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| --- | --- | --- | --- | --- |
| 1% Milk served at meals |  | May 1Beef Brisket (3oz LS Lean Brisket )3/4c Macaroni Salad (1/2c Macaroni)1/2c Calabacitas1/2c NAS Stewed Tomatoes 1/2c Diced Peaches | May 2Baked Potato with broccoli and cheese (1 baked potato, 1 tsp margarine, 1 tsp chives, 1/2c Broccoli, .5oz Cheese)1c Mixed Green Salad2 TBSP light Italian Dressing, 1/4c LS garbanzo beans1c Light nonfat vanilla Yogurt1/2c Berries and 1/2c LF granola w/o raisins  | May 3Beef Nachos w/ Red Chile(3oz beef, 1oz Red chile sauce, 2 TBSP Guacamole w/ tomatoes, 1/2c Pinto beans, 1oz tortilla chips. .5oz cheese, 1oz GC, 1 TBSP Sour Cream, 2 slices Jalapeno, 1 TBBSP Green Onions)1c Capri Vegetables w/ 1 tsp margarine 1/2c Mangoes |
| May 63oz LS Herbed Baked Tilapia2 TBSP Tartar Sauce1/2c Brown Rice 1c Chateau Blend Vegetables w/ 1 tsp margarine 1c Tossed Salad w/ 2 TBSP Ligh Ranch Dressing 1/2c FF Strawberry Sorbet | May 7Orange Chicken (3oz Diced Chicken, 1oz Sauce)1c Stir Fry Vegetables½c Asian Lo Mein Noodles1/2c Pineapple Chunks | May 84oz Salisbury Steak2oz LS Brown Gravy1/2c parsley potatoes 1c Broccoli Normandy w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter Fresh Pear  | May 91c Spinach Lasagna(1/2c noodles, 1/2c Spinach, 2oz mozz. Cheese, 1oz Sauce)1c Italian VegetablesGarlic Breadstick 1/2c Light nonfat vanilla yogurt 1/2c Fruit cocktail  | May 10Frito Pie(1oz Corn Chips, 2oz RC sauce, 3oz ground beef)1/2c Pinto Beans1c Zucchini w/ NAS diced Tomatoes1c Tropical Fruit Salad  |
| May 13Breakfast for Lunch2 Scrambled Eggs 1/2c Hashbrowns w/ 1/2c peppers and onions1oz Reduced fat SausageWheat bread w/ 1 tsp margarine 1c Fruit salad | May 14 Kitchen Closed for Cleaning | May 153oz Beer Battered Cod2 TBSP Tartar Sauce 1/2c LS brown Rice Pilaf1/2c Mushrooms 1/2c Grilled ArtichokesWheat roll w/ 1 tsp unsalted butter Banana | May 163oz Meatloaf1/2c Roasted herbed red potatoes1/2c Green Beans1/2c Tossed Salad w/ 1 TBSP light Ranch Dressing Wheat roll w/ 1 tsp unsalted butter 3/4c Spiced Peaches  | May 171c Green Chile Chicken Enchiladas(1oz GC, 3oz Chicken, 2 corn tortilla, 1oz Cheese, 1/2c lettuce and tomato)1/2c LS Anasazi Beans1/2c Brussel Sprouts 1/2c LS Spanish RiceOrange  |
| May 20Tater Tot Casserole(3oz Ground beef, 1/4c Tater tots, 1oz sauce, 1/4c mixed vegetables)1c Garden Blend Vegetables6 LS WW Crackers 1/2c Mixed Fruit  |  May 211c LS Tomato Soup Grilled Cheese Sandwich(2 slices wheat bread, 1oz Cheese)1/2c Cauliflower 1c Light Vanilla Yogurt w/ 1/2c Sweet cherries | May 223oz Fried Catfish2 TBSP Tartar Sauce1/2c LS Stewed Okra w/ Tomatoes and Onions1c Coleslaw w/ 2 TBSP DressingWW Roll1/2c Applesauce | May 23Pork Tamales(2oz Pork, 1oz RC, 1/3c Masa)1/2c Black Beans w/ 1/4c Red Peppers1/2c LS Spanish Rice 1c Vegetable medley1/2c SF Gelatin w/ 1/2c Apricots | May 24Green Chile Cheeseburger(3oz Patty, 1oz GC, 1 bun, 1/2c lettuce, 2 slices tomato, .5oz Cheese)1/2c Sweet potatoes1/2c Cucumber and tomato salad 1/2c Diced Pears  |
| May 27ClosedMemorial Day | May 28**Indonesia Day**Beef Rendang(3oz Beef, 1oz Sauce)1c Stir Fry Vegetables 1/2c Fried Rice (1/2c rice, 1/4c Vegetables)1/2c Mango | May 29Chicken Divan(3oz Diced Chicken, 1/2c Broccoli, 1oz Sauce)1c Tossed Salad w/ 2 TBSP Light Ranch DressingWW Roll w/ 1 tsp margarine 1c Tropical Fruit Salad  | May 30Fish Tacos(3oz LS Fish, 1/2c Cilantro Lime Slaw, 2 corn tortillas)1c Capri Vegetables1/2c Brown Rice 1/2c Vanilla Pudding | May 31Beef Stroganoff(3oz Beef, 1/2c Noodles, 1/2c Mushrooms, 2oz Sauce)1c Garden Salad w/ 2 TBSP French Dressing1/2c Roasted AsparagusWW Roll w/ 1 tsp margarine 1/2c Peach in 1/4c Crisp |

***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:****3** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****4** |
| Calories | 700 or more | 762.5 | 731.0 | 708.7 | 703.0 | 785.2 |
| % Carbohydrates from Calories | 45-55% | 52.3 | 52.2 | 53.8 | 51.1 | 51.6 |
| % Protein from Calories | 15-25% | 20.6 | 21.9 | 20.3 | 19.2 | 20.3 |
| % Fat from Calories | 25-35% | 27.1 | 26.0 | 26.0 | 29.7 | 28.1 |
| Saturated Fat | less than 8g | 7.0 | 7.8 | 7.7 | 7.9 | 7.6 |
| Fiber | 10g or more | 12.9 | 10.3 | 10.8 | 10.9 | 10.2 |
| Vitamin B-12 | .8ug or more | 4.5 | 2.7 | 1.9 | 2.4 | 2.7 |
| Vitamin A | 300ug RAE or more | 507.4 | 379.8 | 357.1 | 413.1 | 511.5 |
| Vitamin C | 30mg or more | 61.1 | 38.7 | 59.0 | 36.4 | 81.7 |
| Iron | 2.6mg or more | 5.5 | 4.2 | 5.3 | 4.0 | 5.5 |
| Calcium | 400mg or more | 588.3 | 547.7 | 525.0 | 602.6 | 494.1 |
| Sodium | less than 766mg | 721.2 | 721.7 | 753.5 | 745.4 | 747.0 |

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 April 5, 2024