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| **Monday 1, 2024**  **CLOSED** | **Tuesday 2, 2024**  **Carne Adovada Burrito**  **W Red Chile**  (3 oz Pork, 2oz Sauce, 1oz RC Sauce)  6-inch flour tortilla  1/2c Refried Beans  1c California Blend  1/2c Sherbet | **Wednesday 3, 2024**  **Hot Roast Beef Sandwich**  **Au Jus Sauce**  (3oz Beef, 1oz Au Jus, hot dog bun)  1/2c Green Beans  1/2c Baked NAS French Fries  Tossed Salad w/2TBSP Light Italian Dressing  1/2c Apple Slices | **Thursday 4, 2024**  **Frito Pie**  (1oz Corn Chips,2oz Beef,  2oz RC, 1/2clettuce and tomato, 5oz Cheese)  1/2 c Pinto Beans  1/2c Spanish Slaw  1/2c Cherries in Cobbler | **FRIDAY 5, 2024**  **Chicken Salad Croissant**  (3pzChicken, 1oz celery,  grapes, walnuts, 1 croissant, 1/2c lettuce)  1/2c LS 3 Bean Salad  1/2c Carrot Sticks  1c Fruit Salad |
| **MONDAY 8, 2024**  **Baked Ziti w/Meaty Marinara**  (1/4c Pasta, 2oz beef, .5oz cheese, 2oz Sauce)  1c Italian Vegies w/ 1tsp unsalted butter  Wheat Roll w/1tsp  Unsalted butter  1/2c Baked Cinnamon Apples | **TUESDAY 9, 2024**  **Turkey Sandwich**  (2 Slices Wheat Bread,  2oz turkey, 1/2c romaine lettuce)  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables  1/2c LSLF Broccoli Salad  1/2c Mixed Fruit  1/2c Greek Nonfat Vanilla yogurt | **WEDNESDAY 10, 2024GC Green Chile Chicken Enchiladas**  (3oz Chicken, 2 corn tortillas, 1oz Cheese, 1oz GC, 1/2c Lettuce & tomato)  1/2c LS Pinto Beans  1c Vegetable medley w/ 1 tsp margarine  1/2c Mango | **THURSDAY 11, 2024**  **Oyster Mushroom Taco**  (1/2c Mushroom, 1/2c Black Beans, 1/8c Red onions, 1/4c cabbage, 1/8c red cabbage, 1 6in Flour Tortilla)  1/2c Brown Rice  1/2c Roasted Cauliflower  1/2c Nonfat Vanilla Yogurt | **TUESDAY 12, 2024**  3oz LS Baked Fish  2TBSP Tartar Sauce  1/2c Beets  1/2c Cucumber & Tomato Salad  Wheat Roll w/1tsp Unsalted butter  1 slice SF angel food cake w/ 2 TBSP Cherry Topping, 2 TBSP Whipped Topping |
| **MONDAY 15, 2024**  **3oz Chicken Tenders**  1oz LS Country Gravy  1/2c Green Beans  1/2c Stewed Okra with  Tomato & onions  Biscuit  1/2c Pineapple Tidbits | **TUESDAY 16, 2024**  **Hawaiian Chicken**  (3oz chicken thigh, .5oz sauce)  1/2c Brown Steamed Rice  1c Stir Fry Vegetables  1 Hawaiian Roll  1/2c Tropical Fruit | **WEDNESDAY 17, 2024**  **3oz Boneless Country**  **Style Ribs**  1/2c LS Baked Beans  3/4c Broccoli Spears  1c Spinach Salad  (1c Spinach, 1/4c red onion  1/4c Strawberries, 1/4c pecans, 1/4c blackberries)  2TBSP Lite Raspberry Vinaigrette  Cornbread | **THURSDAY 18, 2024**  **4oz Salmon Patty**  **(3oz Salmon)**  1/2c Tomato & Onion Salad  Add 1/2c Macaroni  1/2c Asparagus  Wheat Roll  Lemon Bar | **FRIDAY 19, 2024**  **1c Pork Posole w/Red Chile Sauce**  (3oz pork, 1/2c hominy, 1oz RC)  1/2c LS Spanish Rice  1c Tossed Salad w/2 TBSP Light Italian Dressing  6 in Flour Tortilla  1/2c Spiced Peaches |
| **MONDAY 22, 2024**  **8 oz Shepherd’s Pie**  (3oz Ground Beef, 3oz Vegetables, 1/4c Mashed Potatoes)  1/2c spinach  1c Salad w/2 TBSP FF Ranch Dressing  1 Wheat Roll w/1tsp Margarine  1 Orange | **TUESDAY 23, 2024**  **1 Chicken Wrap**  (3oz Diced Chicken, 1/2c Lettuce,1/4c Tomatoes, 2 TBSP Salsa,  1/4c Avocado, 1/4c Red Pepper, 2 TBSP Sour Cream & 8-Inch WW Flour Tortilla)  1c Capri Vegetables  1oz Sun Chips  1c Fruit Salad | **WEDNESDAY 24, 2024**  **3 oz Pork Chops w/**  2oz Low Sodium Gravy  **1/3c Scalloped Potatoes**  3/4c Roasted Brussel Sprouts  1 Wheat Roll/1tsp Margarine  1/2c Apple Sauce | **THURSDAY 25, 2024**  **8 oz Italian Chicken**  (3oz Chicken breast, (1/4c cherry tomatoes, and yellow squash, 1/2c green beans, .5oz Cheese)  1/2c Spaghetti w/ 1 tsp margarine  1c Tossed Salad w/ 2TBSP FF Italian Dressing  1 Garlic Bread  1/2c Apricots | **FRIDAY 26 2024**  **Tuna Salad Sandwich**  (4 oz Tuna Salad, 1c Lettuce, Tomato & Onion, 2 Slices Wheat Bread)  1/2c Sweet Potatoes  1/2c Carrots  1c Honeydew |
| **MONDAY 29, 2024**  Chicken Fajitas  (3oz Chicken, 1/2c Peppers and onions, 1 6in Flour tortilla, 2 TBSP Salsa)  1c Chateau Blend Vegetables w/ 1 tsp unsalted butter  1/2c Pineapples | **TUESDAY 30, 2024**  Meatloaf  1/2c Herb Roasted Red Potatoes  1/2c Carrot Raisin Salad  1 Wheat Roll & 1 tsp unsalted butter  1c Strawberries and bananas | **WEDNESDAY 31, 2024**  Chef Salad  (1oz LS Ham, 1oz Turkey, 1.5c Romaine Lettuce, 1/4c Tomato, 1/4c Cabbage, 1/4c Carrots, 1 HB Egg  2 TBSP FF Ranch Dressing)  6 LS WW Crackers w/ 1 tsp unsalted butter  1c Fruit Salad |  | **8 oz. 1% Milk Served with All Meals** |

***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:**  **3** |
| Calories | 700 or more | 764.4 | 757.6 | 751.6 | 719.7 | 700.3 |
| % Carbohydrates from Calories | 45-55% | 48.7 | 51.4 | 49.3 | 48.9 | 51.7 |
| % Protein from Calories | 15-25% | 23.8 | 23.4 | 20.5 | 20.2 | 18.1 |
| % Fat from Calories | 25-35% | 27.7 | 25.2 | 30.2 | 30.9 | 30.1 |
| Saturated Fat | less than 8g | 7.3 | 7.8 | 6.7 | 7.4 | 8.0 |
| Fiber | 10g or more | 11.3 | 12.8 | 10.8 | 12.6 | 11.6 |
| Vitamin B-12 | .8ug or more | 2.5 | 2.1 | 2.7 | 2.2 | 2.0 |
| Vitamin A | 300ug RAE or more | 458.9 | 316.5 | 383.3 | 850.9 | 1181.8 |
| Vitamin C | 30mg or more | 51.3 | 49.6 | 49.5 | 96.9 | 54.7 |
| Iron | 2.6mg or more | 5.0 | 4.9 | 4.9 | 5.6 | 4.4 |
| Calcium | 400mg or more | 468.9 | 591.8 | 545.8 | 513.8 | 444.3 |
| Sodium | less than 766mg | 752.8 | 761.7 | 764.8 | 736.0 | 751.9 |

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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