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| **MONDAY 2, 2023**  Breaded Chicken Sandwich  (1 bun, 3oz Chicken, 1/2c Lettuce, 2 slices tomato)  1/2c NAS Baked Steak Fries  1/2c Dill Cucumbers  1c Cantaloupe | **Tuesday 3, 2023**  BBQ Beef Ribs  (3oz Boneless Beef Ribs, 1 TBSP LS BBQ Sauce)  1/2c Spaghetti Squash  1/2c LS Stewed Okra w/ tomatoes and Onions  Wheat roll w/ 1 tsp margarine  1c Strawberries | **Wednesday 4, 2023**  Turkey Taco  (3oz Ground Turkey, 1/2c lettuce and tomato, 2 TBSP LS Salsa, 2 corn tortilla)  1/2c LS Pinto Beans  1c Roasted Mexican Vegetables  1c Tropical Fruit Salad | **THURSDAY 5, 2023**  Chicken Chow Mein  (3oz Diced Chicken, 2oz Sauce, 1/2c Chow Mein Noodles)  1c Stir Fry Vegetables  1c Pineapple and Mandarin oranges  1 Fortune cookie | **FRIDAY 6, 2023**  CLOSED |
| **MONDAY 9, 2023**  4oz Shredded Pork  (3oz Pork, 1oz Pork)  1/2c LS Ranch Beans  3/4c LS Rosted Zucchini  1 6in flour Tortilla  1c Grapes | **TUESDAY 10, 2023**  Sweet and Sour Meatballs  (3oz Meatballs, 1oz Sauce)  1c Brown Rice  1c Asian Blend Vegetables  1/2c Plums  1 Fortune Cookie | **WEDNESDAY 11, 2023**  3/4c Chicken Morney Casserole  (3oz Chicken, 1/4c Broccoli 1oz Sauce)  1/2c Quinoa  1c Green Beans/Carrots  Wheat roll  1/2c Apricots | **THURSDAY 12, 2023**  6oz Beef Macaroni  (3oz beef, 1/2c Macaroni)  1c Tossed Salad w/ 2 TBSP light Italian Dressing  1c Italian Blend Vegetables  Wheat roll w/ 1 tsp margarine  1/2c Apple Slices | **FRIDAY 13, 2023**  CLOSED |
| **MONDAY 16, 2023**  Beef Tips  (3oz Beef, 2oz LS Gravy,  1/2c Mushrooms)  1/2c LS Mashed Potatoes  1/2c Spinach & 1/4c Onions  Wheat roll w/1 tsp margarine  1/2c Peaches | **TUESDAY 17, 2023**  3oz LS Herbed Fish (cod)  2 TBSP tartar Sauce and lemon  1/2c Broccoli Slaw w/ 2 TBSP Dressing  Wheat roll w/ 1 tsp margarine  1/2c Herb Roasted Potatoes  1/2c Pears | **WEDNESDAY 18, 2023**  Chicken Sausage  (2oz Sausage, 1/2c Peppers and onions)  1/2c Asparagus  1/2c Angel Hair Pasta  4oz Greek Nonfat Vanilla Yogurt  1/2c Fruit Cocktail | **THURSDAY 19, 2023**  Egg salad sandwich  (4 oz egg salad, 1/2c butter lettuce, 2 slice WW bread)  3/4c LS three Bean Salad  (1/4c Red beans, 1/2c yellow and was beans)  1/2c Sweet potato fries  1 banana  1/2c Greek nonfat vanilla yogurt | **FRIDAY 20, 2023**  CLOSED |
| **MONDAY 23, 2023**  1/2c Green Salad w/ 1 TBSP light Italian Dressing  3oz Porcupine Meatballs  (3oz Beef, 1/4c Rice, 2oz tomato sauce)  3/4c Roasted Brussel Sprouts  1/2c Cauliflower  Wheat roll w/ 1 tsp margarine  1c Fruit Salad | **TUESDAY 24, 2023**  3oz Baked Chicken Thighs  1 Baked Potato w/ 1 tsp margarine, 2 TBSP Sour Cream, 1 tsp Chives  1c Tossed Salad w/ 2 TBSP light Italian Dressing  Wheat Roll  1c Mixed Fruit | **WEDNESDAY 25, 2023**  Breakfast for Lunch  Western Scrambled Eggs w/ Bell peppers, onions and tomato  (2oz eggs, 1c Bell peppers, onions and tomatoes)  6 in Wheat tortilla  1oz Reduced Fat Sausage patty  1/2c Diced Potatoes  Orange | **THURSDAY 26, 2023**  Red Chile Beef Enchiladas  (3oz Beef, 1oz Cheese, 2 corn tortilla, 1oz RC, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  3/4c Yellow Squash  1c Strawberries and Bananas | **FRIDAY 27, 2023**  CLOSED |
| **MONDAY 30, 2023**  1/2c Green Salad w/ 1 TBSP light Italian Dressing  3oz LS Herbed Pork Chop  1/2c LS Brown Rice Pilaf  1/2c LS Beets  1/2c Roasted carrots  3/4c Tropical Fruit Salad | **TUESDAY 31, 2023**  Pepperoni and Vegetable Pizza  (7 slices pepperoni, 1/2c peppers, onions, mushrooms, onions, 1oz crust, 1oz pizza Sauce)  1/2c LS White Bean Salad  1c Spinach Cranberry Salad  (1c Spinach, 1/4c Red Onions, 1 TBSP Cranberries, 1 TBSP  4 LS WW Crackers w/ 1 tsp margarine  1c Watermelon |  |  | 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:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **2** |
| Calories | 700 or more | 721.8 | 710.1 | 714.6 | 709.0 | 763.8 |
| % Carbohydrates from Calories | 45-55% | 51.8 | 49.63 | 54.1 | 51.9 | 51.7 |
| % Protein from Calories | 15-25% | 21.9 | 21.3 | 19.4 | 19.7 | 20.1 |
| % Fat from Calories | 25-35% | 26.3 | 29.1 | 26.6 | 28.4 | 28.2 |
| Saturated Fat | less than 8g | 5.9 | 8.0 | 5.2 | 7.9 | 7.4 |
| Fiber | 10g or more | 12.2 | 11.2 | 11.2 | 13.2 | 11.8 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.1 | 2.7 | 2.2 | 1.8 |
| Vitamin A | 300ug RAE or more | 373.2 | 531.1 | 515.8 | 481.7 | 468.4 |
| Vitamin C | 30mg or more | 124.1 | 42.1 | 46.5 | 125.6 | 63.4 |
| Iron | 2.6mg or more | 5.6 | 5.2 | 5.1 | 4.9 | 7.0 |
| Calcium | 400mg or more | 493.1 | 488.5 | 521.5 | 512.2 | 595.2 |
| Sodium | less than 766mg | 548.5 | 737.8 | 747.9 | 764.7 | 722.6 |

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