|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday 1, 2024    CLOSED HOLIDAY | **Tuesday 2, 2023**  1c Grn. Chile Chicken Posole  3oz chicken, 1/2c hominy  1/4c green chile  1/8c onions)  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  6 LS WW Crackers  1c fruit salad | **Wednesday 3, 2023**  Spaghetti  (3 oz meat, 1/2c spaghetti, 2 oz NAS Marinara sauce)  1c Italian Blend Vegetables  Wheat roll w/ 1 tsp margarine  1c Tossed salad w/ 2 TBSP FF Italian Dressing  1 Fresh Pear | **THURSDAY 4, 2023**  Chicken Patty Sandwich  (3 oz chicken Pattie,  1 ww bun  1/2c lettuce, 2 slices tomato)  1/2c Roasted Brussel Sprouts  1/2c green beans  1/2c pineapple | **FRIDAY 5, 2023**  3oz LS Baked Dill Tilapia  1/2c LS Brown Rice Pilaf  1/2c Spinach  1c Coleslaw w/ 2 TBSP Dressing w/ 1 tsp margarine  WW Roll  1/2c Mixed Fruit |
| **MONDAY 8, 2023**  Chicken w/ Mushrooms  3 oz chicken breast  2oz LS Gravy, 1/4c Mushrooms  3/4c Egg Noodles  1c broccoli & cauliflower  1 Wheat roll w/ 1 tsp margarine  1/2c peaches | **TUESDAY 9, 2023**  1c Tater Tot Casserole  (3oz Beef, 1/2c mixed Vegetables, 1/4c Tater tots, 1oz Sauce)  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  Wheat roll w/ 1 tsp margarine  1/2c SF Gelatin w/ 1/2c fruit cocktail | **WEDNESDAY 10, 2023**  Green Chile Pork Stew  3 oz pork, 1/2c potatoes, 1 oz green chile  1/2c Beets and onion salad  3/4c Cauliflower  1 6in WW tortilla  1/2c Cinnamon Apples | **THURSDAY 11, 2023**  Chicken Fried Steak  3 oz Chicken fried Steak  1/2c LS mashed potatoes/ 1oz LS Country gravy  1/2c Broccoli  1 sl. Wheat Bread w/ 1 tsp margarine  1c Cantaloupe | **FRIDAY 12, 2023**  Red Chile and Cheese enchiladas  (2 oz RC sauce , 2 corn tortillas, 1 oz shredded cheese, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1c Vegetable Medley  1/2c Greek Nonfat Vanilla Yogurt  1/2c berries |
| **MONDAY 15, 2023**  Salisbury Steak  4oz Salisbury steak  1/2c LS parlsey Potatoes  1c yellow squash w/ 1/2c NAS Diced Tomatoes  1 ww roll w/ 1 tsp unsalted butter  1c Tropical Fruit Salad | **TUESDAY 16, 2023**  Ham & Cheese Sandwich  (2oz LS Ham, 1 oz Swiss cheese, 2 slices ww bread,  1/2c lettuce, 1 slice tomato)  1/2c LS Three Bean Salad  1c Pasta Salad  (1/2c Vegetables, 1/2c Pasta)  1c grapes | **WEDNESDAY 17, 2023**  Green Chile Meat Burrito  3 oz ground beef, 1 oz green chile,  1 8n Flour Tortilla)  1 Capri Vegetables w/ 1 tsp unsalted butter  1c strawberries | **THURSDAY 18, 2023**  Chicken Pot Pie  (1oz Crust, 3oz chicken, 1/2c mixed veggies, 1 oz sauce  1c tossed salad w/ 2 TBSP FF Italian Dressing  4 LS WW Crackers w/ 1 tsp unsalted butter  1/2c Mandarin oranges | **FRIDAY 19, 2023**  Open Faced Turkey Sandwich  2 oz Turkey,1 slice wheat bread  1/2c LS Herb Roasted Red Potatoes  3/4c LS Tomato soup  1 medium apple  1/2c Greek Vanilla Nonfat Yogurt |
| **MONDAY 22, 2023**  Chicken Fajita  (3oz chicken, 1/2c Peppers and Onions, 1 6in Flour Tortilla, 2 TBSP Salsa)  1/2c Black beans and 1/4c Red bell Peppers  1/2c Carrot Raisin Salad  1/2c Fruit Cocktail | **TUESDAY 23, 2023**  Chef Salad  (1.5c Romain lettuce, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1/4c Cucumber)  2 TBSP FF Ranch Dressing)  6 WW Crackers w/ 1 tsp unsalted butter  1c Fruit salad | **WEDNESDAY 24, 2023**  Pork Stir Fry  (3oz Pork,1oz Sauce)  1c Asian Vegetables  1/2c Chow Mein Noodles  1c Mandarin Oranges & Pineapple  Fortune Cookie | **THURSDAY 25, 2023**  Chicken Adovada  3 oz Diced Chicken , 2 oz red Chile Sauce  1/2c Calabacitas  3/4c LS Roasted Brussel Sprouts  1 6in flour tortilla  1 banana | **FRIDAY 26, 2023**  Tuna Salad Sandwich  3 oz Tuna, 2 TBSP mayo, 1/4c veggies, 2 slice ww bread, 1/2c Spinach, 1 slice tomato)  1/2c Spinach w/ 1 tsp unsalted butter  1/2c Tomato and Red Onion Salad  1oz Sun Chips  Orange |
| **MONDAY 29, 2023**  3/4c Chili Beans  3 oz ground beef, 1/3c Tomatoes, 1/8c onion/ green pepper,1/2c red and pinto bens,  1c Chateau Blend Vegetables  1 slice LF corn bread w/ 1 tsp margarine  1/2c Apricots | **TUESDAY 30 , 2023**  1c LS Chicken Noodle Soup  (3oz chicken 1/2c noodle 2 oz sauce)  1 slice ww bread w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1/2c Plums | **WEDNESDAY 31 , 2023**  Cheeseburger  (3 oz patty, 5oz Cheese , 1 hamburger bun  1/2c lettuce, 1 slice tomato , 1 slice onion)  1/2c LS Potato Salad  3/4c Green Beans  1 Chocolate Chip Cookie  1/2c Mixed Fruit | **THURSDAY , 2023** | 8 oz. 1% Milk Served With All Meals |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 706.9 | 707.8 | 706.4 | 705.4 | 744.2 |
| % Carbohydrates from Calories | 45-55% | 50.5 | 47.2 | 51.7 | 50.6 | 46.9 |
| % Protein from Calories | 15-25% | 22.4 | 23.9 | 22.6 | 20.9 | 24.9 |
| % Fat from Calories | 25-35% | 27.1 | 28.9 | 25.7 | 28.5 | 28.2 |
| Saturated Fat | less than 8g | 5.6 | 8.0 | 7.7 | 6.1 | 7.8 |
| Fiber | 10g or more | 11.8 | 11.9 | 10.6 | 13.6 | 11.2 |
| Vitamin B-12 | .8ug or more | 2.2 | 2.3 | 2.6 | 1.8 | 8.7 |
| Vitamin A | 300ug RAE or more | 593.5 | 439.1 | 430.8 | 983.2 | 542.3 |
| Vitamin C | 30mg or more | 65.7 | 50.7 | 51.3 | 107.5 | 42.5 |
| Iron | 2.6mg or more | 5.0 | 4.8 | 5.2 | 5.4 | 6.2 |
| Calcium | 400mg or more | 462.0 | 526.5 | 538.2 | 481.7 | 506.9 |
| Sodium | less than 766mg | 743.6 | 721.8 | 765.9 | 750.3 | 649.5 |

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