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|  |  | **WEDNESDAY 1, 2023****1% Milk** **1c Multigrain Oatmeal****2 Scrambled Eggs****1/2 c Red & Sweet Potatoes****1c Peppers & Onions****2 sl Canadian Bacon****Orange** | **THURSDAY 2, 2023****1% Milk** **2 Pancakes with** **1 TBSP Syrup & 1 tsp Margarine****1 HB Egg** **1/2c Potatoes with 1c Peppers and onions****1 Apple**  | **FRIDAY 3, 2023****1% Milk** **Breakfast Burrito****with 2 Scrambled Egg, 2 slices LS Bacon, 1 oz Cheese, 1oz Green Chile** **and1/2c LS Hash browns****1 6-in WW tortilla** **5.5oz LS Tomato Juice****1/2c Pineapple** |
| **MONDAY 6, 2023****Biscuit with****1 oz LS Country Gravy****1 oz Reduced fat Sausage Patty****1/2c Cooked Spinach****1/2c LS Black beans w/ 1/4 c onions****Orange**  | **TUESDAY 7, 2023****4oz Malt-O-Meal****1 oz Chia Seeds****1 oz LS Ham, 1Egg & 1oz Reduced Fat Cheese****Croissant****Apple** | **WEDNESDAY 8, 2023****8 oz Cinnamon Multigrain Oatmeal****1/4c Raisins****1/3c unsalted chopped pecans** **1 WW Toast with 1 tsp Margarine****½ Grapefruit** | **THURSDAY 9, 2023****Huevos Rancheros****with 1 Egg, 1 oz reduced fat Cheese & 1oz Chile****1 oz Reduced fat Sausage Link** **1 6-in WW tortilla** **5.5 oz LS V-8 Juice****1/2c Applesauce** | **FRIDAY 10 2023****1c Cheerios** **1 sl French Toast****With 1 TBSP Syrup****2 sl. Bacon****1/2c Sliced Pears** |
| **MONDAY 13, 2023****1c Bran Flakes****½ 7 in Waffle with 1TBSP Syrup****1oz LS Lean Grilled Ham****1/2c Chilled Peaches** | **TUESDAY 14, 2023****4oz Malt-O-Meal****1oz Chia Seeds****English Muffin with****1 Egg, .5oz LF Cheese & 1 oz LF Reduced Fat Sausage****1oz Green Chile****3/4c Mixed Fruit** | **WEDNESDAY 15, 2023****1c Multigrain Oatmeal****1 Scrambled Eggs****1/2 c Red & Sweet Potatoes****1/2cPeppers & Onions****1 sl Canadian Bacon****Orange** | **THURSDAY 16, 2023****2 Pancakes with** **1 TBSP Syrup & 1 TBSP Margarine****1/2c Potatoes with 1/2c Peppers and onions****1 Apple**  | **FRIDAY 17, 2023****Breakfast Burrito****with 2 Scrambled Egg, 2 slices LS Bacon, 1 oz Reduced Fat Cheese, 1oz Chile** **and1/2c LS Hash browns****1 6-in WW tortilla** **5.5oz LS Tomato Juice****1/2c Pineapple** |
| **MONDAY 20, 2023****Biscuit with****1 oz LS Country Gravy****1 oz Reduced fat Sausage Patty****1/2c Cooked Spinach****1/2c LS Black beans w/ 1/4 c onions****Orange**  | **TUESDAY 21, 2023****4oz Malt-O-Meal****1 oz Chia Seeds****1 oz LS Ham, 1Egg & 1oz Reduced Fat Cheese****Croissant****Apple** | **WEDNESDAY 22, 2023****8 oz Cinnamon Multigrain Oatmeal****1/4c Raisins****1/3c unsalted chopped pecans** **1 WW Toast with 1 tsp Margarine****½ Grapefruit** | **THURSDAY 23, 2023****Huevos Rancheros****with 1 Egg, 1 oz reduced fat Cheese & 1oz Chile****1 oz Reduced fat Sausage Link** **1 6-in WW tortilla** **5.5 oz LS V-8 Juice****1/2c Applesauce** | **FRIDAY 24, 2023****1c Cheerios** **1 sl French Toast****With 1 TBSP Syrup****2 sl. Bacon****1/2c Sliced Pears** |
| **MONDAY 27, 2023****1c Bran Flakes****½ 7 in Waffle with 1TBSP Syrup****1oz LS Lean Grilled Ham****1/2c Chilled Peaches** | **TUESDAY 28, 2023****4oz Malt-O-Meal****1oz Chia Seeds****English Muffin with****1 Egg, .5oz LF Cheese & 1 oz LF Reduced Fat Sausage****1oz Green Chile****3/4c Mixed Fruit** | **WEDNESDAY 29, 2023****1c Multigrain Oatmeal****1 Scrambled Eggs****1/2 c Red & Sweet Potatoes****1/2cPeppers & Onions****1 sl Canadian Bacon****Orange** | **THURSDAY 30, 2023****2 Pancakes with** **1 TBSP Syrup & 1 TBSP Margarine****1/2c Potatoes with 1/2c Peppers and onions****1 Apple**  | **FRIDAY 31, 2023****Breakfast Burrito****with 2 Scrambled Egg, 2 slices LS Bacon, 1 oz Reduced Fat Cheese, 1oz Chile** **and1/2c LS Hash browns****1 6-in WW tortilla** **5.5oz LS Tomato Juice****1/2c Pineapple** |

***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:****3** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 668.1 | 599.5 | 631.8 | 599.5 | 631.8 |
| % Carbohydrates from Calories | 45-55% | 55.7 | 46.3 | 55.7 | 46.3 | 55.7 |
| % Protein from Calories | 15-25% | 18.7 | 17.8 | 17.6 | 17.8 | 17.6 |
| % Fat from Calories | 25-35% | 25.6 | 35.8 | 26.7 | 35.8 | 26.7 |
| Saturated Fat | less than 8g | 7.4 | 7.5 | 6.8 | 7.5 | 6.8 |
| Fiber | 10g or more | 10.3 | 10.0 | 10.0 | 10.0 | 10.0 |
| Vitamin B-12 | .8ug or more | 2.0 | 1.9 | 3.3 | 1.9 | 3.3 |
| Vitamin A | 300ug RAE or more | 414.2 | 310.5 | 413.7 | 310.5 | 413.7 |
| Vitamin C | 30mg or more | 136.0 | 38.9 | 93.2 | 38.9 | 93.2 |
| Iron | 2.6mg or more | 4.0 | 6.0 | 9.6 | 6.0 | 9.6 |
| Calcium | 400mg or more | 566.4 | 610.4 | 581.3 | 610.4 | 581.3 |
| Sodium | less than 766mg | 760.1 | 706.9 | 735.7 | 706.9 | 735.7 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the breakfast calorie level of 450 calories or more. 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