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| --- | --- | --- | --- | --- |
| 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 Beans4 OZ MEXICAN ZUCHINI3/4c Roasted Brussel Sprouts6OZ CANTALOUPE | 2.6OZ GREEN CHILLECHICKEN ENCHILADAS(3OZ CHICKEN, 1 OZ GC,1 OZ CHEESE, 2 CORNTORTILLAS), 1/2c Lettuce and tomato)1/2c Corn Salsa3/4c Roasted Green Beans w/ 5 Cherry Tomatoes1/2c RAINBOW SHERBERTCUP1/2c Mango  | 3.3OZ FRIED FISH1OZ TARTAR SAUCE10 No added salt baked French fries 4OZ SPINACH8OZ COLESLAW2TBSP DressingWW Roll1SL ANGEL FOOD CAKE/1OZ Cherry topping, 1TBSPWHIPPED TOPPING | 4.3OZ ROAST BEEF4OZ BUTTERED NEW POTATOES8 OZ BROCCOLIWW ROLLBANANA5oz Nonfat greek vanilla yogurtDo not serve milk this day | 5.3OZ CHICKEN STRIPS/1OZ LS PEPPERED GRAVY8OZ CALIFORNINA BLENDVEGETABLES4 OZ TOSSED SALAD1 TBSP Light Italian DressingWW ROLL1/2c 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 WEDGES8OZ PASTA (4OZ MACARONI,4OZ PEAS, 4OZ CARROTS)4OZ TROPICAL FRUIT5OZ GREEK NON-FAT VANILLA YOGURT | 9.CHICKEN TACOS(3OZ CHICKEN, ., 2 CORN TORTILLAS,4OZ LETTUCE AND TOMATOES)3/4C CALABACITAS, 1/4C GC4OZ PINTO BEANS2OZ BREAD PUDDING | 10.BBQ BONANZA(3OZ BBQ, 1OZ BBQ SAUCE)1OZ CORNBREAD3/4C BAKED BEANS4OZ ROASTED TOMATOES8OZ WATERMELON | 11.CHICKEN FAJITAS(2 CORN TORTILLAS,3OZ CHICKEN,4OZ PEPPERS & ONIONS,)8OZ CAPRI VEGETABLES1OZ PICO DE GALLO3/4c Fruit Compote (strawberry peach) | 12.MEATLOAF4OZ MEATLOAF1/2c Honey Glazed Carrots and parsnips1 MED BAKED POTATO/1 TSP MARAGRINE8OZ TOSSED SALAD2 TBSP Light Italian DressingWW ROLL4OZ Cherries in COBBLER |
| 15. SPAGHETTI & MEATSAUCE(4OZ PASTA, 3OZ BEEF,2OZ NAS MARINARA SAUCE)8OZ ITALIAN VEGETABLES4OZ SPINACH CRANBERRYSALAD1SL GARLIC BREAD4OZ MIXED FRUIT | 16. CHICKEN FRIED STEAK3OZ CHICKEN FRY1OZ PEPPERED GRAVY4OZ MUSTARD GREENS4OZ LS 3 BEAN SALADWW ROLL1/2c oranges & BANANAS | 17. 8oz GREEN CHILI PORK STEW(3OZ PORK, 1OZ GC, 2OZDICED POTATOES, 1OZ TOMATOES, 1OZ ONIONS)4OZ yellow squash with diced tomatoes8OZ TOSSED SALAD2 TBSP Light Italian Dressing1 6 INCH FLOUR TORTILLA4OZ WARM CINNAMON APPLES5OZ GREEK NONFAT VANILLA YOGURT  | 18. BEEF TACOS(3OZ BEEF, .5OZ CHEESE,2 CORN TORTILLAS,2OZ LETTUCE/2 OZ DICED TOMATOES)4OZ PINTO BEANS1/2c Spanish Slaw4OZ KICKN RICE’4OZ SF GELATIN/4OZ APRICOTS | 19. SALMON PATTIES4OZ SALMON PATTIES4OZ BLACKEYED PEAS6OZ ROASTED BEETS & CARROTS1 WW roll 4OZ FRUITCOCKTAIL |
| 22. GRILLED CHICKEN30Z GRILLED CHICKEN/2OZ BROWN GRAVY1/2 BAKED SWEET POTATOE w/ 1 tsp margarine 4oz Cucumber Salad1/2c Italian Flat BeansWW roll w 1 tsp margarine6OZ PLUMS | 23.8oz BEEF STEW(3OZ BEEF, 4OZ VEGETABLES)4OZ CABBAGE4OZ BEETS & ONIONSALADWW ROLL w 1 tsp margarine 1c Fruit Salad  | 24.HAMBURGER STEAK/GRILLED ONIONS/ GRAVY(3OZ HAMBURGER STEAK, 1OZ GRILLED ONIONS/2OZ GRAVY)4OZ GLAZED CARROTS½ BAKED POTATO w/ 1 tsp margarine, 2 TBSP Sour Cream1 SLICE JALAPENO CORNBREAD1/2c Pears  | 25.CHICKEN STIR FRY(3OZ CHICKEN, 1OZ SAUCE,8oz ORIENTAL CABBAGE,BROCCOLI, RED PEPPER,GREEN ONION, 1 TBSP Toasted Sesame Seeds)8OZ BROWN RICE6OZ MANDARIN ORANGES4 LS WW Crackers  | 26.BBQ PULLED PORK(3OZ PORK, 1OZ BBQ SAUCE,)4oz LF Broccoli Salad8OZ okra & TOMATOE WW ROLL w/ 1 tsp margarine4OZ SF PEACH COBBLER(1/2c Peaches in Cobbler) |
| CLOSED  | 30. ‘SALISBURY STEAK3OZ BEEF PATTY w/ 2oz LS Brown Gravy4OZ Herb Roasted Potatoes 4OZ MUSHROOMS4OZ TURNIP GREENSWW ROLL1c Grapes | 31.FRIED CHICKEN3OZ FRIED CHICKEN4OZ COLE SLAW w/ 1 TBSP Dressing4 oz No added salt French style GREEN BEANS w/ 1/2c red bell pepper strips, & 1/3c Slivered almonds Wheat rollApple |  |  |

***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