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| **Monday 1** | **Tuesday 2** | **Wednesday 3** | **Thursday 4** | **Friday 5** |
| 4oz Chicken Fried Steak  ½ c LS Mash Potatoes  w/ 2oz LS Country gravy  3/4c Green Beans  1 slice LF cornbread  Banana | Beef Tacos  (2 hard tortillas, 3oz ground beef, 1/2c lettuce and tomato, 1 oz Salsa)  1/2c LS Pinto Beans  1/2c Zucchini  1/2c LS Spanish Rice  1c Chopped Watermelon | 1c Vegetable Beef Stew  (3oz Beef, 1/2c Vegetables)  1c Garden Salad w/2 TBSP Light Ranch dressing  1/2c Fruit Cocktail  6 LS WW crackers | Shrimp Alfredo  (3oz Shrimp, 1oz Light alfredo sauce, 1/2c fettuccine, 1/2c peas)  1/2c Carrots w/ 1 tsp unsalted butter  1/2c sliced strawberries | Ham and Cheese Sub  (2oz Ham, .5oz Cheese, 1 hot dog bun plain, 1/2c lettuce and tomato)  1/2c LS Oven Fried Potatoes  1/2c LS 3 bean salad  1/2c Light Vanilla nonfat yogurt  1c Cantaloupe |
| **8**  Spaghetti w/ meat sauce  (1/2c Spaghetti, 3oz beef, 2oz NAS marinara sauce)  1c Caesar Salad  (1c Romaine lettuce, 1/2c tomatoes, 1/2 TBSP parm Cheese, 2 TBSP Lite Caesar Dressing  1/2c Apple Sauce  Garlic Bread | **9**  1c Green Chili Enchi. Casserole  (1oz GC, 2 corn tortilla, 1oz Cheese, 2oz GC Sauce)  1c Capri Vegetables  1/2c LS Pinto Beans  1/2c Mixed fruit  Sopapillas w/ 1 TBSP honey | **10**  3oz Meatloaf  1/2c Parsley Potatoes  1/2c Brussel Sprouts  Wheat Roll w/ 1 tsp margarine  1/2c Spiced Peaches | **11**  3 oz Roasted Chicken Leg & 3oz Thighs  1/2c Brown Rice w/ 1/3c mushrooms  1c California Blend Vegetables  Wheat Roll w/ 1 tsp margarine  Orange | **12**  6oz Pork Stir Fry  (4oz Pork, 2oz Sauce)  1/2c (cooked) Chow mein noodles  1c Stir Fry Veggies  1c Tropical Fruit Salad |
| **15**  3oz Chicken Strips  1/2c French Fries  8 baby carrots  1 slice LF Cornbread  1c Grapes | **16**  3oz Hamburger Steak w/ 2oz LS brown Gravy  1c Egg Noodles  3/4c Green Beans  1/2c Cauliflower  1/2c Apricots | **17**  3oz LS Herbed Broiled Cod w/ lemon wedge  1c Garden Salad w/ 2 TBSP Light Italian Dressing  1/2c Asparagus  1/2c Brown Rice  Wheat Roll | **18**  Beef & Cheese Burritos  (2oz Beef, 1oz Cheese, 1 8n WW Flour Tortilla, 2oz RC sauce)  1/2c LS black beans w/ 1/4c red bell pepper  1c Tossed salad w/ 2 TBSP Light Ranch Dressing  1/2c Mandarin oranges | **19**  Grilled Turkey & Cheese sandwich  (2 slices wheat bread, 2oz Turkey, 1oz Swiss Cheese, 1/2c Lettuce, 2 slices tomato)  1c Vegetable medley  1c LS Tomato Soup  1/2c pears |
| **21**  Pork Sliders  (3oz Shredded pork, 1oz BBQ sauce, 1 sweet bun, 1/2c Coleslaw w/ 1 TBSP Dressing)  1/2c Tomato/Cucumber salad  1/2c Carrot raisin salad  Orange | **22**  PEPPERONI PIZZA  (7 slices pepperoni, 1 oz LS marinara, 1oz LF Mozz. cheese, 1oz Pizza crust)  1c Ceasar Salad  (1c Romaine lettuce, 1/2c tomatoes, .5 TBSP parm Cheese, 1/4c LS garbanzo beans, 2 TBSP Lite Caesar Dressing)  1c Fresh Fruit Salad  1c Light Nonfat Vanilla yogurt | **23**  Frito Pie  (1oz Corn Chips, 2oz RC Sauce, 3oz Beef, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1/2c Calabacitas  Fresh Pear | **24**  3oz LS Beef Brisket  1/2c LS Herb roasted red Potatoes  1/2c Braised red cabbage w/ 1/4 c Apple  1/2c Pineapple Chunks  Wheat Roll | **25**  Chicken Fajitas  (3oz Chicken, 1/2c peppers and onions, 1 6 in Flour Tortilla, 1oz Salsa)  1/2c LS Spanish Rice  1c Winter vegetables  1/2c Fruit Cocktail |
| **29**  Roasted Chicken W/ GRAVY, 1/2c Mushrooms  (3oz Roasted chicken breast, ,2oz pepper gravy)  1/2c LS herb roasted tomato wedges  1/2c LS mashed potatoes  1c Tropical Frui Salad | **30**  1c Bowl Chili w/ Beans  (2oz Ground beef, 1/4c pinto beans, 1/4c peppers)  1c LS LF Broccoli Salad  1/2c Beets  ½ slice Cornbread  1c Chopped Cantaloupe |  |  | **NOTE:**  **Potluck April 14, 2024**  **All Meals served w/ 1% Milk** |

***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 | 706.6 | 700.4 | 704.6 | 760.6 | 871.1 |
| % Carbohydrates from Calories | 45-55% | 50.9 | 48.2 | 51.6 | 49.2 | 46.0 |
| % Protein from Calories | 15-25% | 23.2 | 21.3 | 21.9 | 20.4 | 24.7 |
| % Fat from Calories | 25-35% | 25.9 | 29.5 | 26.5 | 30.4 | 29.3 |
| Saturated Fat | less than 8g | 7.2 | 7.9 | 7.7 | 7.5 | 8.0 |
| Fiber | 10g or more | 10.6 | 10.4 | 11.2 | 11.2 | 13.3 |
| Vitamin B-12 | .8ug or more | 2.6 | 2.2 | 2.6 | 2.2 | 3.0 |
| Vitamin A | 300ug RAE or more | 682.8 | 304.9 | 608.8 | 341.8 | 435.3 |
| Vitamin C | 30mg or more | 48.9 | 55.5 | 39.9 | 67.8 | 125.5 |
| Iron | 2.6mg or more | 5.8 | 4.5 | 4.7 | 4.7 | 7.5 |
| Calcium | 400mg or more | 526.8 | 470.3 | 576.6 | 531.8 | 495.5 |
| Sodium | less than 766mg | 742.1 | 661.2 | 766.2 | 764.4 | 705.5 |

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 approved on March 25, 2024