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| --- | --- | --- | --- | --- |
|  MONDAY 3GC Cheeseburger(3 oz. Beef, .5oz. Cheese, 1 oz. Green Chile, 1 Bun, 1/2c Lettuce- 2 slices tomato-1 slice Onion)1/2c Peas & Carrots3/4c Cucumbers w/ dill1c watermelon | TUESDAY 4CLOSED4th of July | WEDNESDAY 5Sour Cream Chicken Enchilada(2 corn tortilla, 2oz Chicken, 1oz Cheese, 1/2c Lettuce and tomato)3/4c LS Spanish Rice (w/ 1/4c Tomatoes and onions)3/4c LS Pinto Beans1 Oatmeal Cookie1/2c Fruit Cocktail  | THURSDAY 6Sloppy Joe(3oz Lean beef, 1oz sauce, 1 bun, 1/3c peppers and onion)10 no added salt Baked French Fries1/2c LS Roasted Cauliflower 1/2c Mandarin Oranges | FRIDAY 7Breakfast For Lunch1 oz. Reduced fat Sausage Patty2 Med. Size Scrambled Eggs1c Diced Potatoes with Peppers and Onions1 sl wheat bread w/ 1 tsp margarine1/2c Applesauce |
| MONDAY 10 Hamburger Mac(3 oz. Beef, 1 oz. Sauce, 4 oz. Macaroni)1/2c Green Beans1/2c Corn1/2c Apricots | TUESDAY 11Green Chile Lasagna(1/2c Lasagna, 1oz GC, 1oz Cheese)1c Tossed Salad1 TBSP Light Italian Dressing1c Italian Vegetables4 LS WW Crackers1/2c Pears1c Greek Nonfat vanilla yogurt  | WEDNESDAY 123 oz. Swiss Steak1 med Baked Potato 1/2c Steamed Cabbage1 WW Dinner Roll/1 tsp. Margarine1/2c Mixed Fruit | THURSDAY 134 oz. Spaghetti & 3 oz. Baked Turkey Meatballs1c Green Salad w/ 2T Light Italian Dressing1c Italian Mixed Vegetables1 sl. Garlic Bread1/2c Pineapple Tidbits | FRIDAY 143 oz. Lean Salisbury Steak1/2c Parsley Potatoes1/2c Spinach1 WW Dinner Roll1c Fruit salad |
| MONDAY 17Beef Tips (3oz beef, 1oz gravy)1c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c Herbed Roasted Potatoes3/4c Roasted Brussels SproutsButtermilk Biscuit w 1 tsp Margarine  1/2c Peaches | TUESDAY 18Stuffed Peppers(3oz Beef, 1 pepper, 1/3c Rice)1/3c LS Black Beans  3/4c Broccoli Spears w/ 1 tsp margarine1 WW Roll w/ 1 tsp. Margarine 1/2c Tropical Fruit | WEDNESDAY 198oz Chicken Tetrazzini(3oz Chicken, 1/4c Pasta)1/2c Capri Vegetables 4 LS WW Crackers 1 c Green Salad w/ 2 TBSP Light Italian Dressing1/2c cinnamon apples | THURSDAY 203oz Country Fried Steak1/2c LS Mashed Potatoes w/1oz Low Sodium Gravy1/2c Glazed Carrots 1 WW Roll w/ 1 tsp. Margarine1/2c Fruit Cocktail  | FRIDAY 21Green Chile Enchiladas(3 oz. Chicken, 1 oz. Green Chile, 1 oz. Cheese, 2 Corn Tortillas)1/2c Lettuce & Tomato 1/2c LS Pinto Beans1/2c LS Spanish Rice1/2c strawberries   |
| MONDAY 248oz Chicken Pot Pie(1oz crust, 3oz Chicken, 1/2c vegetables, 1oz Sauce)1c Salad w/ 2 TBSP light Italian Dressing1/2c PlumsWW Roll | TUESDAY 257oz Red Beef Enchiladas(2 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)1/2c Lettuce & Tomato1c Vegetable Medley1/2c LS Pinto Beans1/2c LS Spanish Rice1c Grapes | WWEDNESDAY 26Soft Beef Tacos(3oz Ground beef, 1/2c lettuce and tomato, 2 TBSP salsa, 1 6in Flour tortilla)1/2c chuckwagon vegetables 1/2c Winter blend vegetables1/2c cilantro-lime brown rice1/2c Diced mango | THURSDAY 274oz Meatloaf 3oz Low Sodium Gravy1/2c LS Mashed Potatoes1/2c Beet and onion salad1 WW Roll w/ 1 tsp. Margarine1/2c Spiced Pears | FRIDAY 28Stuffed Chicken Breast(3 oz. Chicken, 1 oz. Cheese, 1/4c Spinach)1 med Baked potato w/ 1 tsp margarine1/2c No added salt French style green beans1 WW Dinner Roll w/ 1tsp margarine  1/2c Pineapple  |
| MONDAY 313oz lean LS Boneless Country style ribs1 TBSP LS barbecue sauce LS Country Gravy1/2c LS Mashed Potatoes 1c Château Blend Vegetables w/ 1 tsp margarineWheat roll 1c Mandarin oranges& Bananas  |  |   |  | 8 oz. 1% Low Fat 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:****1** |
| Calories | 700 or more | 701.6 | 728.5 | 742.2 | 740.5 | 719.3 |
| % Carbohydrates from Calories | 45-55% | 51.1 | 50.6 | 47.8 | 50.2 | 48.7 |
| % Protein from Calories | 15-25% | 21.6 | 22.5 | 23.0 | 22.4 | 25.0 |
| % Fat from Calories | 25-35% | 27.4 | 26.9 | 29.2 | 27.5 | 26.3 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.9 | 7.9 | 7.6 |
| Fiber | 10g or more | 10.3 | 10.0 | 11.5 | 10.8 | 11.6 |
| Vitamin B-12 | .8ug or more | 2.5 | 3.1 | 2.5 | 2.5 | 4.4 |
| Vitamin A | 300ug RAE or more | 427.2 | 539.2 | 512.3 | 437.1 | 373.8 |
| Vitamin C | 30mg or more | 56.5 | 36.2 | 77.8 | 41.8 | 63.1 |
| Iron | 2.6mg or more | 5.1 | 5.7 | 5.3 | 6.0 | 5.9 |
| Calcium | 400mg or more | 526.3 | 537.4 | 532.8 | 497.4 | 504.8 |
| Sodium | less than 766mg | 721.2 | 591.4 | 763.5 | 699.5 | 577.4 |

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