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| --- | --- | --- | --- | --- |
| 8oz (1cup) 1% milk served at meals |  | WEDNESDAY 1, 2024  1/2c Baked breaded Eggplant Parmesan  1/4c NAS Marinara Sauce  1oz Mozzarella Cheese  1/2c penne pasta w/ 1 tsp margarine  1c Italian blend w/ 1 tsp unsalted butter  1c Greek Nonfat Vanilla Yogurt  1/2c Honeydew | THURSDAY 2, 2024  4oz Teriyaki Chicken  (3oz Diced Chicken, 1oz Teriyaki sauce)  1c Oriental vegetables w/ 1 tsp margarine  1/2c Brown Rice w./ 1 tsp margarine  3/4c Pineapple Tidbits | FRIDAY 3, 2024  Chile Relleno  (1 Green Chile, 1oz Cheese, 1oz Breading. 1oz Green Chile Sauce)  1/2c LS Spanish Rice  1/2c Calabacitas  1/2c Spanish Slaw  1/2c Pinto Beans  1/2c Plums |
| MONDAY 6, 2024  Green Chile Chicken Tamale  (2oz Chicken, 1oz Green Chile, 1/3c Masa, 1/4c Green Chile Sauce)  1/2c Black beans  3/4c cilantro lime brown Rice  1c Capri Vegetables w/ 1 tsp unsalted butter  Fresh Pear | TUESDAY 7, 2024  3oz Breaded Fish  1 TBSP Tartar Sauce  1/2c parsley potatoes  3/4c 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 onions  1c Garden Blend vegetables  1 sl. LF Cornbread w/ 1 tsp unsalted butter | THURSDAY 9, 2024  1c Green Chile Chicken Posole  (1oz GC, 3oz Chicken, 1/2c Hominy)  1c Carrots & Green beans w/ 1 tsp unsalted butter  1 6in Flour Tortilla  Orange | FRIDAY 10, 2024  Grilled Cheese Sandwich  (2 slices wheat bread, 1oz cheese)  3/4c LS Tomato Soup  3/4c LS LF Broccoli Salad  1c Fruit Salad  1c Greek nonfat vanilla yogurt |
| MONDAY 13, 2024  Chef Salad  (1c Romaine Lettuce, 1/4c Tomatoes, 1 Egg, 1oz Turkey, 1oz LS Ham, 2 TBSP Light Ranch Dressing)  1 Breadstick  1/2c SF Gelatin w/ 1/2c Fruit Cocktail | TUESDAY 14, 2024  3oz LS Baked Salmon  1 TBSP tartar Sauce  1/2c LS Brown rice Pilaf w/ 1/2c Mushrooms  1/2c Asparagus  Wheat roll w/ 1 tsp margarine  1c Mixed Berries | Wednesday 15, 2024  Sloppy Joe  (1 WW bun, 3oz beef, 1oz Sauce)  1/2c Green Bean Almondine  1/2c 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 peas  1c Pineapple | FRIDAY 17, 2024  Green 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 Medley  1c Diced Mango |
| MONDAY 20, 2024  Oriental 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, 2024  4oz Pork Schnitzel  2oz LS Mushroom Gravy  (2oz LS Gravy, 1/4c Mushrooms)  1/2c German Potato Salad  1/2c LS German Coleslaw  1c Cauliflower and Carrots  1c Diced pears | WEDNESDAY 22, 2024  Green chile Chicken Alfredo  (1oz GC, 3oz Diced Chicken, 1oz Light alfredo sauce)  1c Penne Pasta  1/2c 5 way mixed vegetables w/ 1 tsp unsalted butter  Gallic Knot  Caesar Salad  (1c Romaine lettuce, 1/4c Tomatoes)  2 TBSP Light Caesar Dressing  3/4c Peaches | THURSDAY 23, 2024  Red Chile Cheese Enchiladas  (1oz Cheese, 1/4c RC sauce, 2 corn tortilla)  1/2c Pinto Beans  1c California Blend Vegetables w/ 1 tsp unsalted butter  1/2c Butterscotch Pudding | FRIDAY 24, 2024  Chicken Fried Steak  (3oz chicken fried steak, 1oz LS White Gravy)  1/2c LS Mashed Potatoes  1/2c NAS Stewed Tomatoes  Wheat roll w/ 1 tsp unsalted butter  1/2c Applesauce |
| MONDAY 27, 2024  Center Closed | TUESDAY 28, 2024  BBQ Chicken  (2 TBSP BBQ sauce, 3oz Chicken Breast  1c Coleslaw w/ 2 TBSP dressing  1/2c LS Ranch Beans  WW Roll w/ 1 tsp margarine  1/2c Vanilla Pudding | Wednesday 29, 2024  Beef Brisket  (3oz LS Lean Brisket)  3/4c Sweet potatoes  2oz LS Brown Gravy  1/2c Green Beans w/ 1 tsp unsalted butter  Wheat roll w/ 1 tsp unsalted margarine  1c Tropical fruit Salad | Thursday 30,2024  Mac and Cheese  1/2c macaroni, .5oz Cheese)  2oz LS Ham  1c Chateau Blend Vegetables w/ 1 tsp unsalted butter  Wheat roll w/ 1 tsp unsalted butter  1/2c Greek Nonfat Vanilla Yogurt  3/4c Mixed Fruit | Friday May 31, 2024  Pepper Steak  (3oz lean Beef, 1/2c Peppers and Onions)  1/2c Brown Rice  1c Stir Fry Vegetables  1 fortune cookie  1c 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