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| **MONDAY 1, 2024**  CLOSED  1% Milk Served Daily at meals | **TUESDAY 2, 2024**  Pork Roast  (3oz Pork)  1/2c Black Eyed Peas 1/2c Cabbage w/ 1 /4c Onions  1/2c Fruit Cocktail  1 slice LF Corn Bread w/  1tsp Margarine | **WEDNESDAY 3, 2024**  Saucy Chicken  (30z Chicken, 1/4cstuffing,  1oz sauce)  1/2c Baked Sweet Potato  1/2c Carrots w/ 1tsp margarine  Wheat roll w/ 1 tsp margarine  1/2c Mixed Fruit | **THURSDAY 4, 2024**  Navajo Taco  (3oz Beef, .5oz Cheese,  1oz Fry Bread, 1/2c romaine lettuce, ½ c red tomatoes, 1/4c onions)  1/2c LS Pinto Beans  1/2c Zucchini w/ 1tsp margarine  1/2c Baked Apple Slices | **FRIDAY 5, 2024**  Turkey Sandwich  (**2oz Turkey**, 1 Slice WW Bread, 1/2c lettuce, 2 slice tomato)  1/2c Mashed Potatoes w/  2oz LS Brown Gravy 3/4c Green Beans w/ 1 tsp Margarine  1/2c Pineapples  1/2c Greek Lowfat Vanilla Yogurt |
| **MONDAY 8, 2024**  1c LS Beef Stew  (3oz Beef, 1/2c Mixed Veggies)  1c Vegetable Medley w/  1 tsp Margarine  Wheat roll w/ 1 tsp margarine  1serving SF Angel Food cake, w/ 2 TBSP cherry topping | **TUESDAY 9, 2024**  Chicken & Rice  (3oz Chicken Breast,  1/2c brown rice)  1c Winter Blend w/ 1 tsp Margarine  1c Tossed salad w/ 2 TBSP FF ranch dressing  1 WW Roll w/  1 tsp Margarine  1c Tropical Fruit | **WEDNESDAY 10, 2024**  3/4c Hamburger Mac  (3oz Beef, 1/2 Elbow Mac,  1/4c Tomatoes)  1/2c Spinach  1/2c LS Stewed Tomatoes w/ 1oz GC  1/2c Pears | **THURSDAY 11, 2024**  Chicken Provencal  (3oz Chicken thigh,, 1 oz Sauce, 1/8c Cherry tomatoes, green olives, capers)  1/2c Egg Noodles  1/2c Beet and onion Salad  1c Italian Blend vegetables w/ 1 tsp margarine  1 WW Roll w/1tsp Margarine  Orange | **FRIDAY 12, 2024**  Frito Pie  (3oz Beef, 2oz RC, 1oz Corn Chips. 1/2c lettuce and tomato, 1/4c onion)  1c Capi Vegetables w/ 1 tsp margarine  1/2c Peaches |
| **MONDAY 15, 2024**  CLOSED | **TUESDAY 16, 2024**  Chicken Fried Steak  (3oz Beef)  1/2c LS Mashed Potatoes  w/ 2oz LS Country Gravy  1c California Blend Vegetables  1/2c Applesauce  Wheat Roll  1tsp Margarine | **WEDNESDAY 17, 2024**  Chicken Fettuccine  (3oz diced chicken, 1/2c Fettuccine, 1oz Light Alfredo sauce)  1/2c Asparagus  1/2c Baby Carrots  Wheat roll  1/2c Mandarin Oranges | **THURSDAY 18, 2024**  Swedish Meatballs (3oz Beef)  2oz LS Brown Gravy  1/2c Mushrooms  1/2c Creamy Cucumber salad  3/4c Steamed Brown Rice  1/2c Fruit Cocktail | **FRIDAY 19, 2024**  1c Green Chili Pork Stew  (3oz Pork, 1oz Green Sauce, 1/2c Potatoes and tomatoes)  1c Tossed salad w/ 2 TBSP FF ranch dressing  1/2c LS Three bean salad  6 in WW Tortilla  1/2c Apricots |
| **MONDAY 22, 2024**  1c Brunswick Stew  (3oz Chicken, 1/2c Vegetables)  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  6 LS WW Crackers  1 tsp Margarine  1/2c LF Chocolate Pudding | **TUESDAY 23, 2024**  Beef Tips  (3oz Beef, 1/2c Egg Noodles, 2 oz LS brown gravy)  1/2c peas and Pearl onions  1/2c Cauliflower  Wheat roll  1c Grapes | **WEDNESDAY 24, 2024**  Sweet & Spicy Pork  (3oz Diced pork)  1oz Sweet & Spicy BBQ Sauce  1/2c Brown Rice  1c Oriental Vegetables  1/2c Pineapple Chunks | **THURSDAY 25, 2024**  Philly Steak Sandwich  (2oz Beef, .5oz mozzarella cheese, 1/2c peppers and onions, 1 hot dog bun)  1/2c French Fries  1/2c LF LS Broccoli  1c Fruit Salad  1/2c Greek Nonfat Vanilla Yogurt | **FRIDAY, 26, 2024**  Green Chili Chicken  Tamale Pie  (3oz Chicken, 1oz green chile, 1/2c Masa, 1/2c Black beans and corn)  1/2c Zucchini and Yellow Squash  Fresh pear |
| **MONDAY 29, 2024**  Kraut Dog  (1oz Beef Frank , 1 hot dog bun, 2 TBSP Sauerkraut)  1/2c Chateau blend vegetables w/ 1 tsp margarine  1/2c parsley potatoes  1c Tropical Fruit | **TUESDAY 30, 2024**  Orange Chicken  (3oz Chicken, 1oz orange sauce)  1/2c Chow mein noodles  1c Stir Fry  1c Strawberries | **WEDNESDAY 31, 2024**  Red Chili Beef Enchilada  (3oz Beef, 1 oz Cheese, 1 oz red chili sauce, 2 corn tortillas, 1/2c lettuce and tomato  1c Capri Vegetables w/ 1 tsp margarine  1/2c LS pinto beans  1/2c Cherries in Cobbler |  |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 732.6 | 718.2 | 701.1 | 900 | 739.3 |
| % Carbohydrates from Calories | 45-55% | 51.5 | 48.2 | 49.4 | 52.6 | 54.9 |
| % Protein from Calories | 15-25% | 22.6 | 22.0 | 22.1 | 21.9 | 18.7 |
| % Fat from Calories | 25-35% | 25.9 | 29.0 | 28.4 | 25.5 | 26.4 |
| Saturated Fat | less than 8g | 7.2 | 6.7 | 8.0 | 8.0 | 7.8 |
| Fiber | 10g or more | 10.2 | 10.2 | 10.1 | 13.8 | 11.4 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.8 | 2.3 | 2.1 | 2.0 |
| Vitamin A | 300ug RAE or more | 746.6 | 578.2 | 600.4 | 311.8 | 301.9 |
| Vitamin C | 30mg or more | 30.3 | 49.4 | 34.0 | 55.8 | 57.7 |
| Iron | 2.6mg or more | 4.4 | 5.1 | 4.6 | 5.9 | 5.1 |
| Calcium | 400mg or more | 531.7 | 447.9 | 485.8 | 507.4 | 523.3 |
| Sodium | less than 766mg | 757.4 | 649.8 | 611.4 | 660.0 | 764.0 |

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.