|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.  4oz TACO BURGER  (3 OZ TACO MEAT,  .5OZ SHREDDED CHEESE, 1/2c Lettuce, 2 slices tomato, 1 slice onion, 1 WW bun)  1/2c Low Sodium Ranch Beans  4 OZ MEXICAN ZUCHINI  3/4c Roasted Brussel Sprouts  6OZ CANTALOUPE | 2.  6OZ GREEN CHILLE  CHICKEN ENCHILADAS  (3OZ CHICKEN, 1 OZ GC,  1 OZ CHEESE, 2 CORN  TORTILLAS), 1/2c Lettuce and tomato)  1/2c Corn Salsa  3/4c Roasted Green Beans w/ 5 Cherry Tomatoes  1/2c RAINBOW SHERBERT  CUP  1/2c Mango | 3.  3OZ FRIED FISH  1OZ TARTAR SAUCE  10 No added salt baked French fries  4OZ SPINACH  8OZ COLESLAW  2TBSP Dressing  WW Roll  1SL ANGEL FOOD CAKE/  1OZ Cherry topping, 1TBSP  WHIPPED TOPPING | 4.  3OZ ROAST BEEF  4OZ BUTTERED NEW POTATOES  8 OZ BROCCOLI  WW ROLL  BANANA  5oz Nonfat greek vanilla yogurt  Do not serve milk this day | 5.  3OZ CHICKEN STRIPS/  1OZ LS PEPPERED GRAVY  8OZ CALIFORNINA BLEND  VEGETABLES  4 OZ TOSSED SALAD  1 TBSP Light Italian Dressing  WW ROLL  1/2c SF Gelatin w/ 3/4c mixed berries |
| 8.  CHILI CHEESE BURGER  (1OZ CHILI, 3OZ BEEF PATTY,  .5OZ AMERICAN CHEESE, 4OZ LETTUCE, 1 SLICE TOMATO, 2 SLICED DILL PICKLE, 1 SLICE ONION, 1 BUN)  4OZ POTATOE WEDGES  8OZ PASTA (4OZ MACARONI,  4OZ PEAS, 4OZ CARROTS)  4OZ TROPICAL FRUIT  5OZ GREEK NON-FAT VANILLA YOGURT | 9.  CHICKEN TACOS  (3OZ CHICKEN, ., 2 CORN TORTILLAS,  4OZ LETTUCE AND TOMATOES)  3/4C CALABACITAS, 1/4C GC  4OZ PINTO BEANS  2OZ BREAD PUDDING | 10.  BBQ BONANZA  (3OZ BBQ, 1OZ BBQ SAUCE)  1OZ CORNBREAD  3/4C BAKED BEANS  4OZ ROASTED TOMATOES  8OZ WATERMELON | 11.  CHICKEN FAJITAS  (2 CORN TORTILLAS,  3OZ CHICKEN,  4OZ PEPPERS & ONIONS,)  8OZ CAPRI VEGETABLES  1OZ PICO DE GALLO  3/4c Fruit Compote (strawberry peach) | 12.  MEATLOAF  4OZ MEATLOAF  1/2c Honey Glazed Carrots and parsnips  1 MED BAKED POTATO/  1 TSP MARAGRINE  8OZ TOSSED SALAD  2 TBSP Light Italian Dressing  WW ROLL  4OZ Cherries in COBBLER |
| 15.  SPAGHETTI & MEAT  SAUCE  (4OZ PASTA, 3OZ BEEF,  2OZ NAS MARINARA SAUCE)  8OZ ITALIAN VEGETABLES  4OZ SPINACH CRANBERRY  SALAD  1SL GARLIC BREAD  4OZ MIXED FRUIT | 16.  CHICKEN FRIED STEAK  3OZ CHICKEN FRY  1OZ PEPPERED GRAVY  4OZ MUSTARD GREENS  4OZ LS 3 BEAN SALAD  WW ROLL  1/2c oranges & BANANAS | 17.  8oz GREEN CHILI PORK STEW  (3OZ PORK, 1OZ GC, 2OZ  DICED POTATOES, 1OZ TOMATOES, 1OZ ONIONS)  4OZ yellow squash with diced tomatoes  8OZ TOSSED SALAD  2 TBSP Light Italian Dressing  1 6 INCH FLOUR TORTILLA  4OZ WARM CINNAMON APPLES  5OZ GREEK NONFAT VANILLA YOGURT | 18.  BEEF TACOS  (3OZ BEEF, .5OZ CHEESE,  2 CORN TORTILLAS,  2OZ LETTUCE/  2 OZ DICED TOMATOES)  4OZ PINTO BEANS  1/2c Spanish Slaw  4OZ KICKN RICE’  4OZ SF GELATIN/  4OZ APRICOTS | 19.  SALMON PATTIES  4OZ SALMON PATTIES  4OZ BLACKEYED PEAS  6OZ ROASTED BEETS & CARROTS  1 WW roll  4OZ FRUITCOCKTAIL |
| 22.  GRILLED CHICKEN  30Z GRILLED CHICKEN/  2OZ BROWN GRAVY  1/2 BAKED SWEET POTATOE w/ 1 tsp margarine  4oz Cucumber Salad  1/2c Italian Flat Beans  WW roll w 1 tsp margarine  6OZ PLUMS | 23.  8oz BEEF STEW  (3OZ BEEF, 4OZ VEGETABLES)  4OZ CABBAGE  4OZ BEETS & ONION  SALAD  WW ROLL w 1 tsp margarine  1c Fruit Salad | 24.  HAMBURGER STEAK/  GRILLED ONIONS/ GRAVY  (3OZ HAMBURGER STEAK, 1OZ GRILLED ONIONS/  2OZ GRAVY)  4OZ GLAZED CARROTS  ½ BAKED POTATO w/ 1 tsp margarine, 2 TBSP Sour Cream  1 SLICE JALAPENO CORNBREAD  1/2c Pears | 25.  CHICKEN STIR FRY  (3OZ CHICKEN, 1OZ SAUCE,  8oz ORIENTAL CABBAGE,  BROCCOLI, RED PEPPER,  GREEN ONION, 1 TBSP Toasted Sesame Seeds)  8OZ BROWN RICE  6OZ MANDARIN ORANGES  4 LS WW Crackers | 26.  BBQ PULLED PORK  (3OZ PORK, 1OZ BBQ SAUCE,)  4oz LF Broccoli Salad  8OZ okra & TOMATOE  WW ROLL w/ 1 tsp margarine  4OZ SF PEACH COBBLER  (1/2c Peaches in Cobbler) |
| CLOSED | 30. ‘  SALISBURY STEAK  3OZ BEEF PATTY w/ 2oz LS Brown Gravy  4OZ Herb Roasted Potatoes  4OZ MUSHROOMS  4OZ TURNIP GREENS  WW ROLL  1c Grapes | 31.  FRIED CHICKEN  3OZ FRIED CHICKEN  4OZ COLE SLAW w/ 1 TBSP Dressing  4 oz No added salt French style GREEN BEANS w/ 1/2c red bell pepper strips, & 1/3c Slivered almonds  Wheat roll  Apple |  |  |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 or more | 717.5 | 821.0 | 756.6 | 752.7 | 700.3 |
| % Carbohydrates from Calories | 45-55% | 49.7 | 53.2 | 49.5 | 52.  2 | 46.2 |
| % Protein from Calories | 15-25% | 22.4 | 21.2 | 21.4 | 20.6 | 18.4 |
| % Fat from Calories | 25-35% | 27.8 | 25.6 | 29.1 | 27.1 | 35.4 |
| Saturated Fat | less than 8g | 7.9 | 7.8 | 8.0 | 7.8 | 7.8 |
| Fiber | 10g or more | 10.5 | 14.7 | 11.6 | 10.2 | 12.4 |
| Vitamin B-12 | .8ug or more | 2.5 | 2.5 | 3.4 | 2.3 | 1.9 |
| Vitamin A | 300ug RAE or more | 365.5 | 553.6 | 581.4 | 579.9 | 456.8 |
| Vitamin C | 30mg or more | 76.7 | 67.9 | 68.8 | 65.2 | 75.9 |
| Iron | 2.6mg or more | 4.1 | 5.0 | 5.3 | 4.9 | 4.9 |
| Calcium | 400mg or more | 488.6 | 541.3 | 537.7 | 470.8 | 507.4 |
| Sodium | less than 766mg | 666.5 | 675.0 | 677.6 | 763.8 | 700.5 |

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