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|  |  |  | **THURSDAY 1, 2024**  **1c Beef Stew**  (3 oz beef, 1/2c vegetables,  1 oz sauce)  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  1 6-in WW Tortilla w/ 1 tsp margarine  1/2c Apricots | **FRIDAY 2, 2024**  **3oz Chicken Thighs**  12c LS Brown Rice Pilaf  1c Asian Vegetables w/ 1 tsp margarine  WW Roll w/ 1 tsp Margarine  1c Tropical Fruit Salad |
| **MONDAY 5, 2024**  **5 oz Pepper Steak**  **(3 oz** Beef, 2 oz Peppers),  1/2c Fried Rice (1/2c Peas and carrots)  WW Roll 1 tsp margarine  1/2c Fruit Cocktail  1c Mixed Green Salad w/ 2 TBSP Light Dressing | **TUESDAY 6, 2024**  **3oz Pork Chops w/ 2oz LS Gravy**  1/2c Rice Pilaf w/ 1/2c Mushrooms  1/2c LS Stewed Tomatoes  Biscuit  1c Grapes | **WEDNESDAY 7, 2024**  **6oz Chicken Pot Pie**  (3oz Chicken, 1oz Crust, 1/2c Mixed Vegetables) 1c Tossed Salad w/ 2 TBSP Light Dressing  WW Roll w/ 1 tsp Margarine  1 Banana | **THURSDAY 8, 2024**  **5oz Green Chile Cheese Enchiladas**  (1oz Cheese, 1oz GC, 2 corn tortillas, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1/2c Capri Vegetables  1/2c Gelatin | **TUESDAY 9, 2024**  **Spaghetti w/ Meat Sauce**  (1/2c Spaghetti, 5oz Meat Sauce (3oz Meat, 2oz NAS Marinara Sauce)  1c Italian Vegetables  1c Caesar Salad w/ 1 TBSP Dressing  Garlic Breadstick  1c Apricots |
| **MONDAY 12, 2024**  **BBQ Chicken Breast**  (3oz Chicken, 1oz LS BBQ Sauce)  1 c Tossed Salad w/ 2 TBSP Light Dressing  1/2c Cucumber and Onion Salad  Biscuit  1/2c LS Baked Beans  1c Watermelon | **TUESDAY 13, 2024**  **4oz Carne Adovada**  (3oz Pork, 2 oz RC Sauce)  1/2c LS Pinto Beans  1/2c Spinach  1 6in flour tortilla  Strawberry Shortcake  1/2c Strawberries,  1 biscuit | **WEDNESDAY 14, 2024**  **Baked Macaroni w/ Marinara Sauce**  (1/2c Macaroni, w/ 2oz Marinara Sauce, 1 oz Cheese)  Wheat Roll w/ 1 tsp Margarine  1/2c Green Beans w/ 1/3c Slivered Almonds  1c Caesar Salad w/ 2 TBSP Dressing,  1/2c Pineapple Chunks w/ 1/2c Nonfat Vanilla Greek Yogurt | **THURSDAY 15, 2024**  **Soft Beef Taco**  (1 6in Flour Tortilla, 1/2c Lettuce, tomato, .5oz Cheese, 3oz Ground Beef, 1oz Salsa)  1/2c LS Spanish Rice  1/2c Pinto Beans  1/2c beets w/ radishes  Orange | **FRIDAY 16, 2024**  **Tuna and Egg Salad Sandwich**  (3oz Tuna, 2 slices wheat bread, 1/2c Lettuce and tomato, ½ Egg, 2 slices Dill Pickle)  10 Baby Carrots  6 Celery Sticks  1/2c Mixed Fruit |
| **MONDAY 19, 2024**  **CLOSED**  **PRESIDENT’S DAY** | **TUESDAY 20, 2024**  **Chef Salad**  (1.5 cup romaine, 1 HB Egg, 1oz Turkey, 1/4c Carrots, 1/4c Cabbage, 1/4c Cucumber, 1 slice tomato, 1oz Chicken, 1oz LS Ham)  2 TBSP FF Ranch Dressing  6 LS WW Crackers  1 Fresh Pear | **WEDNESDAY 21, 2024**  **Chicken and Mushrooms**  (3oz Chicken, 1oz LS Gravy, 1/4c Mushrooms)  1/2c Penne Pasta w/ 1 tsp unsalted butter  1c Broccoli & Cauliflower  Wheat Roll/ 1 tsp Unsalted butter  1c Strawberries  1 slice SF Angel Food Cake | **THURSDAY 22, 2024**  **4oz Salisbury Steak, w/ 2oz LS Gravy**  **1/3c Scalloped Potatoes**  1c Vegetable medley w/ 1 tsp unsalted butter  1/2c spiced Peaches  Whole Wheat Roll | **FRIDAY 23 2024**  **Turkey and Cheese Sandwich**  (2oz Turkey Breast, .5oz Swiss Cheese, 2 slices wheat bread, 1/2c Lettuce and 2 slices tomato)  1/2c NAS Stewed Tomatoes w/ 1oz Green Chile  3/4c LS 3 Bean Salad  1/2c Light Vanilla nonfat yogurt |
| **MONDAY 26, 2024**  **Chili Dog**  (1oz turkey frank, 2 oz meat chile,  1 WW hot dog bun)  1/2c NAS Potato Wedges  1/2c Italian beans  1/2c Light Vanilla nonfat yogurt  1c Fruit Salad | **TUESDAY 27, 2024**  **3oz Meatloaf**  1/2c LS Mashed Potatoes  1/2c Green Beans w/ 1 tsp unsalted butter  1 WW Roll w/ 1 tsp margarine  3/4c Plums  Oatmeal Cookie | **WEDNESDAY 28, 2024**  **Grilled Cheese**  (1 oz cheese, 2 ww slices wheat bread)  1c NAS Veggie Soup w/ 1/2c Red Kidney Beans  1 Hard Boiled Egg  1c Mandarin oranges and pineapple tidbits | **THURSDAY 29, 2024**  6 oz LS Beef Barley Soup  (3oz Beef, 1/3c Barley, 1oz Carrots)  Wheat roll  1c Caesar Salad  (1c Romain lettuce, 1/4c Tomato)  w/ 2TBSP Light Caesar Dressing  1/2c Apple in 1/4c Crisp | **8 oz. 1% Milk Served with All Meals** |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **4** |
| Calories | 700 or more | 744.8 | 701.3 | 727.7.6 | 724.5 | 702.0 |
| % Carbohydrates from Calories | 45-55% | 54.9 | 52.2 | 48.2 | 48.9 | 52.5 |
| % Protein from Calories | 15-25% | 19.8 | 19.4 | 24.3 | 25.8 | 18.0 |
| % Fat from Calories | 25-35% | 25.3 | 28.4 | 27.5 | 25.3 | 29.6 |
| Saturated Fat | less than 8g | 6.6 | 6.7 | 6.2 | 7.7 | 7.9 |
| Fiber | 10g or more | 10.2 | 10.5 | 13.0 | 10.5 | 10.4 |
| Vitamin B-12 | .8ug or more | 2.7 | 2.1 | 2.1 | 2.3 | 2.4 |
| Vitamin A | 300ug RAE or more | 885.3 | 536.7 | 584.4 | 410.3 | 350.5 |
| Vitamin C | 30mg or more | 52.2 | 32.6 | 55.7 | 40.3 | 31.1 |
| Iron | 2.6mg or more | 4.3 | 5.0 | 5.8 | 5.5 | 5.1 |
| Calcium | 400mg or more | 443.9 | 485.8 | 549.1 | 518.0 | 535.8 |
| Sodium | less than 766mg | 589.5 | 678.5 | 763.3 | 761.8 | 760.6 |

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 1/17/2024