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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 Vegetablesw/3/4c Brown Rice1 WW Roll w/ 1 tsp. Margarine1c Cantaloupe  |
| **Monday 4, 2023****Senior Center Closed****Labor Day**  | Tuesday 5, 2023Chile 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 Beans1/2c Zucchini 1/2c LS Spanish Rice1c Strawberries  | Wednesday 6, 20238oz LS Lean Lamb Stew(3oz. Lamb, 1oz. LS Broth, 1/4c Potato, 1/4c Carrots)1c Tossed Salad w/ 2 TBSP Light Italian Dressing1 Wheat roll 1/2c Peaches | Thursday 7, 2023BBQ Boneless Chicken Breast (3oz Chicken, 1TBSP BBQ sauce)1c coleslaw w/ 2 TBSP Dressing1/2c Tomato and red onion salad `1 slice wheat roll 1c Pears  | Friday 8, 2023Hot Dog (1 oz. Frank (1/2 hot dog), 2 oz. Beef Chili Sauce (oz meat, 1oz sauce), 1 Bun)1/2c Herb Roasted Potatoes3/4c Green Beans1 Banana1/2c 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 Dressing3/4c Fruit cocktail  | Tuesday 12, 20233 oz. Baked LS Cajun Fish (Cod)1/2c Roasted Root Vegetables (yams, red potatoes, beets, carrots, parsnips, red onion)1/2c Broccoli SpearsCornbread w/ 1 tsp margarine 1c Honeydew  | Wednesday 13, 2023Taco Salad(2 oz. Beef, 1 oz. Cheese, 1c Lettuce, Tomato, 1 oz. Tortilla Chips, 2 TBSP LS Salsa)1/2c Calabacitas1/2c Mandarin Oranges  | Thursday 14, 20231c LS Chicken Noodle Soup(3 oz. Chicken, 2 oz. LS Broth, 1/4c Onions celery, 1/2c Noodles)1/2c Beets1c Tossed Salad w/ 2 TBSP Light Italian Dressing6 LS WW Crackers1/2c Mango | Friday 15, 20232 oz. Low Sodium Baked Ham3/4c Roasted Brussel Sprouts1/2c Carrots1 Sl. Wheat Bread w/ 1 tsp. Margarine1/2c Pineapple in 1/2c SF Gelatin 1/2c Greek nonfat vanilla yogurt  |
| Monday 18, 20231c Green Chile Stew(3 oz. Pork, 1 oz. Green Chile, 1/2c Potato & Onion)1c Tossed Salad w/2 T Light Italian Dressing1 6in Flour Tortilla1/2c Sliced Apples | Tuesday 19, 2023Pepperoni Pizza(.5oz pepperoni, .5oz mozzarella cheese, 1 oz crust, 1oz pizza sauce)1c Tossed Salad w/2 T Light Italian Dressingw/ 1/4c Garbanzo beans1c Grapes 4 oz Greek nonfat vanilla yogurt | Wednesday 20, 20231/2c Spaghetti w/5 oz. Meat Sauce1c Tossed Salad w/ 2T Low Fat Dressing1c Italian Blend Vegetables1 Garlic bread1/2c Orange Sections | Thursday 21, 2023Green Chile Chicken Sandwich(3 oz Chicken, 1/2c Lettuce, 2 slices Tomato, 1 Bun, 1oz GC)1/2c. Potato Wedges1/2c. stewed okra with tomatoes and onions1/2c Fruit salad  | Friday 22, 20235 oz. Sweet & Sour Pork(3oz Pork 2 oz Sauce)1/2c Steam Brown Rice1c Stir Fry VegetablesVegetable egg roll 1 Fortune cookie  |
| Monday 25, 2023Chicken Tenders 3oz chicken tenders 1oz LS Country Gravy3/4c Pasta Salad(1/4c Pasta, 1/2c Pasta1/2c Asparagus1 slice wheat bread1c Honeydew | Tuesday 26, 2023Frito Pie(3oz. Beef, 2 oz. Red Chile, 4oz LS Pinto Beans, 1 oz Corn chips)1/2c Yellow squash and tomatoes1/2c Spiced Pears | Wednesday 27, 20233 oz. Chopped Steak1/2c Parsley Potatoes 1c Winter Blend vegetables1 Sl. WW Bread 1/2c Plums | Thursday 28, 2023Chicken Fajitas(3oz Chicken, 1/2c Pepper & Onions, 1 6 in Tortilla)1/4c LS Salsa1/2c Hominy3/4c apricots 1/2c SF gelatin | Friday 29, 2023Beef Taco(3oz. Beef, 2 Corn Tortillas, 1/4c LS Salsa)1/2c Lettuce, Tomato1/2c Cilantro Lime Slaw1/2c 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.

 Constance Rudnicki MS, RDN, LD