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| All Meals Served with 1c 1% Low-Fat Milk |  |  | THURSDAY 1, 2023  Santa Fe Chicken  (3oz Chicken, 2oz GC, 1oz Cheese)  1c Cilantro Lime Brown Rice  1c Chuckwagon vegetables  Wheat Roll w/ 1 tsp margarine  1/2c Beets  3/4c c Pineapple Tidbits | Friday 2,2023  3oz LS Mrs Dash Baked Cod  1oz Tartar Sauce  1c Broccoli w/ red bell  pepper strips  1c Coleslaw w/ 2 TBSP Dressing  Wheat roll w/ 1 tsp margarine  3/4c Peaches |
| Monday June 5  Beef & Cheese Quesadilla  (3 oz. Beef, .5 oz. Cheese,  1 6 in Flour Tortilla)  1/2c Roasted Zucchini  1/2c LS Stewed Tomatoes  1/2c Apples in Crisp | Tuesday June 6  3 oz. LS Mrs. Dash Tilapia  2 TBSP Tartar Sauce  3/4c Green Beans & 1/4c Corn w/ 1 tsp margarine  1/2c LS Rice Pilaf  1c Watermelon | Wednesday June 7  3 oz. Salisbury Steak Patty  1oz LS Gravy  1/2c Au Gratin Potatoes  1/2c Carrots  1 Wheat Roll w/  1 tsp. Margarine  3/4c mixed Fruit | Thursday June 8  Meat Ball Sandwich  (3 oz. Turkey Meatballs, .5oz. Mozzarella Cheese,  1 oz. NAS Sauce, 1 Bun)  1c Italian blend vegetables  3/4c LS Black Beans w/ 1/4c Onions  1/2c SF Gelatin w/ 2 TBSP Whipped Topping | Friday June 9  3 oz. Baked Chicken  1 oz. Low Sodium Chicken Gravy  1/2c parsley Potatoes  1/2c Roasted Beets  1 Wheat Roll w/ 1 tsp. Margarine  Orange  1 Oatmeal Cookie |
| Monday June 12  Crab 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 Chips  6 LS WW Crackers  1/2c Pears | Tuesday June 13  Ham & Scalloped Potatoes  (1 oz. Low Sodium Ham,  1/2c Potato)  1c Kale Salad  1/2c Garbanzo Beans  1 Wheat Roll w/  1 tsp. Margarine  Banana | Wednesday June 14  8oz Beef Stew  (3 oz. Beef, 1 oz. Gravy,  1/2c Potatoes & Peas)  1/2c Carrot and Raisin Salad  1/2c Spinach w/ 1 tsp margarine  6 LS WW Crackers  1/2c 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 Dressing  1/2c Apricots | Friday June 16  3oz LS Turkey Roast  1/4c LS Bread Stuffing  1c California Veggies  Wheat Roll  1/2c Tropical Fruit |
| Monday June 19  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  8oz Hamburger Mac  (3oz Beef, 1/2c Macaroni)  1c Peas and Carrots  1/2c Strawberries  1 Oatmeal Cookie | Tuesday June 20  8oz Pork Posole Red Chile  (3 oz. Pork. 1/4c Red Chile, 1/2c Hominy)  1c Capri Vegetables  1 6in WW Flour Tortilla w/ 1 tsp margarine  1/2c Diced Mango | Wednesday June 21  1c Tossed salad w/ 2 TBSP light Italian Dressing  8oz Chicken Pot Pie  3oz chicken, 4oz mixed vegetables in entrée, 1 biscuit)  4oz tomato and red onion salad  4oz SF gelatin, 1/2c Berries W 1 TBSP Whipped topping | Thursday June 22  1/2c Tossed Salad w/ 1 TBSP light Italian Dressing  3 oz. Pork Loin  2 oz. Low Sodium Pork Gravy  1/2c Orzo w/ 1/4c Mushrooms w/ 1 tsp margarine  1c Vegetable medley w/ 1 tsp margarine  1 Dinner Roll w/  1 tsp. Margarine  1/2c Fruit Salad | Friday June 23  5oz. Chicken Teriyaki  (3oz Chicken, 2oz Sauce)  1/2c Brown Rice  1c stir Fry Vegetables  1 Vegetable egg roll  1/2c Plums |
| Monday June 26  Beef Taco  (3 oz. Beef, .5oz. Cheese,  1 6in flour Tortillas)  1 oz. Salsa, 1/2c lettuce and tomato)  1c Calabacitas  1/2c LS Spanish Rice  1c mandarin oranges | Tuesday June 27  4 oz. Chicken Parmesan  2oz NAS Marinara Sauce  1/2c Penne Noodles  1c Broccoli and cauliflower  Garlic Bread  1/2c Spiced Apples | Wednesday June 28  Cheeseburger  (3 oz. Beef Patty  1/2c Lettuce, 2 slices Tomato & 1slice Onion  .5oz. Cheese Slice  1 Hamburger Bun)  1/2c Herb Roasted Potatoes  1c No added Salt French Style Green Beans  3/4c Fruit Cocktail  1 chocolate chip cookie | Thursday June 29  1c Chicken and Rice Casserole  (3 oz. Chicken, 1 oz. Cheese, 1/2c Rice)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1 Wheat Roll  w/ 1 tsp. Margarine  1c Cantaloupe | Friday June 30  Sloppy Joe  (3 oz. Beef, 1 oz. Sauce,  1 Bun, 1/3c Peppers and onions)  1/2c LS Baked Beans  1c Coleslaw w/2 TBSP Dressing  1/2c Sherbet |

***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:**  **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.

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