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 8.0 | 7.9 | 7.9 |
| Fiber | 10g or more | 12.0 | 13.9 | 13.5 | 12.2 | 13.0 |
| Vitamin B-12 | .8ug or more | 3.6 | 2.6 | 1.7 | 2.5 | 2.9 |
| Vitamin A | 300ug RAE or more | 543.0 | 838.5 | 1033.7 | 660.9 | 584.9 |
| Vitamin C | 30mg or more | 41.8 | 65.1 | 78.7 | 53.3 | 112.3 |
| Iron | 2.6mg or more | 6.7 | 5.7 | 5.8 | 4.0 | 5.6 |
| Calcium | 400mg or more | 466.5 | 564.9 | 609.5 | 529.8 | 493.2 |
| Sodium | less than 766mg | 687.2 | 760.3 | 744.4 | 725.9 | 742.3 |

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