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| 2% milk served at meals |  |  |  | FRIDAY 1, 20233oz LS Lean (low fat) Pork Chop2oz LS Pork Gravy with1/2c Mushrooms1/2c LS Brown Rice Pilaf1/2c Asparagus w/ 1 tsp margarineWheat Roll w/ 1 tsp margarine3/4c Apricots |
| MONDAY 4, 2023BBQ Chicken (3oz Chicken breast, 2 TBSP Barbecue Sauce)1/2c LS Ranch Beans1c Coleslaw w/ 2 TBSP DressingCornbread1/2c Mandarin Oranges | TUESDAY 5, 2023Chili Cheese Dogwith Meaty Red Chili(1oz beef rank, 1 hot dog bun, 2oz Beef, 1oz RC, .5oz Cheese)**1/3c Onion Rings****3/4c LS 3 Bean Salad**1/2c SF Gelatin | WEDNESDAY 6, 20233oz LS Baked Tilapia2 TBSP Tartar Sauce**1/3c Scalloped Potatoes**1c Vegetable MedleyWheat Roll1/2c Chilled Pears | THURSDAY 7, 20233oz Baked Chicken Breastwith Mushroom Sauce(2oz LS gravy, 1/2c Mushrooms)1/2c Spinach1/2c Wild RiceWheat RollFresh Apple | FRIDAY 8, 2023Beef Fajita with Peppers & Onions(3oz Beef, 1/2c peppers and onions, 1 6in flour tortilla)1/2c LS Black BeansStrawberry Shortcake(1/2c Strawberries, 1 slice SF Angel Food Cake) |
| MONDAY 11, 20231c Green Chili Chicken Posole(1oz GC, 3 oz Chicken, 1/2c Hominy)1/2c LS Spanish Rice1/2c Calabacitas1 6 in WW Tortilla1/2c Diced Peaches | TUESDAY 12, 2023Beef Tipsover Egg Noodles(3oz Beef, 2oz LS Sauce, 1/2c Egg Noodles)1c Tossed Salad w/ 2 TBSP FF Ranch Dressing Wheat Roll1c Fruit Salad | WEDNESDAY 13, 2023**HOLIDAY DINNER**2oz LS Baked Ham1/2c Baked Yams3/4c NAS French Style Green Beans w/ 1/3c Slivered almonds1/2c Tossed Salad w/ 1 TBSP FF ranch DressingWheat bread w/ 1 tsp unsalted butter 1/2c Cinnamon Sweet Rice with 1 TBSP Raisins | THURSDAY 14, 2023Carne Adovada(3oz Pork 1oz RC)1/2c LS Pinto Beans1c Chateau Blend Vegetables1 6in Flour Tortilla1/2c Sherbet | FRIDAY 15, 20233oz Baked Fish2 TBSP Tartar Sauce1/2c NAS Baked French Fries1c Coleslaw w/ 2 TBSP DresingWheat Roll w/ 1tsp unsalted butter Banana |
| MONDAY 18, 2023Spaghetti withMeat Sauce(1/2c Spaghetti, 3oz meat, 2oz NAS Marinara Sauce)1c Italian Veggies1/2Cucumber & Tomato SaladGarlic Bread1 Fresh Pear | TUESDAY 19, 2023Frito Pie(1oz corn chips, 3oz Beef, 2oz RC, 1/2c Lettuce and tomato, 1/8c onion)1/2c LS Pinto Beans1/2c Spanish Slaw1/2c Pineapple Tidbits | WEDNESDAY 20, 2023Chicken Parmesanover Linguini(3oz Parm Crusted Chicken, 1oz NAS marinara Sauce, .5oz Cheese)1/2c Linguine1c Broccoli & CauliflowerBread StickFresh Orange | THURSDAY 21, 2023Green Chili Cheeseburger(1 bun, 3oz Patty, 1oz GC, .5oz Cheese, 1/2c Lettuce, 2 slices tomato, 1 slice onion)1/2 c LS LF Broccoli Salad1/2c Carrots1/2c Mixed Fruit  | FRIDAY 22, 2023Tuna Salad(3oz Light Tuna)1/2c Cold Peas1/2c Beets 6 LS WW Crackers 1/2c SF Gelatin w/ 1/2c Berries  |
| MONDAY 25, 2022AllCenters Closed | TUESDAY 26, 20232oz Polish Sausage1/2c Red cabbage w/ 1/2c Apples1/2c Parsley PotatoesWheat Roll1/2c Greek Nonfat Vanilla Yogurt | WEDNESDAY 27, 2023Soft Beef Taco(3oz Beef, 1/2c Lettuce and tomato,1 6in flour tortilla)1/2c LS Pinto Beans1/2c Zucchini1/2c Fruit Cocktail | THURSDAY 28, 2023Pepper Steak(3oz beef, 2oz LS Brown Gravy, 1/2c Peppers and onion)1c Tossed Salad w/ 2 TBSP FF Italian Dressing1/2c Brown Rice1c Tropical Fruit Salad  | FRIDAY 29, 2023Egg salad Sandwich(1/2c Egg Salad=1 egg 2 slices wheat bread, 1/4c romaine lettuce, 2 slices tomato)1c Spinach Salad(1c Spinach, 1/4c red onion, 1/2c Strawberries,1 TBSP Cranberries, 1/2c Garbanzo Beans)2 TBSP Lite Raspberry Vinaigrette 4 LS WW Crackers1/2c FF Sherbet |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** |
| Calories | 700 or more | 789.5 | 712.3 | 789.3 | 744.2 | 731.1 |
| % Carbohydrates from Calories | 45-55% | 51.7 | 48.0 | 50.4 | 51.4 | 53.7 |
| % Protein from Calories | 15-25% | 21.0 | 22.9 | 20.5 | 21.3 | 20.4 |
| % Fat from Calories | 25-35% | 27.2 | 29.0 | 29.2 | 27.3 | 25.8 |
| Saturated Fat | less than 8g | 7.7 | 7.6 | 7.8 | 8.0 | 8.0 |
| Fiber | 10g or more | 12.2 | 10.6 | 10.8 | 12.0 | 12.4 |
| Vitamin B-12 | .8ug or more | 1.8 | 2.2 | 2.3 | 3.2 | 2.7 |
| Vitamin A | 300ug RAE or more | 596.9 | 306.1 | 353.7 | 382.9 | 409.7 |
| Vitamin C | 30mg or more | 31.4 | 42.2 | 30.7 | 67.2 | 60.8 |
| Iron | 2.6mg or more | 5.0 | 5.2 | 4.2 | 4.9 | 6.3 |
| Calcium | 400mg or more | 408.2 | 471.6 | 468.0 | 462.9 | 483.5 |
| Sodium | less than 766mg | 476.6 | 758.6 | 761.1 | 633.7 | 721.4 |

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