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| All Meals Served With 8oz 1% Milk as available  |  |  | THURSDAY 1,2024BBQ CHICKEN DRUMSTICKS(1 3oz Drumstick, 2 TBSP BBQ sauce)1/2c LS Ranch Beans3/4c Spinach w/ 1/4c onionsWW RollBanana | FRIDAY 2, 20241c LS GREEN CHILE PORK STEW(3oz diced pork, 1oz GC,1/4c diced tomato, 1/4 potato 2oz LS broth)1/2c calabacitas1 6” Flour tortilla1/2c cherres in 1/4c cobbler |
| MONDAY 5, 2024CHICKEN FRIED STEAK(4oz chicken fried steak, 2oz LS pepper gravy)1/2c LS mashed potatoes1/2c carrots, w 1 tsp unsalted butter WW Roll w/ 1 tsp unsalted butter 1/2c cinnamon apple sauce | TUESDAY 6, 2024BREAKFAST FOR LUNCH(2oz scrambled eggs, 1oz reduced fat sausage patty)3/4c hashbrowns w/ 1/2c onions and peppersWheat bread w/ 1 tsp margarine 1c Fruit salad  | WEDNESDAY 7, 20243/4c GHOULASH(3oz ground beef, 1/2c elbow macaroni, 2oz tomato sauce,)1/2c broccoli spears w/. 1tsp unsalted butter 1c Garden Salad w/ 2TBSP FF Ranch Dressing4WW crackers1c Apricots | THURSDAY 8, 20244 oz. Sweet & Sour Pork(1oz Sauce, 3oz Diced Pork, 1 tsp sesame seeds)1c Brown Rice1c Stir Fry Vegetables1/2c Mandarin Oranges and 1/2c Pineapple Chunks | FRIDAY 9, 2024PEPPERONI PIZZA (7 slices of pepperoni ~1/2oz, 1oz Crust, 1oz Pizza sauce, .5oz Mozzarella cheese) 1/2c roasted Zucchini1/2c red peppers1/2 c Tossed Salad w/ 1 TBSP FF Ranch Dressing1/2c Peaches1c Light Vanilla Nonfat Yogurt  |
| MONDAY 12, 2024 3/4c TATER TOT CASEROLE(1/4c Mixed Vegetable, 3oz Ground beef, 1oz sauce, 1/4c Tater Tots)1c Tossed Saladw/ 2 TBSP FF Italian DressingWheat roll1c Grapes and Cantaloupe | TUESDAY 13, 20241c LS CHICKEN NOODLE SOUP(3oz diced chicken, 1/4c noodles, 1/4c Carrots, 1/4c celery, onions, 1/4c LS broth)1/2c roasted Brussel sprouts4 WW LS crackers1/2c SF peach cobbler(1/2c Peaches in 1/4c Cobbler) | WEDNESDAY 14, 2024RED ENCHILADAS(1oz Red chile, 1oz cheddar cheese, 2 corn tortillas, 1 tsp veg oil)1/2c Pinto beans1/2c Calabacitas1c NF Light Vanilla yogurt1/2c Diced Mango | THURSDAY 15, 2024CHEESEBURGER(3oz beef patty, ½ sl American cheese, 1oz sautéed onion, 2sl tomato, 1/2c shredded lettuce)1/2c potato wedges1/2c LS LF Broccoli Salad1c Tropical Fruit | FRIDAY 16, 2024TUNA SALAD Sandwich (3/4c tuna salad, 3oz tuna. 1 tbsp mayo,1 oz white onion, 1oz chopped celery, 2sl wheat bread)1c Chateau blend vegetables1/2c Fruit Cocktail  |
| MONDAY 19, 2024CLOSED | TUESDAY 20, 2024BEEF BURRITO (1 6in flour tortilla, 2oz ground beef, .5oz cheese, 1/2c potatoes, 1oz GC)1/2c Beets1/2c Black Bean salad1/2c Spiced Pears | WEDNESDAY 21, 2024SAUSAGE RUSTICA(1oz sausage, 1/4c penne pasta, 1/4 c peppers, 1/4c spinach, 1/8c onion, 2oz NAS marinara)1/2c roasted cauliflower1 Wheat roll 1/2c mixed fruit1c light nonfat vanilla yogurt | THURSDAY 22, 20243/4c CHILE BEANS(1/2c pinto beans, 3oz ground beef, 2oz red chile)1sl LF cornbread 1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1/2c SF Gelatin w/ 1/2c berries | FRIDAY 23, 2024FRIED CATFISH(3oz catfish, 1oz cornmeal, 2 TBSP tarter sauce)1/2c baby bakers1/2c green beans Wheat roll 1c Tropical Fruit Salad  |
| Monday 26,2024MEATBALL SUB(1 Hoagie Roll, 3 1oz beef meatball, 2oz Marinara sauce, 1oz mozz cheese)1/2c LS Three bean Salad3/4c Italian VegetablesFresh Pear | Tuesday 27, 2024Orange Chicken(3oz Chicken, 1oz Sauce)1/2c Brown Rice1c Stir Fry Vegetables1c Strawberries | Wednesday 28, 2024FRITO PIE(3oz ground beef, **1oz corn chips,** 2oz red chile)1/2c LS Pinto Beans 1c Garden Salad w/ 2 TBSP FF Italian Dressing1 Brownie | Thursday 29, 20241c GREEN CHILE CHICKEN CORN STEW  (1oz GC, 1/4c Potatoes, 1/4c Corn, 2 oz LS broth, 3oz Chicken )1c yellow squash and NAS diced Tomatoes w3/ 1 tsp margarineWW Roll w/ 1 tsp margarineOrange  |  |

***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:****4** | **Days in Week:****4** |
| Calories | 700 or more | 747.1 | 770.1 | 741.4 | 800.1 | 705.1 |
| % Carbohydrates from Calories | 45-55% | 53.0 | 55.6 | 52.5 | 53.1 | 48.4 |
| % Protein from Calories | 15-25% | 20.5 | 18.5 | 20.1 | 20.1 | 23.5 |
| % Fat from Calories | 25-35% | 26.5 | 25.8 | 27.4 | 26.8 | 28.1 |
| Saturated Fat | less than 8g | 7.0 | 25.8 | 7.4 | 7.9 | 7.2 |
| Fiber | 10g or more | 13.8 | 10.0 | 10.2 | 12.9 | 11.9 |
| Vitamin B-12 | .8ug or more | 1.3 | 2.4 | 2.5 | 7.2 | 1.9 |
| Vitamin A | 300ug RAE or more | 521.8 | 637.5 | 478.3 | 398.1 | 373.8 |
| Vitamin C | 30mg or more | 33.5 | 90.8 | 73.4 | 65.7 | 60.2 |
| Iron | 2.6mg or more | 7.2 | 4.6 | 4.7 | 6.1 | 4.5 |
| Calcium | 400mg or more | 518.2 | 499.4 | 547.6 | 567.7 | 505.0 |
| Sodium | less than 766mg | 762.5 | 758.8 | 753.5 | 723.1 | 741.1 |

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 approved on January 25, 2024