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| --- | --- | --- | --- | --- |
| 8oz (1cup) 1% milk served at meals |  | WEDNESDAY 1, 20241/2c Baked breaded Eggplant Parmesan1/4c NAS Marinara Sauce1oz Mozzarella Cheese1/2c penne pasta w/ 1 tsp margarine1c Italian blend w/ 1 tsp unsalted butter 1c Greek Nonfat Vanilla Yogurt1/2c Honeydew | THURSDAY 2, 20244oz Teriyaki Chicken (3oz Diced Chicken, 1oz Teriyaki sauce)1c Oriental vegetables w/ 1 tsp margarine1/2c Brown Rice w./ 1 tsp margarine3/4c Pineapple Tidbits  | FRIDAY 3, 2024Chile Relleno(1 Green Chile, 1oz Cheese, 1oz Breading. 1oz Green Chile Sauce)1/2c LS Spanish Rice1/2c Calabacitas1/2c Spanish Slaw 1/2c Pinto Beans1/2c Plums |
| MONDAY 6, 2024 Green Chile Chicken Tamale(2oz Chicken, 1oz Green Chile, 1/3c Masa, 1/4c Green Chile Sauce)1/2c Black beans3/4c cilantro lime brown Rice1c Capri Vegetables w/ 1 tsp unsalted butter Fresh Pear  | TUESDAY 7, 2024 3oz Breaded Fish1 TBSP Tartar Sauce1/2c parsley potatoes3/4c Spinach w/ 1 tsp unsalted butter Wheat roll 3/4c Grapes | WEDNESDAY 8, 2024 3/4c Ham and Beans(1/2c Beans, 1oz LS Ham, 1oz Sauce)1/2c Sliced Red Peppers and onions1c Garden Blend vegetables1 sl. LF Cornbread w/ 1 tsp unsalted butter | THURSDAY 9, 20241c Green Chile Chicken Posole(1oz GC, 3oz Chicken, 1/2c Hominy)1c Carrots & Green beans w/ 1 tsp unsalted butter 1 6in Flour TortillaOrange  | FRIDAY 10, 2024Grilled Cheese Sandwich(2 slices wheat bread, 1oz cheese)3/4c LS Tomato Soup3/4c LS LF Broccoli Salad 1c Fruit Salad1c Greek nonfat vanilla yogurt |
|  MONDAY 13, 2024Chef Salad(1c Romaine Lettuce, 1/4c Tomatoes, 1 Egg, 1oz Turkey, 1oz LS Ham, 2 TBSP Light Ranch Dressing)1 Breadstick1/2c SF Gelatin w/ 1/2c Fruit Cocktail | TUESDAY 14, 20243oz LS Baked Salmon1 TBSP tartar Sauce1/2c LS Brown rice Pilaf w/ 1/2c Mushrooms1/2c AsparagusWheat roll w/ 1 tsp margarine1c Mixed Berries | Wednesday 15, 2024Sloppy Joe(1 WW bun, 3oz beef, 1oz Sauce)1/2c Green Bean Almondine1/2c Corn w/ 1tsp margarine 1/2c Apples in 1/4c Crisp | THURSDAY 16, 2024 Chicken w/ Fried Rice(3oz Diced Chicken, 3/4c Fried Rice(1/4 peas and carrots, 1/2c Rice)1c Stir Fry Vegetables w/ snap peas1c Pineapple  | FRIDAY 17, 2024Green chile Beef and bean Burrito(1oz GC, 2oz Beef, 1/2c LS Pinto Beans, 1oz Cheese, 8 in WW tortilla, 1 TBSP Salsa, 1 TBSP Sour cream)1c Vegetable Medley1c Diced Mango |
| MONDAY 20, 2024Oriental Chicken Salad(3oz Diced Chicken, 1c Romaine Lettuce, 1/4c napa Cabbage, 1/4c Carrots, 1/4c Cucumber, 1 TBSP Sliced Almonds, 1 TBSP Crunchy Chow Mein, 1/2c Broccoli, 2 TBSP Toasted sesame Asian Light dressing)6 LS WW Crackers 1c Mandarin oranges | TUESDAY 21, 20244oz Pork Schnitzel2oz LS Mushroom Gravy(2oz LS Gravy, 1/4c Mushrooms)1/2c German Potato Salad1/2c LS German Coleslaw1c Cauliflower and Carrots1c Diced pears | WEDNESDAY 22, 2024Green chile Chicken Alfredo(1oz GC, 3oz Diced Chicken, 1oz Light alfredo sauce)1c Penne Pasta1/2c 5 way mixed vegetables w/ 1 tsp unsalted butter Gallic KnotCaesar Salad (1c Romaine lettuce, 1/4c Tomatoes)2 TBSP Light Caesar Dressing3/4c Peaches  | THURSDAY 23, 2024Red Chile Cheese Enchiladas(1oz Cheese, 1/4c RC sauce, 2 corn tortilla)1/2c Pinto Beans1c California Blend Vegetables w/ 1 tsp unsalted butter 1/2c Butterscotch Pudding | FRIDAY 24, 2024Chicken Fried Steak(3oz chicken fried steak, 1oz LS White Gravy)1/2c LS Mashed Potatoes1/2c NAS Stewed TomatoesWheat roll w/ 1 tsp unsalted butter 1/2c Applesauce |
| MONDAY 27, 2024Center Closed | TUESDAY 28, 2024BBQ Chicken(2 TBSP BBQ sauce, 3oz Chicken Breast1c Coleslaw w/ 2 TBSP dressing1/2c LS Ranch BeansWW Roll w/ 1 tsp margarine1/2c Vanilla Pudding | Wednesday 29, 2024 Beef Brisket(3oz LS Lean Brisket)3/4c Sweet potatoes 2oz LS Brown Gravy1/2c Green Beans w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted margarine1c Tropical fruit Salad  | Thursday 30,2024Mac and Cheese1/2c macaroni, .5oz Cheese)2oz LS Ham1c Chateau Blend Vegetables w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter 1/2c Greek Nonfat Vanilla Yogurt3/4c Mixed Fruit  | Friday May 31, 2024Pepper Steak(3oz lean Beef, 1/2c Peppers and Onions)1/2c Brown Rice1c Stir Fry Vegetables1 fortune cookie1c Strawberries  |

**NUTRIENT ANALYSIS**

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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:****5** | **Days in Week:****5** | **Days in Week:****4** |
| Calories | 700 | 706.7 | 704.6 | 714.0 | 703.4 | 739.8 |
| % Carbohydrates from Calories | 45-55% | 53.2 | 54.8 | 50.3 | 49.7 | 51.6 |
| % Protein from Calories | 15-25% | 21.5 | 18.8 | 21.3 | 21.4 | 23.2 |
| % Fat from Calories | 25-35% | 25.3 | 26.4 | 28.4 | 28.9 | 25.2 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 6.5 | 7.8 | 7.5 |
| Fiber | 10 grams or more | 10.7 | 13.7 | 10.4 | 11.2 | 10.0 |
| Vitamin B-12 | .8ug or more  | 2.0 | 1.8 | 2.3 | 1.6 | 2.8 |
| Vitamin A | 300ug RAE or more | 332.3 | 533.0 | 304.4 | 507.8 | 438.6 |
| Vitamin C | 30mg or more | 82.4 | 53.4 | 30.2 | 58.1 | 60.0 |
| Iron | 2.6mg or more | 3.2 | 4.8 | 4.3 | 4.1 | 4.4 |
| Calcium | 400mg or more | 654.2 | 604.1 | 458.8 | 488.3 | 494.8 |
| Sodium | less than 766mg | 764.4 | 764.3 | 762.5 | 756.9 | 740.1 |

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 15, 2024