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| MONDAY April 1, 2024  3 oz. LS Baked Ham W/Asparagus Spears (3oz Ham, 1/2c Asparagus, 1oz Swiss cheese)  1/2c Green Beans  1 Whole Wheat Roll w/  1 tsp Margarine  1c Fruit salad  Easter Luncheon | TUESDAY April 2, 2024  1c Lasagna  (3oz ground beef, 1 oz cheese, 1/2c noodle, 2 oz NAS marinara sauce)  1c Italian Blend Vegetable  1 Garlic Roll  1 Orange | WEDNESDAY April 3, 2024  Chicken & Vegetables  (3oz Diced Chicken, 1/2c Mixed Vegetables, 2oz Sauce)  3/4c Steamed Brown Rice  1/2c LS 3-Bean Salad  1 Apple | THURSDAY April 4, 2024  3/4c Hamburger Macaroni  (3 oz Beef, 1 oz. Sauce,  1/2c Macaroni)  1/2c LS Seasoned Spinach with Onions  1/2c NAS stewed tomatoes  1 Slice Whole Wheat Bread w/ 1 tsp Margarine  1/2c Sliced Pears | FRIDAY April 5, 2024  Turkey Meat Ball Sandwich  (3 oz. turkey Meatballs w/ 1oz NAS Marinara Sauce, 1oz. Mozz. Cheese, hot dog bun)  1/2c Cauliflower  1/2c LS LF Broccoli Salad  Banana |
| MONDAY April 8, 2024  Red Chile Beef Enchilada  (3oz Beef, 1oz Cheese,  1oz Red Chili, 2 Corn Tortillas)  1/2c LS Spanish rice  1/2c Roasted Broccoli Spears  1/2c 5 way mixed vegetables  1c Tropical fruit salad | TUESDAY April 9, 2024  Sausage and Mushroom Ragu  (3oz Turkey Sausage,  1/3c Mushrooms, 1/4c NAS Marinara Sauce)  1/2c Penne Pasta  1c chateau blend  1 Garlic Roll  1/2c mandarin oranges | WEDNESDAY April 10, 2024  4oz Meatloaf  1/3c Mashed Potatoes w/ 2oz LS Gravy  1c Green beans and Carrots w/ 1 tsp margarine  Wheat roll  1 Pear | THURSDAY April 11, 2024  3oz LS Herbed Chicken Breast  1/2c Herbed Italian Rice  1/2c LS Cucumber and tomato salad (non-creamy)  1/2c Brussel sprouts  1 Wheat roll w/ 1 tsp margarine  1/2c Applesauce | FRIDAY April 12, 2024  Cheeseburger  (3 oz. Beef Patty, 1oz Cheese, 1 Bun, 1/4c Sauteed Onions, 1/2c Lettuce& Tomato)  1/2c NAS Baked Beans  1/2c Vegetable Medley  1c Grapes |
| MONDAY April 15, 2024  2 oz. Kielbasa Sausage  1c Red Cabbage & beets  1/2c LS Herb Roasted Red Potatoes  Wheat roll  1/2c Light nonfat vanilla yogurt  1/2c Fruit Cocktail | TUESDAY April 16, 2024  8 oz. Pork Posole (3 oz. Pork,  1/2c Hominy, 1 oz. Red Chile)  1/2c Calabacitas  1 Flour 6in Tortilla  1 Oatmeal Cookie | WEDNESDAY April 17, 2024  Frito Pie  (3oz. Beef,  1 oz. Fritos, 2oz RC Sauce, 1/2c Lettuce and Tomato)  1/2c LS Pinto Beans  1c Mediterranean blend  1c Grapes | THURSDAY April 18, 2024  Red Beans and Rice  (1oz Andouille, 4oz Red Beans over 4oz Steamed White Rice)  1c Bahama Vegetables  1 sl LF Cornbread /w 1 tsp Margarine  3/4c Mixed fruit | FRIDAY April 19, 2024  Sloppy Joe Sandwich  (3 oz. Beef,1oz Sauce, 1 Bun, 1/2c Peppers and onions)  8 baby carrots  3/4c Strawberries w/ 1 slice SF angel food cake w/ 2 TBSP whipped topping |
| MONDAY April 22, 2024  Beef Stew  (3 oz. Beef, 1 oz. Sauce, 1/4c Potato,  1/4c. Carrot)  1/2c Beets w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  1 Banana | TUESDAY April 23, 2024  Chicken Tacos  (3oz Chicken, 6 in  Flour Tortilla, 1/2c Lettuce and Tomato  1 oz. Packet of Salsa)  1c yellow squash w/ NAS diced Tomatoes w/ 1 tsp margarine  1/2c LS Spanish Rice  1/2c apricots | WEDNESDAY April 24, 2024  Tamale W/Red Chile  (2 oz. Pork, 2oz. Red Chile,  3 oz. Masa)  1/2c Pinto Beans  1c winter vegetables w/ 1 tsp margarine  4 LS WW crackers  1/2c Spiced pears | THURSDAY April 25, 2024  1/2c Penne w/ 1/2c Meat Sauce (3oz beef, 2oz NAS marinara Sauce)  1c Italian Blend w/ 1 tsp margarine  1 Wheat Roll w/ 1 tsp Margarine  1c Melon Medley (Watermelon / Honeydew / Cantaloupe) | FRIDAY April 26, 2024  Hot Turkey “Sandwich”  (3 oz. Turkey, 1 sl. Bread, 2 oz. LS Gravy)  1/2c Sweet Potatoes  1/2c LS LF broccoli Salad  1/2c Warm apple slices |
| MONDAY April 29, 2024  Beef & Papas  (3oz Ground Beef, 1/2c Potato)  1c Chateau Blend Vegetables w/ 1 tsp margarine  1 6in Tortilla w/ 1 tsp margarine  1/2c Mixed Fruit | TUESDAY April 30, 2024  3/4 Ham and Beans  (2 oz. Low Sodium Ham, 1/4c Sauce,  1/2c Beans)  3/4c Spinach w/ 1/4c mushrooms w/ 1 tsp margarine  1 Slice LF Cornbread w/  1 tsp. Margarine  1c Pineapple |  | MENU SUBJECT TO CHANGE | All Meals Served  with 8oz. 1% 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: 5** | **Days in Week: 5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week: 2** |
| Calories | 700 or more | 748.2 | 767.0 | 704.4 | 724.9 | 704.3 |
| % Carbohydrates from Calories | 45-55% | 49.6 | 52.2 | 52.1 | 54.0 | 54.3 |
| % Protein from Calories | 15-25% | 23.3 | 21.3 | 19.6 | 20.7 | 19.8 |
| % Fat from Calories | 25-35% | 27.1 | 26.6 | 28.3 | 25.3 | 25.3 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 7.5 | 6.6 | 6.2 |
| Fiber | 10g or more | 10.3 | 12.5 | 10.8 | 10.9 | 10.4 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.5 | 2.2 | 2.4 | 2.5 |
| Vitamin A | 300ug RAE or more | 433.7 | 396.8 | 323.6 | 567.2 | 614.8 |
| Vitamin C | 30mg or more | 67.8 | 54.1 | 40.5 | 50.4 | 35.1 |
| Iron | 2.6mg or more | 5.7 | 5.0 | 5.3 | 4.9 | 7.0 |
| Calcium | 400mg or more | 600.7 | 539.2 | 466.1 | 435.5 | 536.0 |
| Sodium | less than 766mg | 759.3 | 713.1 | 760.9 | 705.8 | 595.1 |

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 approved March 25, 2024