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| All Meals Served With 8oz 1% Milk as available |  |  | THURSDAY 1,2024  BBQ CHICKEN DRUMSTICKS  (1 3oz Drumstick, 2 TBSP BBQ sauce)  1/2c LS Ranch Beans  3/4c Spinach w/ 1/4c onions  WW Roll  Banana | FRIDAY 2, 2024  1c LS GREEN CHILE PORK STEW  (3oz diced pork, 1oz GC,1/4c diced tomato, 1/4 potato 2oz LS broth)  1/2c calabacitas  1 6” Flour tortilla  1/2c cherres in 1/4c cobbler |
| MONDAY 5, 2024  CHICKEN FRIED STEAK  (4oz chicken fried steak, 2oz LS pepper gravy)  1/2c LS mashed potatoes  1/2c carrots, w 1 tsp unsalted butter  WW Roll w/ 1 tsp unsalted butter  1/2c cinnamon apple sauce | TUESDAY 6, 2024  BREAKFAST FOR LUNCH  (2oz scrambled eggs, 1oz reduced fat sausage patty)  3/4c hashbrowns w/ 1/2c onions and peppers  Wheat bread w/ 1 tsp margarine  1c Fruit salad | WEDNESDAY 7, 2024  3/4c 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 Dressing  4WW crackers  1c Apricots | THURSDAY 8, 2024  4 oz. Sweet & Sour Pork  (1oz Sauce, 3oz Diced Pork, 1 tsp sesame seeds)  1c Brown Rice  1c Stir Fry Vegetables  1/2c Mandarin Oranges and 1/2c Pineapple Chunks | FRIDAY 9, 2024  PEPPERONI PIZZA  (7 slices of pepperoni ~1/2oz, 1oz Crust, 1oz Pizza sauce, .5oz Mozzarella cheese)  1/2c roasted Zucchini  1/2c red peppers  1/2 c Tossed Salad w/ 1 TBSP FF Ranch Dressing  1/2c Peaches  1c 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 Salad  w/ 2 TBSP FF Italian Dressing  Wheat roll  1c Grapes and Cantaloupe | TUESDAY 13, 2024  1c 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 sprouts  4 WW LS crackers  1/2c SF peach cobbler  (1/2c Peaches in 1/4c Cobbler) | WEDNESDAY 14, 2024  RED ENCHILADAS  (1oz Red chile, 1oz cheddar cheese, 2 corn tortillas, 1 tsp veg oil)  1/2c Pinto beans  1/2c Calabacitas  1c NF Light Vanilla yogurt  1/2c Diced Mango | THURSDAY 15, 2024  CHEESEBURGER  (3oz beef patty, ½ sl American cheese, 1oz sautéed onion, 2sl tomato, 1/2c shredded lettuce)  1/2c potato wedges  1/2c LS LF Broccoli Salad  1c Tropical Fruit | FRIDAY 16, 2024  TUNA SALAD Sandwich  (3/4c tuna salad, 3oz tuna. 1 tbsp mayo,1 oz white onion, 1oz chopped celery, 2sl wheat bread)  1c Chateau blend vegetables  1/2c Fruit Cocktail |
| MONDAY 19, 2024  CLOSED | TUESDAY 20, 2024  BEEF BURRITO  (1 6in flour tortilla, 2oz ground beef, .5oz cheese, 1/2c potatoes, 1oz GC)  1/2c Beets  1/2c Black Bean salad  1/2c Spiced Pears | WEDNESDAY 21, 2024  SAUSAGE RUSTICA  (1oz sausage, 1/4c penne pasta, 1/4 c peppers, 1/4c spinach, 1/8c onion, 2oz NAS marinara)  1/2c roasted cauliflower  1 Wheat roll  1/2c mixed fruit  1c light nonfat vanilla yogurt | THURSDAY 22, 2024  3/4c CHILE BEANS  (1/2c pinto beans, 3oz ground beef, 2oz red chile)  1sl LF cornbread  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  1/2c SF Gelatin w/ 1/2c berries | FRIDAY 23, 2024  FRIED CATFISH  (3oz catfish, 1oz cornmeal, 2 TBSP tarter sauce)  1/2c baby bakers  1/2c green beans  Wheat roll  1c Tropical Fruit Salad |
| Monday 26,2024  MEATBALL SUB  (1 Hoagie Roll, 3 1oz beef meatball, 2oz Marinara sauce, 1oz mozz cheese)  1/2c LS Three bean Salad  3/4c Italian Vegetables  Fresh Pear | Tuesday 27, 2024  Orange Chicken  (3oz Chicken, 1oz Sauce)  1/2c Brown Rice  1c Stir Fry Vegetables  1c Strawberries | Wednesday 28, 2024  FRITO PIE  (3oz ground beef, **1oz corn chips,** 2oz red chile)  1/2c LS Pinto Beans  1c Garden Salad w/ 2 TBSP FF Italian Dressing  1 Brownie | Thursday 29, 2024  1c 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 margarine  WW Roll w/ 1 tsp margarine  Orange |  |

***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