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| 8 oz. 1% Milk Served with All Meals |  |  |  | **FRIDAY 1, 2023**1c Tossed Salad w/ 2 TBSP FF ranch Dressing3 oz oven baked chicken1/2c LS mashed potatoes/ 2oz LS Gravy 1c Vegetable Medley w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp margarine 1/2c Spiced Peaches  |
| **MONDAY 4, 2023**Turkey and cheese melt(2 oz turkey, 1 oz Swiss cheese, 2 sl. ww bread)1c LS pureed broccoli soup4 LS WW Crackers1c California Blend Vegetables w/ 1 tsp unsalted butter 3/4c Vanilla nonfat yogurt1/2c Mandarin oranges  | **Tuesday 5, 2023**Fish and Chips(3oz breaded catfish, 1/2c NAS Baked French fries)1c coleslaw w/ 2 TBSP dressingWheat roll 1 Fresh Pear  | **Wednesday 6, 2023**Chile Beans(3/4c beans, 1 oz red Chile, .5 oz cheese)1/2c Spinach1/2c Roasted Zucchini 1 slice LF cornbread w/ 1 tsp unsalted butter 3/4c Apple slices  | **THURSDAY 7, 2023**Chicken Fettuccine Alfredo(3 oz diced chicken, 1 oz Light alfredo sauce, 1c fettuccine noodles)1c Italian blend vegetablesWheat roll w/ 1 tsp margarine1/2c SF Gelatin w/ 1/2c banana | **FRIDAY 8, 2023**Chef salad(1.5c romaine lettuce,1 HB Egg, 1oz LS Ham, 1oz Turkey Slice, 1/4c Shredded carrots, 1/4c Red Cabbage, ½ oz Cheese)2 TBSP FF ranch dressing6 LS WW crackers1c fruit salad  |
| **MONDAY 11, 2023**Pepperoni Pizza(.5oz pepperon (7 slices) .5oz mozz. cheese, 1oz crust, 1oz Sauce)1c garden salad w/ 2T FF Ranch dressing w/ 1/4 c garbanzo beans1/2c Nonfat vanilla yogurt1c strawberries  | **TUESDAY 12, 2023**Beef Stew(4 oz beef, 1/2c vegetables, 1 oz sauce)1/2c steamed cabbage1/2c Tossed salad w/ 1 TBSP FF Ranch Dressing 6 LS WW Crackers 1 orange | **WEDNESDAY 13, 2023**BBQ Pulled Pork on a Bun(3 oz pulled pork, 1 oz sauce, 1 bun)3/4c Pasta Salad (1/2c vegetables, 1/4c pasta)1/2c Beets w/ 1 tsp unsalted butter 1c Honeydew | **THURSDAY 14, 2023**3 oz Chicken Tenders 1/2c LS mashed potatoes/2 oz LS gravy1/2c Carrots w/ 1tsp unsalted butter 1 LF Cornbread 1 slice angel food cake, w/ 2 TBSP Cherry Topping | **FRIDAY 15, 2023**Green Chile cheese burger(3 oz beef, .5oz cheese, 1 oz green Chile, 1 bun, 1/2c lettuce, 2 slices red tomato, 1 slices onion)1/2c NAS Baked French fries1/2c Roasted Brussel Sprouts 1/2c Fruit cocktail  |
| **MONDAY 18, 2023**1 Chile relleno(1oz Crust, 1oz Cheese, 1 pepper)1/2c LS pinto beans1/2c Cauliflower1/2c Beets w/ 1 tsp unsalted butter 1 6in. flour tortilla1 apple  | **TUESDAY 19, 2023**3/4c Tater tot Casserole(3oz beef, 1 oz cheese sauce, 1/4c tater tots)Fat 1c Chateau Blend Vegetables 1/2c garden salad w/1T FF Italian dressing1 WW Roll w/1 tsp margarine1/2c mixed fruit  | **WEDNESDAY 20, 2023**Tuna Pasta salad(3oz tuna, 1/2c pasta)1/2c Vegetables)1c LS Tomato Soup 4 WW crackers1c Grapes | **THURSDAY 21, 2023**2 oz Christmas ham1/3c scalloped potatoes1/2c green beans w/ 1/4c red peppers w/ 1 tsp unsalted butter 1 WW roll1c fruit salad w/ 1/2c Nonfat vanilla yogurt 1 sugar cookie | **FRIDAY 22, 2023**Chicken Fajitas (3oz Chicken, 1/2c peppers and onion, 1 6in Flour Tortilla)1/2c Yellow Squash1/2c Black Beans1/2c sliced peaches & 1/2c Apricots  |
| **MONDAY 25, 2023**Closed | **TUESDAY 26, 2023**Chili Cheese Hot Dog(1oz turkey frank, 1 WW bun, 2oz Chili, 1oz sauce, .5oz Cheese)1/2c Roasted Herb Red Potatoes 1/2c LS LF broccoli salad½ c Peaches in SF 1/4c Cobbler  | **WEDNESDAY 27, 2023**4 oz orange chicken(3oz Chicken, 1oz Sauce, 1 tsp sesame seeds)1c steamed brown rice w/ 1 tsp unsalted butter 1c oriental vegetables w/ 1 tsp unsalted butter1/2c Pineapple Chunks +1/2c Mandarin oranges | **THURSDAY 28, 2023**8 oz Pork Posole(1oz RC, 1/2c hominy, 3oz Pork)1/2c Calabacitas 1c Tossed salad w/ 2 TBSP FF Ranch Dressing 1 6in WW Flour Tortilla w/ 1 tsp unsalted butter 1/2c Mango  | **FRIDAY 29, 2023**Egg salad sandwich(4 oz egg salad=1 egg 2 sl. ww bread1/2c romaine lettuce)1c Mediterranean Blend Vegetables w/ 2 tsp unsalted butter 1c nonfat Mixed Berry yogurt1 |

***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:****1** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** |
| Calories | 700 or more | 772.8 | 701.1 | 701.1 | 708.3 | 764.0 |
| % Carbohydrates from Calories | 45-55% | 49.7 | 50.9 | 53.7 | 53.2 | 55.7 |
| % Protein from Calories | 15-25% | 25.0 | 20.0 | 20.9 | 20.6 | 19.3 |
| % Fat from Calories | 25-35% | 25.3 | 29.1 | 25.3 | 26.2 | 25.0 |
| Saturated Fat | less than 8g | 7.2 | 8.0 | 7.1 | 7.6 | 7.9 |
| Fiber | 10g or more | 12.3 | 11.4 | 10.9 | 12.6 | 10.2 |
| Vitamin B-12 | .8ug or more | 1.5 | 1.9 | 2.5 | 2.2 | 1.5 |
| Vitamin A | 300ug RAE or more | 763.3 | 495.4 | 698.7 | 406.5 | 415.0 |
| Vitamin C | 30mg or more | 45.4 | 52.9 | 89.7 | 87.1 | 53.6 |
| Iron | 2.6mg or more | 5.0 | 4.2 | 5.2 | 4.8 | 3.8 |
| Calcium | 400mg or more | 458.3 | 582.0 | 540.3 | 545.6 | 530.2 |
| Sodium | less than 766mg | 764.0 | 766.7 | 757.4 | 761.3 | 765.1 |

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