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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 Dressing1 6-in WW Tortilla w/ 1 tsp margarine1/2c Apricots  | **FRIDAY 2, 2024****3oz Chicken Thighs**12c LS Brown Rice Pilaf1c Asian Vegetables w/ 1 tsp margarine WW Roll w/ 1 tsp Margarine1c 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 margarine1/2c Fruit Cocktail1c 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 Mushrooms1/2c LS Stewed Tomatoes Biscuit1c Grapes | **WEDNESDAY 7, 2024****6oz Chicken Pot Pie**(3oz Chicken, 1oz Crust, 1/2c Mixed Vegetables)1c Tossed Salad w/ 2 TBSP Light DressingWW Roll w/ 1 tsp Margarine1 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 Beans1/2c Capri Vegetables1/2c Gelatin  | **TUESDAY 9, 2024****Spaghetti w/ Meat Sauce**(1/2c Spaghetti, 5oz Meat Sauce (3oz Meat, 2oz NAS Marinara Sauce)1c Italian Vegetables1c Caesar Salad w/ 1 TBSP DressingGarlic Breadstick1c Apricots |
| **MONDAY 12, 2024****BBQ Chicken Breast**(3oz Chicken, 1oz LS BBQ Sauce)1 c Tossed Salad w/ 2 TBSP Light Dressing1/2c Cucumber and Onion Salad Biscuit1/2c LS Baked Beans1c Watermelon  | **TUESDAY 13, 2024****4oz Carne Adovada**(3oz Pork, 2 oz RC Sauce)1/2c LS Pinto Beans1/2c Spinach 1 6in flour tortillaStrawberry Shortcake1/2c 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 Margarine1/2c 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 Rice1/2c Pinto Beans1/2c beets w/ radishesOrange  | **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 Carrots6 Celery Sticks1/2c 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 Dressing6 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 & CauliflowerWheat 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 Salad1/2c 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 Wedges1/2c Italian beans1/2c Light Vanilla nonfat yogurt 1c Fruit Salad | **TUESDAY 27, 2024****3oz Meatloaf**1/2c LS Mashed Potatoes1/2c Green Beans w/ 1 tsp unsalted butter 1 WW Roll w/ 1 tsp margarine 3/4c PlumsOatmeal Cookie  | **WEDNESDAY 28, 2024****Grilled Cheese**(1 oz cheese, 2 ww slices wheat bread)1c NAS Veggie Soup w/ 1/2c Red Kidney Beans1 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 roll1c Caesar Salad (1c Romain lettuce, 1/4c Tomato)w/ 2TBSP Light Caesar Dressing1/2c 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