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| --- | --- | --- | --- | --- |
| 2% Milk served at meals |  | May 13/4c Chicken and Rice(3oz Diced Chicken, 1/2c Rice, 1oz sauce) 1/2c peas and carrots3/4c Broccoli w/ 1 tsp margarineMedium apple  | May 2 1c RC Pork Posole(1oz RC, 3oz Pork, 1/2c Hominy)1c Tossed salad w/ 2 TBSP Light ranch dressing6 in WW Tortilla1c Diced Mango | May 35oz LS herbed baked Fish3/4c Parsley Potatoes1c Coleslaw w/ 2 TBSP dressingWheat roll 1 w/ 1 tsp margarine banana |
| May 6 2oz LS baked Ham1/2c Sweet potatoes w/ 1/3c unsalted Chopped pecans1c California Blend VegetablesWheat rollOrange | May 7GC 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 cornFresh pear | May 8 Grilled Chicken Sandwich(1 bun, 3oz Chicken breast , 1/2c Lettuce, 1 slice tomato)1/2c NAS French Fries1c 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 Rice1/2c LS pinto Beans1c Capri Vegetables1/2c Peaches | May 103oz LS Baked Chicken Wings1/2c Potato Salad1/2c Green beans1 slice LF Cornbread 1c Fruit Salad |
| May 131c Tater Tot Casserole(1/2c mixed vegetables, 1/4c Tater tots, 3oz Ground Beef, 1oz Sauce) 1c Garden Blend Vegetables6 LS WW crackers 1/2c Mixed fruit  | May 14Chicken Taco(3oz Chicken, 1/2c Lettuce and tomato, 2 TBSP Salsa, 1 6in Flour tortilla)1/2c LS Spanish rice1/2c Pinto beans1/2c yellow squash1c Tropical fruit Salad  | May 15 1c LS Tomato SoupGrilled Cheese(2 slices wheat bread, 1oz Cheese)1/2c Cauliflower1c Light Cherry Vanilla nonfat yogurt | May 16Smothered Pork Tamalew/ RC (2oz RC Sauce, 2oz pork, 1/3c masa)1/2c Spanish Slaw 1c Capri Vegetables 1/2c Strawberries w/ 1/4c Bananas3 graham crackers  | May 17Pasta 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 Cocktail1/2c Light Cherry nonfat yogurt |
| May 20 3oz Chicken Strips1oz LS Country Gravy3/4c Brussel Sprouts1/2c Tomato and Cucumber saladWheat Bread w/ 1 tsp margarine 1/2c mandarin oranges w/ 1/2c Pineapple Chunks  |  May 21Chef 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 Dressing6 LS WW crackers1c Fruit Salad  | May 22 BBQ chicken(1 TBSP BBQ Sauce, 3oz Chicken breast)3/4c yams1/2c NAS Stewed Tomatoes 1/2c Carrot and Raisin SaladWheat roll w/ 1 tsp margarine1c applesauce | May 233oz LS Herbed Pork Chops1/2c LS Brown Rice Pilaf1c Tossed salad w/ 2 TBSP light French Dressing 1c Chateau blend vegetables 1/2c Peaches in crisp  | May 24Hot Dog(1oz beef hot dog, 1 WW bun)1/2c No added salt baked French Fries1/2c LS LF Broccoli Salad1c Strawberry Light nonfat yogurt  |
| May 27ClosedMemorial Day | May 28 Chicken Alfredo(3oz Diced Chicken, 1oz Light Alfredo Sauce, 1/2c Fettuccine)1c Tossed Salad w/ 2 TBSP Light Italian Dressing1c Italian Blend VegetablesWheat roll 1/2c Fruit Compote  | May 29Egg salad sandwich(1/2c Egg salad=1 oz egg, 2 slices wheat bread, 1/2c spinach) 1/2c Beets3/4c Three Bean salad (1/2c Red beans)Orange | May 30GC Chicken Enchiladas(3oz Chicken, 2 corn tortilla, 1oz GC, 1oz Cheese, 1/2c Lettuce and tomato)1/3c Calabacitas3/4c LS Pinto Beans1/2c Pineapples | May 315oz LS Beef Tips w/ 2 oz LS Gravy(3oz Beef)1/2c Penne pasta 1/2c Green beans1/2c 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