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| **8 oz-2% Milk Served With Meals**  **Occasionally We Must**  **Substitute Food Items**  **We Are Sorry For The**  **Inconvenience** |  |  |  | Friday 1, 2023  Beef Tips  (3oz LS Beef Tips, 1oz LS Gravy, 1/3c Mushrooms)  1c California Blend Vegetables  w/3/4c Brown Rice  1 WW Roll w/ 1 tsp. Margarine  1c Cantaloupe |
| **Monday 4, 2023**  **Senior Center Closed**  **Labor Day** | Tuesday 5, 2023  Chile Rellenos w/  (.5oz. Cheese, 1 Green Chile, 3oz. Green Chile Beef Sauce (2oz lean ground beef, 1oz Green chile sauce), 1 oz. Breading)  1/2c LS Pinto Beans  1/2c Zucchini  1/2c LS Spanish Rice  1c Strawberries | Wednesday 6, 2023  8oz LS Lean Lamb Stew  (3oz. Lamb, 1oz. LS Broth, 1/4c Potato, 1/4c Carrots)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1 Wheat roll  1/2c Peaches | Thursday 7, 2023  BBQ Boneless Chicken Breast  (3oz Chicken, 1TBSP BBQ sauce)  1c coleslaw w/ 2 TBSP Dressing  1/2c Tomato and red onion salad `  1 slice wheat roll  1c Pears | Friday 8, 2023  Hot Dog  (1 oz. Frank (1/2 hot dog), 2 oz. Beef Chili Sauce (oz meat, 1oz sauce), 1 Bun)  1/2c Herb Roasted Potatoes  3/4c Green Beans  1 Banana  1/2c Nonfat vanilla Greek yogurt |
| **Monday 11, 2023**  3/4c Hamburger macaroni  (3 oz. Beef, 1 oz. tomato Sauce,  1/2c Pasta)  1/2c Spinach w/ 1 tsp margarine  1c Tossed Salad w/  2T Light Italian Dressing  3/4c Fruit cocktail | Tuesday 12, 2023  3 oz. Baked LS Cajun Fish (Cod)  1/2c Roasted Root Vegetables (yams, red potatoes, beets, carrots, parsnips, red onion)  1/2c Broccoli Spears  Cornbread w/ 1 tsp margarine  1c Honeydew | Wednesday 13, 2023  Taco Salad  (2 oz. Beef, 1 oz. Cheese,  1c Lettuce, Tomato,  1 oz. Tortilla Chips, 2 TBSP LS Salsa)  1/2c Calabacitas  1/2c Mandarin Oranges | Thursday 14, 2023  1c LS Chicken Noodle Soup  (3 oz. Chicken, 2 oz. LS Broth, 1/4c Onions celery,  1/2c Noodles)  1/2c Beets  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  6 LS WW Crackers  1/2c Mango | Friday 15, 2023  2 oz. Low Sodium Baked Ham  3/4c Roasted Brussel Sprouts  1/2c Carrots  1 Sl. Wheat Bread w/ 1 tsp. Margarine  1/2c Pineapple in 1/2c SF Gelatin  1/2c Greek nonfat vanilla yogurt |
| Monday 18, 2023  1c Green Chile Stew  (3 oz. Pork, 1 oz. Green Chile,  1/2c Potato & Onion)  1c Tossed Salad w/2 T Light Italian Dressing  1 6in Flour Tortilla  1/2c Sliced Apples | Tuesday 19, 2023  Pepperoni Pizza  (.5oz pepperoni, .5oz mozzarella cheese, 1 oz crust, 1oz pizza sauce)  1c Tossed Salad w/2 T Light Italian Dressing  w/ 1/4c Garbanzo beans  1c Grapes  4 oz Greek nonfat vanilla yogurt | Wednesday 20, 2023  1/2c Spaghetti w/  5 oz. Meat Sauce  1c Tossed Salad w/  2T Low Fat Dressing  1c Italian Blend Vegetables  1 Garlic bread  1/2c Orange Sections | Thursday 21, 2023  Green Chile Chicken Sandwich  (3 oz Chicken, 1/2c Lettuce, 2 slices Tomato, 1 Bun, 1oz GC)  1/2c. Potato Wedges  1/2c. stewed okra with tomatoes and onions  1/2c Fruit salad | Friday 22, 2023  5 oz. Sweet & Sour Pork  (3oz Pork 2 oz Sauce)  1/2c Steam Brown Rice  1c Stir Fry Vegetables  Vegetable egg roll  1 Fortune cookie |
| Monday 25, 2023  Chicken Tenders  3oz chicken tenders  1oz LS Country Gravy  3/4c Pasta Salad  (1/4c Pasta, 1/2c Pasta  1/2c Asparagus  1 slice wheat bread  1c Honeydew | Tuesday 26, 2023  Frito Pie  (3oz. Beef, 2 oz. Red Chile, 4oz LS Pinto Beans, 1 oz Corn chips)  1/2c Yellow squash and tomatoes  1/2c Spiced Pears | Wednesday 27, 2023  3 oz. Chopped Steak  1/2c Parsley Potatoes  1c Winter Blend vegetables  1 Sl. WW Bread  1/2c Plums | Thursday 28, 2023  Chicken Fajitas  (3oz Chicken, 1/2c Pepper & Onions, 1 6 in Tortilla)  1/4c LS Salsa  1/2c Hominy  3/4c apricots  1/2c SF gelatin | Friday 29, 2023  Beef Taco  (3oz. Beef, 2 Corn Tortillas, 1/4c LS Salsa)  1/2c Lettuce, Tomato  1/2c Cilantro Lime Slaw  1/2c Roasted Mexican Zucchini  1c Strawberries and Banans |

***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:**  **1** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 741.7 | 712.1 | 711.3 | 714.7 | 704.2 |
| % Carbohydrates from Calories | 45-55% | 49.6 | 51.3 | 46.9 | 52.8 | 47.0 |
| % Protein from Calories | 15-25% | 17.9 | 20.9 | 23.5 | 21.8 | 21.7 |
| % Fat from Calories | 25-35% | 32.5 | 27.8 | 29.6 | 25.3 | 31.3 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 7.9 | 8.0 | 8.0 |
| Fiber | 10g or more | 11.0 | 10.2 | 12.0 | 10.2 | 11.1 |
| Vitamin B-12 | .8ug or more | 3.8 | 2.9 | 2.7 | 2.4 | 2.8 |
| Vitamin A | 300ug RAE or more | 549.6 | 385.5 | 763.3 | 530.1 | 323.5 |
| Vitamin C | 30mg or more | 85.3 | 70.5 | 90.6 | 52.1 | 64.2 |
| Iron | 2.6mg or more | 4.8 | 4.4 | 5.8 | 4.7 | 5.3 |
| Calcium | 400mg or more | 401.2 | 471.7 | 530.6 | 536.3 | 441.2 |
| Sodium | less than 766mg | 527.4 | 725.5 | 658.1 | 694.4 | 683.2 |

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.

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