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| --- | --- | --- | --- | --- |
| 8 oz. 1% Milk Served With All Meals |  | WEDNESDAY 1, 2023Turkey Dinner3oz Turkey1/4c Cornbread Dressing1 slice wheat bread 1oz LS Gravy1/2c Italian Green Beans1/2c New Potatoes1/4c Cranberry Sauce1/2c Pumpkin in Pie w/ 1 TBSP Whipped cream | THURSDAY 2, 20233oz Hamburger steak w/ 1/4c onions1/2c Lemon Herb Orzo1c California Blend1/2c Mixed Fruit | FRIDAY 3, 2023Soft Chicken Taco(3oz Chicken, 1 6 in WW Flour tortilla, 1/2c Lettuce and tomato, 1 TBSP salsa)1/2c Roasted Mexican Zucchini1/2c LS Ranch Beans1/2c Mango w/ Mint |
| MONDAY 6, 2023Beef Stroganoff(3oz Beef, 2oz LS Sauce)1/2c Egg Noodles1/2c Green Beans1c Tossed Salad w/ 2 TBSP FF Italian Dressing1/2c Beets1/2s Sliced Peaches | TUESDAY 7, 2023 Chicken Garden Salad w/Bacon,(1.5c Spring Mix, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1 slice reduced sodium bacon, 1/4c Red Cabbage, 2 TBSP Light Ranch Dressing) 6 WW Crackers1 baked apple | WEDNESDAY 8, 2023Beef Taco(3oz Beef, 1 6in flour tortilla, 1/2c Lettuce and tomato, .5oz shredded cheese, 1 TBSP Salsa)1/2c Mexican Yellow Rice1c Capri Vegetables 1/2c Pears  | THURSDAY 9, 2023Broccoli Potato Frittata(1 egg, 1/2c potato and Broccoli)1/2c Sliced Tomatoes w/ 1/4c lentils1/2c Greek Nonfat Vanilla Yogurt 3/4c Granola1/2c Tropical Fruit Salad | FRIDAY 10, 2023Mushrooms Burger(1/4c Mushrooms, 3oz patty, 1 bun, 1/2c Lettuce, 2 slices tomato, 1/4c Onion, .5oz Swiss Cheese)1/2c NAS Baked French Fries 1/2c LS FF cucumber, Tomato and Cauliflower Salad1/2c Strawberries in 1/2c SF Gelatin |
| MONDAY 13, 20233oz Seared Chicken & 1/4c Strawberry Salsa1svg Spinach Salad(1c spinach, 1/4c red onion, 1c Spinach, 1/4c Cranberries)2 TBSP Light Raspberry Dressing1/2c Carrots 6 LS WW Crackers 1c Cantaloupe  | TUESDAY 14, 20233oz Chicken Fried Steak1oz LS Pepper Gravy1/2c Corn w/ 1tsp margarine1/2c Mustard greens 1 Sl. Wheat bread w/ 1 tsp magarine1 banana | WEDNESDAY 15, 2023Loaded Totchos(2oz beef, 1/4c tater tots, .5oz cheese, 1/4c black beans, 1/2c red onions & tomatoes)1c Tossed Salad w/ 2 TBSP FF Ranch Dressing2 TBSP Guacamole1/2c Chilled Apricots6 LS WW crackers  | THURSDAY 16, 20234oz Meatloaf1/2c Brussel sprouts1/2c Sweet Potato½ svg c Tossed Salad w/ 1 TBSP FF Italian DressingLF Cornbreadorange | FRIDAY 17, 2023Green Chile Chicken Enchiladas(2 corn tortilla, 3oz Chicken, 1oz GC, 1oz Cheese, 1/2c lettuce and tomato)1/2c Spanish Cauliflower Rice1/2c Broccoli 1c Fruit salad |
| MONDAY 20, 20231c Beef Stew(3oz Beef, 1/2c Vegetables)1/2c Cabbage1/2c BeetsWW Roll w/ 1 tsp unsalted butter3/4c mandarin oranges | TUESDAY 21, 2023 Fried Catfish2 TBSP Tartar Sauce1/2c Picnic Marinated Summer Slaw3/4c Stewed Okra w/ onions and tomato1 svg LF Cornbread 1c Watermelon | WEDNESDAY 22, 2023CLOSED  | THURSDAY 23, 2023ClosedThanksgiving  | FRIDAY 24, 2023Closed CLOSED  |
| MONDAY 27, 2023Philly Steak Sandwich(3oz meat, 1 hot dog bun, 1/2c Peppers and onions, .5oz cheese sauce)1/2c Asparagus1/2c Green peas 1/2c Rainbow Sherbet | Tuesday 28, 2023 Chicken Tenders1oz LS Gravy1c California Blen VegetablesWW Roll1/2c Fruit cocktail  |  Wednesday 29, 2023 Chili Cheese Burger(3oz patty, 1oz RC, 1bun, 1/2c Lettuce, 2 slices tomato, 1 slice onion, 5oz Cheese ) 4 Zucchini Sticks 3/4c LS 3 bean Salad 11 pc SF Angel Food Cake w/ 1/2c Cherries | Thursday 30, 20236 oz Green Chile Cheese Lasagna(1 oz Cheese, 1/2c pasta, 1oz GC) 1/2c Spinach w/ 1 tsp margarine1/2c LS Pinto beans1oz Garlic Bread1c Greek Nonfat Plain Yogurt w/ 1/2c Raspberries  |  |

***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:****2** | **Days in Week:****4** |
| Calories | 700 or more | 823.1 | 733.3 | 700.3 | 750.9 | 771.1 |
| % Carbohydrates from Calories | 45-55% | 49.9 | 49.1 | 47.5 | 46.2 | 52.2 |
| % Protein from Calories | 15-25% | 23.4 | 21.8 | 23.2 | 20.3 | 22.1 |
| % Fat from Calories | 25-35% | 26.7 | 29.0 | 29.4 | 33.5 | 25.6 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 7.9 | 7.9 | 8.0 |
| Fiber | 10g or more | 11.7 | 10.8 | 11.6 | 13.3 | 10.9 |
| Vitamin B-12 | .8ug or more | 2.6 | 2.8 | 2.4 | 3.5 | 2.3 |
| Vitamin A | 300ug RAE or more | 517.7 | 448.4 | 777.9 | 660.5 | 408.8 |
| Vitamin C | 30mg or more | 42.6 | 45.6 | 86.6 | 88.6 | 34.3 |
| Iron | 2.6mg or more | 6.4 | 6.0 | 4.8 | 5.4 | 5.9 |
| Calcium | 400mg or more | 538.6 | 509.0 | 546.5 | 613.2 | 596.6 |
| Sodium | less than 766mg | 745.1 | 687.5 | 759.8 | 608.1 | 755.2 |

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