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|  |  |  | **THURSDAY 1, 2024**  **Orange Chicken**  3 oz diced chicken 2 oz sauce  1/2c steamed Brown Rice w/ 1 tsp margarine  1c Oriental Veggie w/ 1 tsp margarine  1 Vegetable egg roll  1/2c pineapple chunks | **FRIDAY 2, 2024**  **Green Cheese Enchilada**  2 corn tortilla, 2 oz RC sauce, 1oz cheese,  1/2c lettuce and tomato  1/2c pinto Beans  1c California Blend Vegetables w/ 1 tsp margarine  1/2c 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 Cabbage  1 slice LF Cornbread w/ 1 tsp margarine  1/2c Fruit Cocktail | **TUESDAY 6, 2024**  **Chicken Tenders**  2- 2oz chicken tenders  1/2c mashed potatoes  w/ 2 oz LS gravy  1c Chateau Blend vegetables w/ 1 tsp margarine  1 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 Salad  w/ 2 TBSP FF Italian Dressing  1 6in Flour Tortilla  1/2c Pears | **THURSDAY 8, 2024**  **Spaghetti**  (3 oz meat, 1/2c spaghetti, 2 oz NAS Marinara sauce)  1/2c Green Beans  1 Garlic Bread  1c 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 bread  1/2c Beets (not pickled)  1/2c Broccoli  1 1-oz Sun chips  Banana |
| **MONDAY 12, 2024**  **Chicken Alfredo**  (3 oz Chicken, 1/2c Fettuccine, 1oz Light Alfredo sauce)  1c Italian blend vegetables  1c Tossed Salad w/ 2 TBSP FF ranch Dressing  1 Wheat roll w/ 1 tsp unsalted butter  1/2c warm Cinnamon Apples | **TUESDAY 13, 2024**  **Chicken Fried Steak**  1-4 oz chicken fried steak  1oz LS Country Gravy  1/2c LS Herb Roasted Red Potatoes  1/2c 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 onions  1/2c yellow squash  6 WW crackers  1 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 Carrots  1c Tropical Fruit Salad | **FRIDAY 16, 2024**  **BBQ pulled pork**  (3 oz pork 1 oz bbq sauce)  1/2c Potato salad  1/2c 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 drumstick  1/2c Scalloped Potatoes  1/2c 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 rice  1 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 bun  1/2c lettuce, 1 slice tomato, 1 slice onion)  1/2c French fries  1/2c 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 sauce  1/2c Roasted Brussel sprouts  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1 ww Roll  Orange |
| **MONDAY 26, 2024**  **Cajun Baked Fish**  (3 oz Tilapia, 1 tsp LS Cajun Seasoning)  1/2c LS Brown rice Pilaf  1c Winter Blend Vegetables  1 ww roll  1/2c SF Gelatin w/ 1/2c Banana | **TUESDAY 27, 2024**  **BBQ Chicken**  (3 oz chicken 1oz BBQ sauce)  1c Vegetable Medley  1/2c Parslied Potatoes  1 slice LF cornbread  1/2c Mandarin Oranges  1 slice SF Angel Food Cake | **WEDNESDAY 28, 2024**  **Beef Tacos**  (3 oz ground beef, 1 6in flour tortilla  1 oz shredded cheese  1/2c Lettuce and tomato  2 TBSP salsa)  1/2c LS Pinto Beans  1c Chateau Blend Vegetable w/ 1 tsp unsalted butter  1/2c Pineapple Tidbits | **THURSDAY 29, 2024**  2 oz polish Sausage  3/4c Sweet Potatoes  1/2c Green Beans w/ 1/2c NAS Diced tomato  1 WW Roll w/ 1tsp unsalted butter  1/2c Peaches  1/2c 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