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|  |  |  | THURSDAY 1, 2023  3oz Baked Chicken  4oz Mushroom Cream Sauce  3/4c LS Wild Rice w/ 1 tsp margarine  1/2c Steamed Spinach  Wheat Roll w/ 1 tsp margarine  3/4c Mandarin oranges  1/2c LF Chocolate Pudding | FRIDAY 2, 2023  1/2c Coleslaw w/ 1 TBSP Dressing  3oz LS Mrs. Dash Garlic Herb Cod  1 baked potato w/ 1 tsp margarine w/ 1 TBSP Chives  3/4c Brussels Sprouts w/ 1 tsp margarine  Wheat Roll w/ 1 tsp margarine  3/4c Mixed Fruit |
| MONDAY 5, 2023  Breaded Chicken Sandwich  (3oz Chicken, 1 bun, 1/2c lettuce, 2 slices tomato)  1/2c LS LF Broccoli Salad  1/2c Carrots Sticks  1 orange | TUESDAY 6, 2023  Spaghetti with  Meaty Marinara Sauce  (1/2c Spaghetti, 5oz Meat sauce (3oz meat, 2oz NAS Marinara Sauce)  3/4c Italian Veggies  1c Garden Salad w/ 2 TBSP light Italian Dressing  1 Bread Stick  Fresh Apple | WEDNESDAY 7, 2023  Pork Rib Sandwich  (3oz Lean boneless country style ribs, 1 hot dog bun)  1/2c LS Ranch Beans  1/2c Green Beans  1c Coleslaw w/ 2 TBSP dressing  1c Watermelon | THURSDAY 8, 2023  4oz Chicken Salad  1/2c Cold Peas  1/2c LS Stewed Tomatoes  6 LS WW Crackers  1/2c Banana in 1/2c SF Gelatin | FRIDAY 9, 2023  Frito Pie  (3oz Beef, 2oz RC, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1oz corn chips  1/2c Mexican Slaw  1/2c Light vanilla Ice Cream |
| MONDAY 12, 2023  3oz Beef Fajitas  1/2c Fajita Veggies  1/2c black bean  1/2c Yellow Squash  1 6 in WW Flour Tortilla  1oz Salsa  1/2c Diced Mango | TUESDAY 13, 2023  Fried Fish Sandwich  (3oz Fried Fish, 1 WW hamburger bun, 1/2c lettuce, 1 slice tomato, 1oz Tartar Sauce)  10 no added salt baked French fries  1c Vegetable Medley  1c Strawberries | WEDNESDAY 14, 2023  Hawaiian Chicken  (3oz Chicken thighs, 1oz sauce)  1/2c Steamed Brown Rice  1/2c Roasted Zucchini  1/2c Chard w/ Garlic  Wheat Roll  3/4c Tropical Fruit | THURSDAY 15, 2023  Ham & Cheese Sandwich  (2 slices wheat bread, 2oz LS Ham, 1oz Swiss Cheese, 1/2c Lettuce, 2 slices tomato)  1/2c LS 3 Bean Salad  3/4c LS Tomato Soup  4 LS WW Crackers  1c Fruit Salad | FRIDAY 16, 2023  3oz Meatloaf  1/2c Potatoes Au Gratin  1/2c Carrots w/ 1 tsp margarine  Wheat Roll  1/2c Mandarin Oranges in 1/2c SF Gelatin |
| MONDAY 19, 2023  ALL  CENTERS  CLOSED | TUESDAY 20, 2023  2oz Lite Polish Sausage  2 TBSP Sauerkraut  1c California blend vegetables  1/2c Parsley Potatoes  Wheat Roll  1/2c Chilled Peaches  1/2c Greek Nonfat vanilla Yogurt | WEDNESDAY 21, 2023  Soft Beef Taco  (1 6in flour tortilla, 3oz Beef, 1/2c lettuce and tomato)  1/2c LS Spanish Rice  1c 5 Way Veggies  2 TBSP Salsa  1/2c Whipped Berry Pudding | THURSDAY 22, 2023  7oz Meat lasagna  (1/2c Pasta, .5oz cheese, 5oz Meat Sauce)  1c Italian Veggies  Wheat Roll  1/2c Cinnamon Spiced Apples | FRIDAY 23, 2023  4oz Chicken Provencal  (3oz Chicken Thigh)  1/4c Provencal Vegetables  1/2c Steamed Rice  1c Kale salad  Wheat Roll  1/2c Fruit Cocktail |
| MONDAY 26, 2023  Turkey Sandwich  (2 slices wheat bread, 3oz Turkey, 1/2c lettuce, 2 slices tomato)  1/2c carrot raisin salad  1/2c Celery Sticks  Fresh Pear | TUESDAY 27, 2023  3oz Swedish Meatballs  over 1/2c Egg Noodles  1c Winter Veggies  Wheat Roll  1/2c Pineapple | WEDNESDAY 28, 2023  Chicken Hot Dog  (1/2 Chicken frank, 1 hot dog bun)  8 Tater Tots  1c Coleslaw w/ 2 TBSP Dressing  1/2c LS Baked Beans  1/2c Vanilla Pudding with 1 tsp Cinnamon | THURSDAY 29, 2023  Red Chili Beef Enchiladas  (2oz RC, 3oz Beef, 2 corn tortilla, 1oz Cheese, 1/2c Lettuce and tomato)  1c Capri Vegetables  1/2 c Salsa Corn  1/2c Plums | FRIDAY 30, 2023  3oz Baked Chicken Nuggets  1oz LS Country Gravy  10 NAS Baked French Fries  1/2c Cucumber and tomato salad  ½ slice Cornbread  1/2c Applesauce |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 806.8 | 705.7 | 716.4 | 739.3 | 700.0 |
| % Carbohydrates from Calories | 45-55% | 50.1 | 48.5 | 51.6 | 54.3 | 53.6 |
| % Protein from Calories | 15-25% | 22.3 | 23.3 | 21.4 | 18.0 | 19.3 |
| % Fat from Calories | 25-35% | 27.6 | 30.2 | 27.1 | 27.7 | 27.1 |
| Saturated Fat | less than 8g | 7.1 | 8.0 | 8.0 | 7.8 | 6.9 |
| Fiber | 10g or more | 10.3 | 11.1 | 11.2 | 10.7 | 10.4 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.5 | 2.6 | 2.1 | 1.9 |
| Vitamin A | 300ug RAE or more | 577.1 | 479.5 | 469.7 | 412.6 | 595.8 |
| Vitamin C | 30mg or more | 88.5 | 54.5 | 77.0 | 68.7 | 33.4 |
| Iron | 2.6mg or more | 5.9 | 4.9 | 4.8 | 5.5 | 3.7 |
| Calcium | 400mg or more | 488.5 | 466.9 | 507.2 | 493.0 | 502.6 |
| Sodium | less than 766mg | 724.5 | 715.0 | 739.8 | 745.6 | 755.2 |

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

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