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| --- | --- | --- | --- | --- |
| 2% Milk served at meals |  | May 1  3/4c Chicken and Rice  (3oz Diced Chicken, 1/2c Rice, 1oz sauce)  1/2c peas and carrots  3/4c Broccoli w/ 1 tsp margarine  Medium apple | May 2  1c RC Pork Posole  (1oz RC, 3oz Pork, 1/2c Hominy)  1c Tossed salad w/ 2 TBSP Light ranch dressing  6 in WW Tortilla  1c Diced Mango | May 3  5oz LS herbed baked Fish  3/4c Parsley Potatoes  1c Coleslaw w/ 2 TBSP dressing  Wheat roll 1 w/ 1 tsp margarine  banana |
| May 6  2oz LS baked Ham  1/2c Sweet potatoes w/ 1/3c unsalted Chopped pecans  1c California Blend Vegetables  Wheat roll  Orange | May 7  GC beef and Potatoes  (1oz GC, 2oz Beef, 1/2c Potatoes, 1 6in Tortilla)  1c Zucchini and NAS diced tomatoes)  1/4c Black beans and 1/4c corn  Fresh pear | May 8  Grilled Chicken Sandwich  (1 bun, 3oz Chicken breast , 1/2c Lettuce, 1 slice tomato)  1/2c NAS French Fries  1c Pasta Salad  (1/2c Pasta Salad, 1/2c Vegetables)  1/2c Apricots | May 9  RC Beef Enchiladas  (2 corn tortillas, 1oz Cheese, 3oz beef, 1oz RC sauce, 1/2c Lettuce and tomato, 1/8c Onion)  1/2c LS Spanish Rice  1/2c LS pinto Beans  1c Capri Vegetables  1/2c Peaches | May 10  3oz LS Baked Chicken Wings  1/2c Potato Salad  1/2c Green beans  1 slice LF Cornbread  1c Fruit Salad |
| May 13  1c Tater Tot Casserole  (1/2c mixed vegetables, 1/4c Tater tots, 3oz Ground Beef, 1oz Sauce)  1c Garden Blend Vegetables  6 LS WW crackers  1/2c Mixed fruit | May 14  Chicken Taco  (3oz Chicken, 1/2c Lettuce and tomato, 2 TBSP Salsa, 1 6in Flour tortilla)  1/2c LS Spanish rice  1/2c Pinto beans  1/2c yellow squash  1c Tropical fruit Salad | May 15  1c LS Tomato Soup  Grilled Cheese  (2 slices wheat bread, 1oz Cheese)  1/2c Cauliflower  1c Light Cherry Vanilla nonfat yogurt | May 16  Smothered Pork Tamale  w/ RC  (2oz RC Sauce, 2oz pork, 1/3c masa)  1/2c Spanish Slaw  1c Capri Vegetables  1/2c Strawberries w/ 1/4c Bananas  3 graham crackers | May 17  Pasta Primavera  (1/2c Bow tie Pasta, 1c Vegetables (yellow squash, carrots, bell peppers, onion, grapes tomatoes, garlic, oregano), .5oz Parm Cheese, 2 TBSP olive oil)  1/2c Tossed Salad w/ 1 TBSP Light Ranch Dressing, 1/2c LS Garbanzo Beans  1/2c Fruit Cocktail  1/2c Light Cherry nonfat yogurt |
| May 20  3oz Chicken Strips  1oz LS Country Gravy  3/4c Brussel Sprouts  1/2c Tomato and Cucumber salad  Wheat Bread w/ 1 tsp margarine  1/2c mandarin oranges w/ 1/2c Pineapple Chunks | May 21  Chef Salad  (1c Romaine lettuce, 8 baby carrots, 1/4c cucumbers, 1/4c red cabbage, 5 cherry tomatoes, 1 HB Egg, 1oz Turkey, 1oz Diced Chicken)  2 TBSP Light Ranch Dressing  6 LS WW crackers  1c Fruit Salad | May 22  BBQ chicken  (1 TBSP BBQ Sauce, 3oz Chicken breast)  3/4c yams  1/2c NAS Stewed Tomatoes  1/2c Carrot and Raisin Salad  Wheat roll w/ 1 tsp margarine  1c applesauce | May 23  3oz LS Herbed Pork Chops  1/2c LS Brown Rice Pilaf  1c Tossed salad w/ 2 TBSP light French Dressing  1c Chateau blend vegetables  1/2c Peaches in crisp | May 24  Hot Dog  (1oz beef hot dog, 1 WW bun)  1/2c No added salt baked French Fries  1/2c LS LF Broccoli Salad  1c Strawberry Light nonfat yogurt |
| May 27  Closed  Memorial Day | May 28  Chicken Alfredo  (3oz Diced Chicken, 1oz Light Alfredo Sauce, 1/2c Fettuccine)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c Italian Blend Vegetables  Wheat roll  1/2c Fruit Compote | May 29  Egg salad sandwich  (1/2c Egg salad=1 oz egg, 2 slices wheat bread, 1/2c spinach)  1/2c Beets  3/4c Three Bean salad (1/2c Red beans)  Orange | May 30  GC Chicken Enchiladas  (3oz Chicken, 2 corn tortilla, 1oz GC, 1oz Cheese, 1/2c Lettuce and tomato)  1/3c Calabacitas  3/4c LS Pinto Beans  1/2c Pineapples | May 31  5oz LS Beef Tips w/ 2 oz LS Gravy  (3oz Beef)  1/2c Penne pasta  1/2c Green beans  1/2c carrots  1/2c Berries w/ 1/2c SF Gelatin |

***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:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 700.7 | 771.1 | 702.9 | 757.9 | 716.0 |
| % Carbohydrates from Calories | 45-55% | 45.8 | 51.1 | 53.3 | 51.8 | 49.2 |
| % Protein from Calories | 15-25% | 22.9 | 20.3 | 19.7 | 18.5 | 22.9 |
| % Fat from Calories | 25-35% | 31.3 | 28.7 | 27.1 | 29.7 | 27.9 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 7.8 | 7.4 | 8.0 |
| Fiber | 10g or more | 11.0 | 14.0 | 11.4 | 10.1 | 12.7 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.2 | 1.9 | 1.6 | 2.4 |
| Vitamin A | 300ug RAE or more | 544.4 | 431.3 | 372.6 | 546.9 | 549.0 |
| Vitamin C | 30mg or more | 67.0 | 42.8 | 56.4 | 60.9 | 49.5 |
| Iron | 2.6mg or more | 3.4 | 4.5 | 4.4 | 3.8 | 4.7 |
| Calcium | 400mg or more | 451.0 | 496.9 | 599.0 | 479.0 | 528.9 |
| Sodium | less than 766mg | 750.5 | 591.2 | 760.7 | 755.3 | 734.0 |

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 9, 2024