|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***TUESDAY 1, 2022***  6oz Stuffed Bell Peppers, 3oz beef, 2oz rice, ½ bell pepper,  4oz Spinach  1WW Roll w/ 1tsp margarine  8oz Melon & Cantaloupe | ***WEDNESDAY 2, 2022***  3oz Chicken Fried Chicken  4oz Broccoli Salad  4oz Mashed Potatoes w/ 2oz LS Gravy  1 WW Roll w/ 1tsp margarine  8oz Sliced Apples & Blueberries | ***THURSDAY 3, 2022***  6oz Turkey Tetrazzini, 3oz Roasted Turkey, 2oz Peas & 2oz Mushrooms, 1/2C WW Pasta, 2oz sauce  4oz Cauliflower  1 Garlic Bread  3oz Brownie w/ ½ c Cherries | ***FRIDAY 4, 2022***  4oz Baked Fish w/ Lemon  4oz Okra  4oz Roasted Red Potatoes  1 WW Roll w/ 1 tsp margarine  4oz LT Strawberry Ice-Cream w/ 2 TBSP Strawberry topping |
| ***MONDAY 7, 2022***  Grilled Cheese Sandwich w1oz LF Swiss Cheese, 2 Sl WW Bread  8oz Greek nonfat Vanilla Yogurt  1 Pc Lettuce, 2 Slices Tomato  8 oz LS Tomato Soup  1oz Granola Bar  3/4c Fruit Salad | ***TUESDAY 8, 2022***  Chicken Parmesan Casserole, 3oz Chicken, 1/2C WW Pasta, 1oz Sauce, 1oz Shredded Cheese  4oz Garden Salad w/ 1 TBSP dressing  4oz Country Blend vegetables  1 Garlic Bread  8oz Blueberries | ***WEDNESDAY 9, 2022***  Pulled BBQ Pork Sliders, 4oz LS Lean Pork, 2 sliders, 2TBSP LS BBQ Sauce  8 oz Coleslaw w/ 2 TBSP Dressing  4oz Fire Roasted Corn  Strawberry Shortcake  **(1c Strawberries w/ LF Buttermilk Biscuit)** | ***THURSDAY 10, 2022***  3oz LF LS Roasted Sausage, w/ 4oz Peppers & 4ozOnions  4oz Steamed Brown Rice  4oz Steamed Cabbage  6 LS WW Crackers  4oz Orange Jell-O w/ 1/2c Oranges | ***FRIDAY 11, 2022***  Fish Sandwich, 3oz Fish, 1 WW Bun,  1oz Tartar Sauce  1 Pc Lettuce, 2 Slices Tomato  4oz Cucumber and Tomato Salad  10 NAS French Fries  4oz Apple Slices |
| ***MONDAY 14, 2022***  Chicken Fajita Salad, 4oz Romaine, 3oz Fajita Chicken, 3oz Fajita Vegetables (1/2c Peppers, 1/2c Onions, 6 cherry tomatoes) , .5oz LF Colby Shredded Cheese, 1oz Sauce  4 LS WW Crackers  4oz Peach Parfait  **(1/2c diced peaches, 1/2c low fat Vanilla Greek Yogurt)** | ***TUESDAY 15, 2022***  6 oz Fideo con Carne, 3oz Beef, 1oz Sauce, 1/4 C Noodles  1C Mixed Vegetables  ½ C Salad w 1 TBSP LF Dressing  1 WW 8-inchTortilla  4oz Apricots | ***WEDNESDAY 16, 2022***  Beef Quesadillas, 3oz Shredded Beef (Lean LS) , 2oz LF Colby Shredded Cheese, 1WW Tortilla-8 inch  1 oz Tortilla Chips  1oz Salsa  8oz Salad w 2 TBSP LF Dressing  4oz Orange & Pineapple Salad | ***THURSDAY 17, 2022***  3oz Corned Beef (3oz LS Brisket, Lean) & 2oz Cabbage  4oz Carrots & 4oz Potatoes  4oz Roasted Asparagus  1 WW Roll w/ 2 tsp Margarine  1 LF Sugar Cookie | ***FRIDAY 18, 2022***  8oz LS Basil Tomato Soup  8oz Garden Salad w/ 2 TBSP LF Dressing  3oz Grilled chicken Breast  1 Sl WW Toasted Bread  1 LF Cranberry (1/4c) Oatmeal Cookie |
| ***MONDAY 21, 2022***  4oz Lemon Pepper Porkchops  4oz Glazed Brussel Sprouts  4oz Roasted Red Potatoes  1 WW Roll  4oz Applesauce | ***TUESDAY 22, 2022***  4oz Cranberry Chicken  4oz LS Rice Pilaf  4oz Snow Peas w/ ½ c Mushrooms  1 WW Roll  4oz Peach Crisp | ***WEDNESDAY 23, 2022***  8 oz Red Chili Pork Pozole, 3oz Cubed Pork, 4oz White Hominy, 1oz Red Chili Sauce  1 Lemon Wedge, 1oz Onion  4oz Pinto Beans  6 LS WW Crackers  4oz Grapes & Cantaloupe | ***THURSDAY 24, 2022***  Breakfast Sandwich, 1 Folded Egg, 2 Sl Turkey Bacon, 1 Sl Cheese, 1 WW English Muffin  4oz Hashbrowns  4oz Grape Tomatoes & Red Peppers  4oz Fruit & (2oz Yogurt) Parfait | ***FRIDAY 25, 2022***  Smothered Green Chili Bean Burritos, 6oz Beans, .5oz Shredded Cheese, 1 WW Tortilla, 1oz Green Chili Sauce  Tortilla Chips w/ 1oz Salsa  8oz Garden Salad w/ 1 TBSP LF Dressing  1 SF Peanut Butter Cookie |
| ***MONDAY 28, 2022***  4oz Cabbage Rolls, 3oz Ground Beef, 1oz Cabbage, 1oz Sauce  4oz Three Bean Salad  4oz Catalina Vegetables  1 WW Roll  4oz LF Banana Pudding | ***TUESDAY 29, 2022***  Meatball Subs, 3oz LS Turkey Meatballs, 1oz Sauce, .5oz Shredded Cheese, 1 WW Hoagie Bun  4oz Cucumber, Onion, & Tomato Salad  4oz Kiwi & 4oz Berries | ***WEDNESDAY 30, 2022***  3oz Ground Beef Stir Fry, 8oz Stir Fry Vegetables, 1oz Sauce  1/2c Brown rice  4oz Peas & Carrots  1-2oz Vegetable Eggroll  1-1oz Fortune Cookie  1 Sl Spice Cake w/ 1/2c sliced Apples | ***THURSDAY 31, 2022***  4oz Roasted Chicken w/ 2oz LS Gravy  4oz Garlic Mashed Potatoes  4oz Glazed Carrots  1 WW Roll  1 Half Baked Apple |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 740.0 | 807.6 | 707.4 | 749.0 | 733.2 |
| % Carbohydrates from Calories | 45-55% | 51.3 | 53.7 | 46.8 | 51.2 | 53.0 |
| % Protein from Calories | 15-25% | 22.1 | 20.5 | 25.2 | 20.7 | 20.0 |
| % Fat from Calories | 25-35% | 26.5 | 25.9 | 28 | 28.0 | 26.9 |
| Saturated Fat | less than 8g | 8.0 | 7.4 | 7.8 | 7.9 | 8.0 |
| Fiber | 10g or more | 10.4 | 10.0 | 10.6 | 12.6 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.2 | 2.2 | 2.8 | 1.8 | 2.5 |
| Vitamin A | 300ug RAE or more | 417.4 | 286.3 | 625.6 | 335.1 | 635.4 |
| Vitamin C | 30mg or more | 66.3 | 79.1 | 52.1 | 64.2 | 67.4 |
| Iron | 2.6mg or more | 5.8 | 4.4 | 4.9 | 5.3 | 5.0 |
| Calcium | 400mg or more | 517.3 | 596.7 | 536 | 575.0 | 494.3 |
| Sodium | less than 766mg | 646.5 | 705.4 | 762.6 | 754.2 | 533.2 |

***Nutrient Table***

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