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| --- | --- | --- | --- | --- |
| Light Italian dressing used in analysis unless otherwise specified |  | **Wednesday 1, 2023**3oz Salisbury steak, Creamed Potatoes;2oz LS Gravy w/ 1/4c Mushrooms 1/2c Mustard greensWW Roll4oz Blueberries in Crisp  | **THURSDAY 2,2023**Chicken Stir Fry(3oz Chicken,2oz sauce,) 1c oriental cabbage, broccoli, red pepper, green onion)1/2c brown rice1 WW Roll w/ 1 tsp margarine1/2c Mandarin Oranges  | **FRIDAY 3, 2023** 3oz Roast Beef1/2c Buttered New potatoes1c BroccoliWW roll1 banana |
| **MONDAY 6, 2023****1% Milk** Chili Cheese Dog(.5oz Cheese, ½ Beef and Pork Frank, 1bun, 2oz ground beef, 2oz RC sauce)1/2c Potato salad1/2c LS Baked Beans1/2c Pears | **TUESDAY 7, 2023****1% Milk** Beef Tacos(3oz Beef, 1oz Cheese, 1/2 c Lettuce 1/2c Tomatoes2 corn tortillas4oz Kickin Rice (1oz Green chile, 1oz NAS diced tomatoes, 1oz onion)1/2 c Gelatin w/ 1/2c Apricots  | **WEDNESDAY 8, 2023****1% Milk** 3oz Fried Fish1oz Tartar Sauce1/2c Spinach1/2c Coleslaw w/ 2 TBSP dressingCornbread1 sl. Angel Food Cake, w/ 1oz Cherries, 1 TBSP Whipped Topping | **THURSDAY 9, 2023****1% Milk** 8oz Beef Stew(3oz Beef, 1/2c Vegetables)1/2c Beet and onion SaladWW Roll1/2c Pineapple Chunks  | **FRIDAY 10, 2023****1% Milk** Chicken Fajitas(3oz Chicken, 1/2c Peppers and onions, 1 6 in flour tortilla)1c Mexican Salad(4oz Lettuce, 2oz Tomatoes,2oz onion, 1oz Cheese, 1 oz Ranch Style Beans1oz Pico de Gallo1/2c Pumpkin in Pie  |
| **MONDAY 13, 2023****1% Milk** Beef Chile Cheeseburger(.5oz RC, .5oz ground beef), 2oz ground beef, 1 oz Cheese, 1 sl tomato, 2 dill pickle slices, 1 slice onion1/2c Turnip Greens 1/2 c Potato wedges1/2c Watermelon  | **TUESDAY 14, 2023**3oz Chicken strips2oz LS Pepper Gravy1c California Blend Vegetables 1/2c Tossed salad w/ 1 TBSP Light DressingWW Roll | **WEDNESDAY 15, 2023****1% Milk**  BBQ pulled Pork(3oz Pork, 1oz LS BBQ Sauce)1c Pasta Salad (1/2c Pasta, 1/2c Vegetables)8oz Cucumber and tomato saladWW Roll1/2c Peaches in Cobbler | **THURSDAY 16, 2023**6oz Red Chile Beef Enchiladas(3oz Ground Beef, 1oz RC, 2 corn tortillas, 1oz Cheese)1c LS Pinto Beans1c Tossed Salad w/ 2 TBSP Light Dressing1/2 c Light Vanilla Ice cream cup  | **FRIDAY 17, 2023****1% Milk**  Chicken and Dumplings(3oz Chicken, 2oz Dumplings)1c Tuscan Vegetables1c Tropical fruit 1 Sugar Cookie |
| **MONDAY 20, 2023**CLOSED | **TUESDAY 21, 2023****1% Milk** 3oz Chicken Fried Steak1oz LS Pepper Gravy1/2c LS Mashed Potatoes 1/2c Green Beans1/2c Tossed Salad w/ 1 TBSP light Dressing1c Strawberries and Bananas | **WEDNESDAY 22, 2023**6oz Green Chile Chicken Enchiladas(3oz Chicken, 1oz GC, 1oz Cheese, 2 corn tortillas)1/2c Fiesta Salad4oz Mexican Zucchini4oz Flan | **THURSDAY 23, 2023****1% Milk** 3oz Hamburger Steak3oz Gravy/Onions1/2c Glazed Carrots ½ Baked Potato w/ 1 tsp margarine1 slices Jalapeno Cornbread1c Cantaloupe | **FRIDAY 24, 2023** 3oz LS Lemon Pepper Chicken1c LS Avocado Pasta Salad 1/2c Pasta, 1/2c Vegetables), w/ 2 TBSP LS Avocado Dressing1/2c AspargusWW Roll1/2c Spiced Peaches  |
| **MONDAY 27, 2023**1c Black eyed Peas1/2c mushrooms and onions w/ 1 tsp margarine1/2c Okra 1 cornbread w/ 1 tsp margarine3/4c Tropical Fruit | **TUESDAY 28, 2023**4oz LS Meatloaf2oz LS Gravy3/4c Roasted Brussel Sprouts1/2c Au Gratin PotatoesWW Roll w/ 1 tsp margarine1/2c Apple slices  |  |  |  |

***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:****3** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****2** |
| Calories | 700 or more | 727.6 | 887.6 | 700.1 | 725.9 | 719.4 |
| % Carbohydrates from Calories | 45-55% | 52.3 | 51.9 | 51.8 | 45.4 | 55.0 |
| % Protein from Calories | 15-25% | 22.1 | 20.0 | 21.5 | 24.2 | 17.4 |
| % Fat from Calories | 25-35% | 25.5 | 28.2 | 26.8 | 30.1 | 27.6 |
| Saturated Fat | less than 8g | 7.8 | 7.6 | 7.8 | 8.0 | 7.4 |
| Fiber | 10g or more | 10.5 | 13.5 | 12.3 | 10.6 | 12.0 |
| Vitamin B-12 | .8ug or more | 3.0 | 2.7 | 2.1 | 2.5 | 2.6 |
| Vitamin A | 300ug RAE or more | 470.7 | 588.2 | 1424 | 478.1 | 371.6 |
| Vitamin C | 30mg or more | 61.1 | 44.9 | 71.1 | 71.4 | 54.9 |
| Iron | 2.6mg or more | 5.2 | 6.4 | 4.8 | 4.5 | 5.1 |
| Calcium | 400mg or more | 476.6 | 536.6 | 572.6 | 560.9 | 633.2 |
| Sodium | less than 766mg | 669.4 | 655.4 | 758.8 | 655.5 | 521.7 |

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