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| --- | --- | --- | --- | --- |
| **NAS-no added salt****SF-sugar free****FF-Fat free****LS=low sodium****LF=low Fat****WW=whole wheat**  | 1% Milk Served at all meals |  |  |  |
| MONDAY 3, 2021Chicken Salad Sandwich(4oz Chicken salad (3oz Chicken, 1/2c Lettuce, 2 slices tomato, 2 slices wheat bread)8 baby carrots, 1/2c Celery1c Cucumber Salad1oz Sun Chips 1 oatmeal cookie | TUESDAY 4, 2022 3oz Meatloaf1/2c Mashed Potatoes w/ 2oz LS Gravy1c Green Beans WW Roll1c Fruit Cocktail | WEDNESDAY 5 , 2022 4oz Sloppy Joe(3oz meat, 1oz sauce)10 NAS Baked French Fries1c Tossed Salad w/ 2 TBSP Light Italian DressingOrange | THURSDAY 6, 20221 4in Pancakes w/ 1 TBSP syrup, and 1 tsp margarine 2 medium Eggs (scrambled)1oz Reduced Fat Sausage½ c Hashbrowns w/ 1/2c Peppers and onionsApple | FRIDAY 7, 2022Closed  |
| MONDAY 10, 20223oz Chicken Tenders1c California Blend Vegetables1/2c Sweet Potatoes1/2c Tomato and Onion salad WW Roll1/2c Fruit Compote | TUESDAY 11, 20226oz Red Chili Beef Enchiladas(3oz Beef, 2 corn tortillas, 1oz Cheese, 1oz RC)1/2c LS Pinto Beans1c Tossed Salad w/ 2 TBSP Light Italian Dressing | WEDNESDAY 12, 20228oz Meat Lasagna(1/2c Lasagna, 3oz Beef, 1oz sauce, 1oz Cheese)1c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c Italian Blend Vegetables1 slice garlic Bread1/2c Pineapple  | THURSDAY 3, 2022 3oz Salisbury Steak1 Baked Potato2oz LS Brown Gravy1/2c BeetsWW Roll1/2c Cherries in Cobbler | FRIDAY 14, 2022 Pigs in a Blanket(1oz beef and pork hot dog, .5oz American cheese, 1 crescent roll)1 c Pasta Salad (1/2c Pasta, 1/2c Vegetables, 1/4c LS Garbanzo Beans)1c Roasted Brussel sprouts w/ 1 tsp olive oi½ c nonfat vanilla Greek yogurt with 1/2c Peaches |
| MONDAY 17, 2022Spaghetti w/Beef meat sauce(1/2c Spaghetti, w/ 3oz Meat, 2oz NAS Marinara Sauce)Bread Stick3/4c 5 way mixed vegetables1c Tossed salad w/ 2 TBSP Light Italian Dressing1/2c Strawberries  | TUESDAY 18, 2022Frito Pie(1oz Corn Chips, 3oz Beef, 2oz Red Chile, 1/2c Lettuce and tomato, 1oz onion)1/2c LS Pinto Beans1c Tossed salad w/ 2 TBSP Light Italian Dressing Applesauce | WEDNESDAY 19, 20223oz Baked Chicken2oz LS Gravy1/2c LS Rice Pilaf1/2c Zucchini w/ 1/2c tomatoesWW Roll w/ 1 tsp margarine1/2c Mixed Fruit  | THURSDAY 20, 2022 1/2c Lima Beans W/1oz LS Ham1 slice Corn Bread w/ 1 tsp margarine1c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c Mandarin Oranges | FRIDAY 21, 20223oz Swiss Steak1/2c parsley Potatoes1/2c LF LS Broccoli Salad 6 LS Crackers 1/2c lemon Pudding |
| MONDAY 24, 2022Cheeseburger(1bun, .5oz American Cheese, 3oz Beef Patty, 1/2c Lettuce, 2 slices tomato)1/2c LS 3 Bean Salad1/2c Wedge Potatoes1c Watermelon |  TUESDAY 25,20226oz Hamburger macaroni**(**3oz Beef, 1/2c Macaroni,1oz Cheese)1c Tossed salad w/ 2 TBSP Light Italian Dressing1/2c LS Stewed Tomatoes1c Grapes | WEDNESDAY 26, 2022Red Chili Tots(6 Tots, 1oz RC, .5oz Cheese, 1/2c Lettuce and tomato)1c LS Pinto Beans1c Broccoli w/ red Bell Pepper1/2c Baked Apple Slices 4 cinnamon graham crackers | THURSDAY 27, 2022Tuna Salad Sandwich(3oz Tuna, 1/2c Lettuce, 2 slices tomato, 2 slices wheat bread)1/2c Roasted Cauliflower w/ 1 tsp chives, 1 tsp olive oil 1/2c Corn and black bean saladbanana | FRIDAY 28, 2022Grilled Cheese(1oz American Cheese, 2 slices wheat bread)1c Tossed salad w/ 2 TBSP Light Italian Dressing1/2c Spinach w/ 1/2c LS White Beans1c LS Tomato Soup 3/4c Fruit salad |

***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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:** |
| Calories | 700 or more | 708.7 | 731.3 | 724.8 | 722.8 |  |
| % Carbohydrates from Calories | 45-55% | 52.4 | 55.7 | 53.0 | 52.8 |  |
| % Protein from Calories | 15-25% | 21.6 | 19.1 | 21.2 | 20.5 |  |
| % Fat from Calories | 25-35% | 26.0 | 25.2 | 25.8 | 26.7 |  |
| Saturated Fat | less than 8g | 6.8 | 7.1 | 5.9 | 7.3 |  |
| Fiber | 10g or more | 10.8 | 13.8 | 11.4 | 13.6 |  |
| Vitamin B-12 | .8ug or more | 2.4 | 2.1 | 2.3 | 2.3 |  |
| Vitamin A | 300ug RAE or more | 526.7 | 836.1 | 572.3 | 513.8 |  |
| Vitamin C | 30mg or more | 57.8 | 83.8 | 82.4 | 74.8 |  |
| Iron | 2.6mg or more | 5.4 | 5.2 | 6.0 | 6.7 |  |
| Calcium | 400mg or more | 534.4 | 554.7 | 462.8 | 596.6 |  |
| Sodium | less than 766mg | 763.5 | 759.0 | 760.4 | 761.7 |  |

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