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| **Monday, April 3rd****1/2c Macaroni Salad****1/2c Chicken Cranberry and Pecan Salad w/ 3 oz. meat****1/2c Brussel Sprouts****2 Tomato Slices****1 Whole Wheat Roll****3/4c Cantaloupe** | **Tuesday, April 4th****1/2c Pea Salad****3 oz. Chicken Fried Steak****1/2c Mashed Potatoes** **1 svg. 4 oz. Cauliflower** **1 Dinner Roll****1c Grapes** | **Wednesday. April 5th****1c Caesar Salad****1 svg. Spaghetti w/ 3 oz. meat sauce****1/2c Zucchini Squash****1 sl French Bread****100 g. Sherbet ice cream** | **Thursday, April 6th****1/2c Summer Salad****1 sl. Pork Roast w/ 3 oz. meat****1 Baked Potato****3/4c Peas****1 pc. Jalapeno Cornbread****1/2c Applesauce** | **Friday, April 7th****1/2c Apple Cabbage Coleslaw****3 oz. Salmon Fillet****1/2c Dill Potatoes****1c Seasoned Spinach****1 Whole Wheat Roll****2 oz. Bread Pudding** |
| **Monday, April 10th****1/2c Carrot Raisin Salad****1 svg. Swiss Steak w/ 3 oz. meat****1 Baked Potato****1/2c Baby Carrots****1 Dinner Roll****1 Apple** | **Tuesday, April 11th****1c Spinach Salad w/ Egg****1 pc. Lasagna w/ 3 oz. meat****1/2c Italian Vegetables****1 Whole Wheat Roll****1/2c Tropical Fruit** | **Wednesday, April 12th****1/2c Pineapple Coleslaw****4 oz. Baked Fish****1/2c Oven Roasted Potatoes****1/2c Asparagus****1 Yeast Roll****1c Mixed Fruit** | **Thursday, April 13th****1c Tossed Salad****1 svg. Chicken Penne Alfredo w/ 3 oz. meat****1/2c Seasoned Spinach****1 Whole Wheat Roll****4 oz. Banana Pudding w/ wafers** | **Friday, April 14th** **1c Garden Salad****3/4c Picadillo w/ 3 oz. meat****1/2c Spanish Rice****1/2c Pinto Beans****1 Tortilla****1 Neiman Marcus Cookie** |
| **Monday, April 17th** **1/2c Summer Salad****(1/4c pasta, 2oz Veggies)****1c Pepper Steak w/ 3 oz. meat and 5 oz. Green & Red Pepper and Onion****1/2c Rice****1/2c Brussel Sprouts****1 Whole Wheat Roll****1/2c Cherries in Crisp** | **Tuesday, April 18th****1c Cucumber Salad****5.5 oz. Teriyaki Chicken****1/2c Fried Rice****1/2c Oriental Vegetables****1 Whole Wheat Roll****1c Watermelon****1 Peanut Butter Cookie** | **Wednesday, April 19th****1/2c Cilantro Corn Salad****9 oz. Beef Pot Roast w/ 3 oz meat and 6 oz potatoes, onion, carrots, celery.** **1 Whole Wheat Roll****1 Pear** | **Thursday, April 20th****1c Lettuce and Tomato****5 oz Red Chile Meat w/ 3 oz. meat and 2 oz. Red Chile and Potatoes** **3/4c Sopa****1/2c Pinto Beans****1 Tortilla****4 oz. Mixed Fruit** | **Friday, April 21st****1 Hot Dog w/ 3 oz. meat and 1 bun****1/2c Oven Roasted Potatoes****1/2c Mixed Vegetables****1/2c Apricots** |
| **Monday, April 24th****1/2c Spinach Salad w/ Egg****1 pc. Chicken Pot Pie w/ 3 oz. meat and 5 oz. vegetables****1/2c Asparagus****1 svg. Honey Biscuits****1/2c Peaches** | **Tuesday, April 25th****1/2c Potato Salad****1 svg. Beef Brisket w/ 3 oz. meat****1 Yeast Roll****1/2c Ranch Style Beans****1/2c Carrots and Celery****1/2c Fruit Salad** | **Wednesday, April 26th****1/2c Beet and Onion Salad****1 1/2c Chef Salad w/ 1c lettuce, 3 oz. meat, 2 oz. vegetables** **6 Low Sodium Crackers****1 pc. Applesauce Cake** | **Thursday, April 27th****1/2c Lettuce & Tomato****1/4c Red Onion****1 Cheeseburger w/ 3 oz. meat and bun****1/2c Tater Tots****1/2c Corn****1 Oatmeal Raisin Cookie****1 Pear** | **Friday, April 28th****1c Tossed Salad****1 svg. Pico de Gallo w/ Avocado****1 svg. Chicken Fajita w/ 3 oz. meat & 5 oz. vegetables****1/2c Spanish Rice****1/2c Pinto Beans****1 Tortilla****1 Apple**  |

***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:****n/a** |
| Calories | 700 or more | 802 | 784 | 770 | 808 |  |
| % Carbohydrates from Calories | 45-55% | 46.7% | 51% | 51.7% | 49.7% |  |
| % Protein from Calories | 15-25% | 22.4% | 21.9% | 22.2% | 23.9% |  |
| % Fat from Calories | 25-35% | 30.9% | 27.2% | 26% | 26.4% |  |
| Saturated Fat | less than 8g | 7.68g | 7.72g | 6.13g | 7.56g |  |
| Fiber | 10g or more | 11.17g | 11.4g | 10.3g | 11.5g |  |
| Vitamin B-12 | .8ug or more | 2.1ug | 2.8ug | 2.6ug | 2.4ug |  |
| Vitamin A | 300ug RAE or more | 449ug | 583ug | 428ug | 501ug |  |
| Vitamin C | 30mg or more | 62mg | 82mg | 67mg | 64mg |  |
| Iron | 2.6mg or more | 5.4mg | 7mg | 5.5mg | 6.5mg |  |
| Calcium | 400mg or more | 511mg | 556mg | 430mg | 527mg |  |
| Sodium | less than 766mg | 744mg | 729mg | 648mg | 731mg |  |

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