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| --- | --- | --- | --- | --- |
| MONDAY, APRIL 1 Burrito Bake(2oz ground beef, 1/2c LS pinto beans, 1/8c salsa, .5 tsp LS taco seasoning, .5oz Cheese, 1 6in Flour Tortilla)1c zucchini w/ NAS diced Tomatoes 1c Fruit Salad  | TUESDAY, APRIL 23oz LS Lean Herb Pork chops1c Vegetable medley 1/2c LS brown Rice pilafWheat roll 1/2c Applesauce  | WEDNESDAY, APRIL 3BBQ Chicken(3oz Chicken Breast, w/ 2 TBSP BBQ Sauce)1/2c LS stewed okra w/ tomatoes and onons1/2c LS Potato salad 1c Tossed salad w/ 2 TBSP Light Ranch Dressing1 slice LF Cornbread w/ 1 tsp margarine, 1 TBSP Honey 1/2c light vanilla nonfat yogurt w/ 1/2c Blueberries  | THURSDAY, APRIL 4Mushrooms Burger(1bun, 1/4c Mushrooms, 3oz patty, .5oz Swiss cheese, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c NAS Baked French Fries 1/2c Cucumber, tomato and onion salad1/2c SF strawberry Gelatin w/ 1/2c bananas  | FRIDAY, APRIL 56oz Green Chile chicken Enchiladas(1oz GC, 1oz Cheese, 2 corn tortilla, 3oz chicken, 1/2c lettuce and tomato)1/2c Lemon Sauteed spinach1/2c LS Lemon Garlic Cauliflower Rice½ slice Mexican Brownie |
| MONDAY, APRIL 8Tomato and Macaroni(1/2c NAS Diced Tomatoes, 1/2c Macaroni, 1 oz Cheese)1/2c Yellow Squash1c light vanilla yogurt w/ 1/2c Apricots, 1/4c LF Granola w/o Raisins  | TUESDAY, APRIL 91c LS Stuffed bell pepper Soup(3oz Ground beef, 1/2c diced tomatoes, 1/2c green peppers/onions, 1/4c Rice)1c Tossed salad w/ 2 TBSP Light Italian DressingWheat roll w/ 1 tsp margarinelemon bar  | WEDNESDAY, APRIL 10 Chicken Fajitas(3oz Chicken, 1/2c peppers and onions, 1 6in Flour tortilla, 2 TBSP Salsa)1/2c LS Spanish Rice 1c Capri Vegetables 1/2c Mango w/ mint | THURSDAY, APRIL 113oz Roast Beef1oz Au Jus3/4c Green beans and 1/4c pearl onions w/ 1 tsp margarine1/2c LS mashed potatoesWW Roll w/ 1 tsp margarine1/2c mandarin oranges  | FRIDAY, APRIL 12RC & Pinto beans(2oz RC, 3/4c Pinto Beans)1c Tossed salad w/ 2 TBSP Light ranch dressingMexican Cornbread w/ 1 tsp margarine 1 slice SF angel food cake w/ 1c strawberries and 2 TBSP Whipped Topping |
| MONDAY, APRIL 153.5oz Salisbury Steak2oz LS Brown Gravy w/ 1/2c Mushrooms1/2c Noodles3/4c broccoli SpearsWW Roll1/2c Apple Crisp   | TUESDAY, APRIL 168oz LS Taco Soup(2.5oz beef,1/2c LS Kidney Beans and hominy, 1/4c tomatoes, onions, 1oz Corn chips )1c Chateau blend vegetables w/ 1 tsp unsalted butter 3/4c Oranges wedges w/ cinnamon  | WEDNESDAY, APRIL 173oz roasted chicken drumsticks1/2c Brown Rice 1c California blend vegetablesSpinach salad(1/2c Spinach, 1 tsp cranberries, 1/8c red onion, 1/4c Slivered almonds)1 TBSP Lite raspberry vinaigrette3/4c Mixed Fruit  | THURSDAY, APRIL 182oz Kielbasa1/2c red Cabbage 1/2c Peppers and onions1/2c Penne pasta 1/2c Light Vanilla Nonfat yogurt 1c Pineapple Tidbits 1 sl. LF cornbread | FRIDAY, APRIL 193oz Chicken Fried Steak**1/3c Creamed Potatoes**1oz LS Peppered Gravy**3/4c Green Beans**1/2c Garden salad w/ 1 TBSP Light Italian Dressing½ slice Lemon Pound cake w 1/2c Spiced Peaches |
| MONDAY, APRIL 22 Green Chile Cheeseburger(1oz GC, .5oz Cheese, 3oz patty, 1bun, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c Waffle Fries1/2c LS LF broccoli Salad1c Strawberries | TUESDAY, APRIL 23 Chicken Taco(2 corn tortilla, 3oz chicken, 1/2c lettuce and tomato, 2oz Pico Del Gallo)1/2c Pinto Beans1c Capri Vegetables 1/2c Mixed Berries w cinnamon | WEDNESDAY, APRIL 243oz Meatloaf1/2c Brussel Sprouts½ Baked Sweet Potato1c Tossed Salad w/ 2 TBSP Light Ranch DressingWW Roll1/2c Frozen Tropical Fruit | THURSDAY, APRIL 25Chicken and Dumplings(1/2c Dumplings, 3oz Chicken, 2oz gravy)1c Vegetable Medley w/ 1 tsp margarine 1/2c Fruit Cocktail 1/2c SF gelatin  | FRIDAY, APRIL 263oz Fried Catfish2 TBSP Tartar sauce1/2c Red Roasted red Potatoes 1/2c Picnic marinated summer slaw1/2c Herb roasted red potatoes1 slice LF Cornbread w/ 1 tsp margarine 1c Watermelon  |
| MONDAY, APRIL 29Chile Relleno Casserole(1/2c GC, .5oz cheese)1c Mexican Salad1 TBSP Dressing 1c romaine Lettuce, 5 cherry, 1 TBSP red onion, 1/8c corn, ¼ avocado, .5oz cotija cheese, 1oz Corn Chips, 1/2c pinto/black beans)1/3c corn salsa White cake w/ 2 TBSP IcingBanana |  TUESDAY, APRIL 301c Beef Stew1/2c Cabbage1/2c Beets1 slice LF Cornbread w/ 1 tsp margarine 1/2c mandarin orange w/ 1/2c SF Gelatin  |  |  | 1% milk served at meals |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 745.5 | 711.7 | 843.2 | 703.7 | 809.4 |
| % Carbohydrates from Calories | 45-55% | 48.1 | 50.6 | 52.3 | 43.8 | 50.9 |
| % Protein from Calories | 15-25% | 24.6 | 19.9 | 20.6 | 22.9 | 15.0 |
| % Fat from Calories | 25-35% | 27.2 | 29.5 | 27.0 | 33.3 | 34.1 |
| Saturated Fat | less than 8g | 7.9 | 7.3 | 7.8 | 7.6 | 34.1 |
| Fiber | 10g or more | 10.3 | 10.9 | 10.0 | 10.1 | 12.1 |
| Vitamin B-12 | .8ug or more | 2.5 | 3.1 | 2.5 | 2.5 | 2.4 |
| Vitamin A | 300ug RAE or more | 417.2 | 498.2 | 321.5 | 478.4 | 628.1 |
| Vitamin C | 30mg or more | 31.8 | 67.9 | 84.2 | 73.1 | 64.6 |
| Iron | 2.6mg or more | 5.3 | 4.6 | 4.8 | 4.8 | 4.5 |
| Calcium | 400mg or more | 591.4 | 490.4 | 711.6 | 489.1 | 422.7 |
| Sodium | less than 766mg | 709.8 | 7409.6 | 763.2 | 764.4 | 634.0 |

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.

 Constance Rudnicki MS, RDN, LD approved on March 7, 2024