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|  **MONDAY July 3, 2023**Beef & Papas(3oz lean Ground Beef (90%/10%)1/2c Potato)1/2c LS Pinto Beans 3/4c Roasted Cauliflower w/ 1/4c red bell peppers1 8 in Tortilla1 oz Salsa1 Banana | **TUESDAY July 4, 2023** CLOSED  | **WEDNESDAY July 5, 2023**6oz Hamburger Macaroni(3 oz Beef, 1 oz. Sauce,1/2c Macaroni)1/2c LS Stewed Tomatoes 1/2c LS Seasoned Spinach with 1/4c Onions1c Sliced Pears | **THURSDAY July 6, 2023**Tamale(3 oz. Pork, 2oz. Red Chile, 2 oz. Masa)1/2c LS Pinto Beans1/2c Spanish Slaw1/2c Cilantro Lime Brown Rice 1 Orange | **FRIDAY July 7, 2023** Tuna Salad Sandwich(1/2c Tuna Salad, 1 Whole Wheat Bun)1/2c Lettuce and 2 Tomato Slices1c 5-way Veggie Blend 1 oz. Sun Chips1 Peanut butter Cookie |
| **MONDAY July 10, 2023**4 oz. Sweet & Sour Chicken (3oz Chicken breast, 1oz Sauce)1c Steamed Brown Rice1c Stir Fry Vegetables1 sl. WW Bread w/ 1 tsp. Margarine1/2 c Cherry Crumble | **Tuesday July 11, 2023**Beef Tacos(3 oz. Beef, 1/2c Lettuce and tomato, 2 corn tortillas)1oz Salsa1/2c LS Spanish Rice1/2c LS black beans w/ green and red bell peppers1c Capri Vegetables 1/2c SF Gelatin  | **WEDNESDAY July 12, 2023**Chile Dog(1/2 Hot Dog, 3oz. Chile Meat Sauce, 1 Hot Dog Bun, 1/4c Peppers/Onions) 3/4c Green Beans 1c Mixed Fruit | **THURSDAY July 13, 2023**Sausage and Mushroom Ragu (2oz Turkey Sausage, 3 oz. Mushrooms, 1/4c NAS Marinara Sauce)1/2c Penne Pasta1c Italian Blend Vegetable1 Garlic Roll1/2c Peaches w/ ½ c Greek nonfat vanilla yogurt | **FRIDAY July 14, 2023**Frito Pie(3oz. Beef, 1 oz. Corn chips, 2 oz. Sauce, 1/2c Lettuce and Tomato, 1/2c LS Pinto Beans) 1/2c Cucumber with dill Salad 1/2c Carrots1c Watermelon |
| **MONDAY July 17, 2023**1/2c Tossed Salad/ 1 TBSP Light Italian DressingBeef Stroganoff(3 oz. Beef, 2oz. Sauce, 1/2c Mushrooms)3/4c Penne Pasta1c Chateau Vegetables w/ 1 tsp margarine 1/2c Apples in Cobbler | **TUESDAY July 18, 2023** BBQ Chicken (3oz Chicken breast , 1TBSP LS Barbecue Sauce,)1c Veg. Medley w/ 2 tsp margarine 1 Baked potato w/ 1 tsp margarine, 2 TBSP Sour Cream, 1 tsp chives 1c Honeydew 1 oatmeal cookie  | **WEDNESDAY July 19, 2023**Polish Sausage(3 oz. Lite Polish kielbasa, 1 Wheat hot dog Bun)1/4c LS Sauerkraut 1/2c Peppers & Onions10 baked no added salt French fries 1/2c Cucumber and tomato salad 1c Tropical fruit salad  | **THURSDAY July 20, 2023**6oz Ham & Beans(2 oz. Low Sodium Ham, 1 oz. Sauce, 3/4c Beans)1c Tossed Salad w/ 2 TBSP Light Italian Dressing 6 LS WW Crackers 1c Strawberries/Bananasw/ 2 TBSP Whipped topping  | **FRIDAY July 21, 2023**Chicken & Vegetables(3oz Chicken breast, 1c Assorted winter squash w/ 1 tsp margarine)1/3c Beet and Onion Salad 1/2c Steamed Brown Rice w/ 1 tsp margarine 1/2c mandarin oranges in 1/2c SF Gelatin w/ 2 TBSP Whipped topping  |
| **Monday July 24, 2023**1c Beef Stew(3oz Beef, 1oz Sauce1/2c Potato and Vegetables)1c Tossed Salad w/ 2 TBSP Light Italian Dressing 6 LS WW Crackers1c Fruit Salad | **TUESDAY July 25, 2023**3 oz. LS Lean Braised Pork chops3/4c Red Cabbage w 1/4c Red onions1/2c LS Roasted Potatoes1 WW Roll 1 Banana | **WEDNESDAY July 26, 2023**Pasta w/ Meat sauce 1/2c Elbow Macaroni w/ 5oz. no added salt Meat Sauce1c Italian Blend Vegetables1 sl. WW Bread w/1 tsp Margarine1/2c Fruit Cocktail  | **THURSDAY July 27, 2023**1c Tossed Salad w/ 2 TBSP light Italian Dressing3 oz. Baked chicken Breast 2oz LS Gravy1/2c LS Rice Pilaf1c Country Vegetables1slice wheat bread w/ 1 tsp margarine | **FRIDAY July 28, 2023**Cheeseburger(3 oz. Lean Beef Patty, .5oz American Cheese, 1WW Bun, 1/4c Sauté Onions, 1/2cLettuce& 2 slices Tomato)1/2c no added salt French style green beans3/4 c Roasted Brussel Sprouts 1c Cantaloupe  |
| **Monday July 31, 2023**1c Tossed Salad w/ 1 TBSP light Dressing Chicken Alfredo(3 oz. Chicken breast , 1oz. Light Alfredo Sauce, 3/4c Fettuccine )1c California blend Vegetables w/ 1 tsp margarineWheat bread w/ 1 tsp margarine1/2c Spiced Apples w/ 1 TBSP Whipped Topping |  |   |  | **All Meals Served****With 8oz. 2% Milk as available** |

***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: 5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week: 1**  |
| Calories | 700 | 727.7 | 759.7 | 703.5 | 701.3 | 775.2 |
| % Carbohydrates from Calories | 45-55% | 46.6 | 54.1 | 52.6 | 48.1 | 49.9 |
| % Protein from Calories | 15-25% | 23.0 | 19.7 | 20.3 | 24.0 | 24.7 |
| % Fat from Calories | 25-35% | 30.4 | 26.2 | 27.1 | 27.8 | 25.4 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 8.0 | 8.0 | 7.7 |
| Fiber | 10g | 13.4 | 11.1 | 10.1 | 10.0 | 10.4 |
| Vitamin B-12 | .8ug | 2.8 | 2.6 | 1.9 | 2.9 | 1.6 |
| Vitamin A | 300ug RAE | 357.7 | 400.9 | 327.9 | 554.0 | 565.1 |
| Vitamin C | 30mg | 77.3 | 63.7 | 62.2 | 53.2 | 50.8 |
| Iron | 2.6mg | 5.5 | 5.4 | 4.5 | 5.4 | 4.3 |
| Calcium | 400mg | 465.2 | 477.8 | 436.6 | 464.7 | 485.7 |
| Sodium | less than 766mg | 680.9 | 673.5 | 766.4 | 606.0 | 762.0 |

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