|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| All Meals Served with 1c 1% Low-Fat Milk |  |  | THURSDAY 1, 2023Santa Fe Chicken(3oz Chicken, 2oz GC, 1oz Cheese)1c Cilantro Lime Brown Rice1c Chuckwagon vegetablesWheat Roll w/ 1 tsp margarine1/2c Beets 3/4c c Pineapple Tidbits  | Friday 2,20233oz LS Mrs Dash Baked Cod1oz Tartar Sauce1c Broccoli w/ red bell  pepper strips1c Coleslaw w/ 2 TBSP Dressing Wheat roll w/ 1 tsp margarine3/4c Peaches |
| Monday June 5Beef & Cheese Quesadilla(3 oz. Beef, .5 oz. Cheese, 1 6 in Flour Tortilla)1/2c Roasted Zucchini1/2c LS Stewed Tomatoes1/2c Apples in Crisp | Tuesday June 6 3 oz. LS Mrs. Dash Tilapia2 TBSP Tartar Sauce3/4c Green Beans & 1/4c Corn w/ 1 tsp margarine1/2c LS Rice Pilaf1c Watermelon  | Wednesday June 7 3 oz. Salisbury Steak Patty1oz LS Gravy 1/2c Au Gratin Potatoes1/2c Carrots 1 Wheat Roll w/ 1 tsp. Margarine3/4c mixed Fruit  | Thursday June 8 Meat Ball Sandwich(3 oz. Turkey Meatballs, .5oz. Mozzarella Cheese, 1 oz. NAS Sauce, 1 Bun)1c Italian blend vegetables3/4c LS Black Beans w/ 1/4c Onions1/2c SF Gelatin w/ 2 TBSP Whipped Topping | Friday June 9 3 oz. Baked Chicken 1 oz. Low Sodium Chicken Gravy 1/2c parsley Potatoes1/2c Roasted Beets1 Wheat Roll w/ 1 tsp. MargarineOrange1 Oatmeal Cookie |
| Monday June 12Crab salad sandwich (3oz Crab, 1/2c Lettuce, 2 slices tomato, 2 slices wheat bread)1/2c Cucumber Salad w/ 1/2c Green bell pepper 1 oz. Sun Chips6 LS WW Crackers 1/2c Pears | Tuesday June 13 Ham & Scalloped Potatoes(1 oz. Low Sodium Ham,1/2c Potato)1c Kale Salad1/2c Garbanzo Beans1 Wheat Roll w/ 1 tsp. MargarineBanana | Wednesday June 14 8oz Beef Stew(3 oz. Beef, 1 oz. Gravy, 1/2c Potatoes & Peas)1/2c Carrot and Raisin Salad1/2c Spinach w/ 1 tsp margarine6 LS WW Crackers1/2c Grapes | Thursday June 15 Hot Dog(1/2 Beef and Pork Hot Dog, 1 Hot Dog Bun, 3oz Chile Sauce, (2oz Beef, 1oz sauce)) 10 no added salt baked French fries 1c Coleslaw w/ 2 TBSP Dressing1/2c Apricots | Friday June 16 3oz LS Turkey Roast 1/4c LS Bread Stuffing1c California VeggiesWheat Roll1/2c Tropical Fruit |
| Monday June 191c Tossed Salad w/ 2 TBSP Light Italian Dressing8oz Hamburger Mac(3oz Beef, 1/2c Macaroni)1c Peas and Carrots1/2c Strawberries 1 Oatmeal Cookie  | Tuesday June 20 8oz Pork Posole Red Chile(3 oz. Pork. 1/4c Red Chile, 1/2c Hominy)1c Capri Vegetables1 6in WW Flour Tortilla w/ 1 tsp margarine1/2c Diced Mango | Wednesday June 211c Tossed salad w/ 2 TBSP light Italian Dressing8oz Chicken Pot Pie3oz chicken, 4oz mixed vegetables in entrée, 1 biscuit)4oz tomato and red onion salad4oz SF gelatin, 1/2c Berries W 1 TBSP Whipped topping | Thursday June 221/2c Tossed Salad w/ 1 TBSP light Italian Dressing3 oz. Pork Loin2 oz. Low Sodium Pork Gravy1/2c Orzo w/ 1/4c Mushrooms w/ 1 tsp margarine1c Vegetable medley w/ 1 tsp margarine1 Dinner Roll w/ 1 tsp. Margarine1/2c Fruit Salad | Friday June 23 5oz. Chicken Teriyaki(3oz Chicken, 2oz Sauce) 1/2c Brown Rice1c stir Fry Vegetables1 Vegetable egg roll1/2c Plums  |
| Monday June 26 Beef Taco(3 oz. Beef, .5oz. Cheese, 1 6in flour Tortillas)1 oz. Salsa, 1/2c lettuce and tomato)1c Calabacitas1/2c LS Spanish Rice1c mandarin oranges  | Tuesday June 27 4 oz. Chicken Parmesan2oz NAS Marinara Sauce1/2c Penne Noodles 1c Broccoli and cauliflowerGarlic Bread1/2c Spiced Apples | Wednesday June 28Cheeseburger (3 oz. Beef Patty 1/2c Lettuce, 2 slices Tomato & 1slice Onion.5oz. Cheese Slice1 Hamburger Bun)1/2c Herb Roasted Potatoes1c No added Salt French Style Green Beans3/4c Fruit Cocktail 1 chocolate chip cookie | Thursday June 291c Chicken and Rice Casserole(3 oz. Chicken, 1 oz. Cheese, 1/2c Rice)1c Tossed Salad w/ 2 TBSP Light Italian Dressing1 Wheat Rollw/ 1 tsp. Margarine1c Cantaloupe | Friday June 30Sloppy Joe(3 oz. Beef, 1 oz. Sauce, 1 Bun, 1/3c Peppers and onions)1/2c LS Baked Beans1c Coleslaw w/2 TBSP Dressing1/2c Sherbet |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:** **2** | **Days in Week:** **5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 885.8 | 716.9 | 724.2 | 715.6 | 787.5 |
| % Carbohydrates from Calories | 45-55% | 50.2 | 45.6 | 49.2 | 44.7 | 50.7 |
| % Protein from Calories | 15-25% | 17.3 | 23.1 | 18.3 | 25.1 | 20.2 |
| % Fat from Calories | 25-35% | 32.5 | 31.3 | 32.4 | 30.1 | 29.1 |
| Saturated Fat | less than 8g | 7.3 | 8.0 | 6.4 | 7.2 | 7.8 |
| Fiber | 10g or more | 10.0 | 10.4 | 11.7 | 10.0 | 10.1 |
| Vitamin B-12 | .8ug or more | 1.7 | 2.6 | 1.9 | 2.1 | 2.5 |
| Vitamin A | 300ug RAE or more | 358.5 | 475.4 | 581.0 | 605.7 | 464.1 |
| Vitamin C | 30mg or more | 114.1 | 55.2 | 50.7 | 47.8 | 61.4 |
| Iron | 2.6mg or more | 3.0 | 4.9 | 4.9 | 4.8 | 5.0 |
| Calcium | 400mg or more | 455.8 | 530.4 | 494.0 | 444.4 | 502.2 |
| Sodium | less than 766mg | 652.6 | 647.3 | 766.6 | 752.6 | 764.3 |

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