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| **MONDAY****1c Low Sodium Vegetable Chicken Soup****(3oz. Chicken)****1/2c Whole Kernel Corn****1/2c Green Beans****8 Saltine Crackers****3/4c Applesauce****1/3c Low Fat Powdered Milk****8 oz. Water** | **TUESDAY****3/4c Tuna Salad****(3oz. Tuna)****1c Green Peas and Onions****8 Low Sodium Saltine Crackers****3/4c Peaches****1/3c Low Fat Powdered Milk****8 oz. Water** | **WEDNESDAY****1c Low Sodium Chicken Noodle Soup****(3oz. Chicken)****1/2c Beets****1/2c Cream Style Corn****8 Saltine Crackers****3/4c Pears****1/3c Low Fat Powdered Milk****8 oz. Water** | **THURSDAY****1c Low Sodium Tomato Soup****3/4c Ham Salad****(3oz. Ham)****1c Carrots****8 Saltine Crackers****1/2c Low Fat Vanilla Pudding****1/3c Low Fat Powdered Milk****8 oz. Water** | **FRIDAY****3/4c Chicken Salad****(3oz. Chicken)****3/4c Pinto Beans****1/2c Mixed Vegetables****8 Saltine Crackers****3/4c Crushed Pineapple****1/3c Low Fat Powdered Milk****8 oz. Water** |

***Nutrient Table***

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| Nutrient | Daily Lunch Requirement | Menu Week 1 |
|  |  | **Days in Week:** **5** |
| Calories | 700 or more | 703.5 |
| % Carbohydrates from Calories | 45-55% | 48.4% |
| % Protein from Calories | 15-25% | 18.4% |
| % Fat from Calories | 25-35% | 33.2% |
| Saturated Fat | less than 8g | 7.9g |
| Fiber | 10g or more | 10.4g |
| Vitamin B-12 | .8ug or more | 2.1ug |
| Vitamin A | 300ug RAE or more | 525.1ug |
| Vitamin C | 30mg or more | 30.5mg |
| Iron | 2.6mg or more | 4.7mg |
| Calcium | 400mg or more | 521.2mg |
| Sodium | less than 766mg | 687.mg |

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.

 Jennifer Pas, RD, LD