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|  |  |  | **THURSDAY 1, 2024****Orange Chicken**3 oz diced chicken 2 oz sauce1/2c steamed Brown Rice w/ 1 tsp margarine1c Oriental Veggie w/ 1 tsp margarine1 Vegetable egg roll1/2c pineapple chunks  | **FRIDAY 2, 2024****Green Cheese Enchilada**2 corn tortilla, 2 oz RC sauce, 1oz cheese, 1/2c lettuce and tomato1/2c pinto Beans 1c California Blend Vegetables w/ 1 tsp margarine1/2c SF Gelatin with 1/2c berries  |
| **MONDAY 5, 2024****1c reduced sodium Beef Stew**(3 oz Diced Beef, 1/2c Potatoes, carrots, onions, celery, 1 oz sauce)1/2c Steamed Cabbage1 slice LF Cornbread w/ 1 tsp margarine1/2c Fruit Cocktail | **TUESDAY 6, 2024****Chicken Tenders**2- 2oz chicken tenders1/2c mashed potatoes w/ 2 oz LS gravy1c Chateau Blend vegetables w/ 1 tsp margarine1 WW Roll w/ 1tsp margarine 1 Medium Apple  | **WEDNESDAY 7, 2024****Chile Relleno**(1oz cheese, 1 chile, 1oz crust)1/2c LS Pinto beans 1c Tossed Saladw/ 2 TBSP FF Italian Dressing1 6in Flour Tortilla1/2c Pears | **THURSDAY 8, 2024****Spaghetti**(3 oz meat, 1/2c spaghetti, 2 oz NAS Marinara sauce)1/2c Green Beans 1 Garlic Bread1c Tossed Salad w/ 2 TBSP FF Ranch Dressing Oatmeal cookie | **FRIDAY 9, 2024****Chicken Salad Sandwich**(3/4c Chicken salad: 3 oz diced chicken, 1/4c Celery, grapes, walnuts, cranberries) 2 slice ww bread1/2c Beets (not pickled)1/2c Broccoli 1 1-oz Sun chipsBanana |
| **MONDAY 12, 2024****Chicken Alfredo**(3 oz Chicken, 1/2c Fettuccine, 1oz Light Alfredo sauce)1c Italian blend vegetables1c Tossed Salad w/ 2 TBSP FF ranch Dressing1 Wheat roll w/ 1 tsp unsalted butter 1/2c warm Cinnamon Apples  | **TUESDAY 13, 2024****Chicken Fried Steak**1-4 oz chicken fried steak1oz LS Country Gravy1/2c LS Herb Roasted Red Potatoes1/2c LS Three Bean Salad 1 slice WW Bread w/ 1 tsp unsalted butter 1c Mixed Fruit  | **WEDNESDAY 14, 2024****1c Pork Red Posole**(3 oz Diced Pork , 1/2c hominy, 1/4c red chile)1/2c cabbage, 1/4c onions1/2c yellow squash6 WW crackers1 c Strawberries | **THURSDAY 15, 2024****Chili Dog**(1oz Turkey Frank, 1 hot dog bun, 1/2c LS Ranch Beans), 1/2c Roasted Cauliflower 1/2c Carrots1c Tropical Fruit Salad  | **FRIDAY 16, 2024** **BBQ pulled pork** (3 oz pork 1 oz bbq sauce)1/2c Potato salad1/2c Asparagus w/ 1 tsp unsalted butter 1 WW roll w/ 1 tsp unsalted butter 1/2c Spiced peaches |
| **MONDAY 19, 2024****Drumstick chicken**1 4-oz drumstick1/2c Scalloped Potatoes1/2c Broccoli 1 ww Roll 1/2c Chocolate Pudding  | **TUESDAY 20, 2024****Ground Beef Burrito**(3 oz ground beef, .5 oz shredded cheese, 1 oz green chile, 1 8-in flour tortilla)1/2c LS Spanish rice1 c Capri Vegetables 1Tsp Unsalted Butter 1c Grapes   | **WEDNESDAY 21, 2024****Chicken Pot Pie** (1 oz crust, 3 oz chicken,1/2c veggie mix, 1 oz sauce)1c tossed salad w/ 2TBSP FF Ranch Dressing 4 LS WW crackers 1/2c Apricots  | **THURSDAY 22, 2024****Cheeseburger** (3oz hamburger Pattie, 1 oz cheese, 1 hamburger bun1/2c lettuce, 1 slice tomato, 1 slice onion)1/2c French fries1/2c Cucumber and tomato salad 1/2c applesauce  | **FRIDAY 23, 2024****Chicken Parmesan**(3 oz chicken Breast, .5oz parmesan cheese)1/2c Spaghetti w/ 2oz NAS marinara sauce1/2c Roasted Brussel sprouts 1c Tossed Salad w/ 2 TBSP FF Italian Dressing 1 ww RollOrange |
| **MONDAY 26, 2024****Cajun Baked Fish**(3 oz Tilapia, 1 tsp LS Cajun Seasoning)1/2c LS Brown rice Pilaf1c Winter Blend Vegetables1 ww roll 1/2c SF Gelatin w/ 1/2c Banana | **TUESDAY 27, 2024****BBQ Chicken** (3 oz chicken 1oz BBQ sauce)1c Vegetable Medley1/2c Parslied Potatoes1 slice LF cornbread1/2c Mandarin Oranges1 slice SF Angel Food Cake | **WEDNESDAY 28, 2024** **Beef Tacos**(3 oz ground beef, 1 6in flour tortilla1 oz shredded cheese1/2c Lettuce and tomato2 TBSP salsa)1/2c LS Pinto Beans1c Chateau Blend Vegetable w/ 1 tsp unsalted butter 1/2c Pineapple Tidbits | **THURSDAY 29, 2024**2 oz polish Sausage 3/4c Sweet Potatoes1/2c Green Beans w/ 1/2c NAS Diced tomato 1 WW Roll w/ 1tsp unsalted butter 1/2c Peaches1/2c light Vanilla nonfat Yogurt |   |

***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:****4** |
| Calories | 700 or more | 700.3 | 705.7 | 722.5 | 767.4 | 701.9 |
| % Carbohydrates from Calories | 45-55% | 53.0 | 51.8 | 53.9 | 51.1 | 50.7 |
| % Protein from Calories | 15-25% | 21.5 | 21.2 | 19.7 | 22.7 | 23.7 |
| % Fat from Calories | 25-35% | 25.5 | 27.0 | 26.4 | 26.3 | 25.6 |
| Saturated Fat | less than 8g | 6.6 | 7.0 | 7.5 | 7.8 | 8.0 |
| Fiber | 10g or more | 12.3 | 12.2 | 11.3 | 10.3 | 10.6 |
| Vitamin B-12 | .8ug or more | 1.4 | 2.3 | 1.6 | 2.3 | 2.3 |
| Vitamin A | 300ug RAE or more | 333.5 | 561.5 | 431.7 | 517.0 | 459.8 |
| Vitamin C | 30mg or more | 33.6 | 57.9 | 62.3 | 68.9 | 31.1 |
| Iron | 2.6mg or more | 3.3 | 4.8 | 5.0 | 5.4 | 4.4 |
| Calcium | 400mg or more | 521.6 | 500.1 | 461.3 | 520.6 | 523.7 |
| Sodium | less than 766mg | 652.6 | 762.5 | 762.7 | 699.2 | 761.2 |

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 approved on January 25, 2024