|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY 3**  **1% Milk**  3oz Breaded Chicken Tenders  ½ c green beans  ½ c cucumber salad  1 wheat roll  1/2c Sliced Apples | **TUESDAY 4** | **WEDNESDAY 5**  **1% Milk**  Smothered Beef Bean Burrito  (3oz Beef, ½ LS Pinto Beans, 1 8n flour tortilla,.5oz cheese)  1/2c Lettuce and tomato, 1/4c onion)  1c Zucchini and Tomatoes  1 c pineapple | **THURSDAY 6**  **1% Milk**  3oz Chicken fried steak  1/2c Tossed salad w/ 1 TBSP Light Italian Dressing  1/2c Carrot & Raisin Salad  ½ c low sodium mashed potatoes  2oz LS brown gravy  1/2c Sliced Oranges | **FRIDAY 7** |
| **MONDAY 10**  **1% Milk**  Pork Teriyaki  (3 oz pork, .5oz Sauce)  3/4c Bell peppers, onions, 1/4c mushrooms, 1oz Toasted Sesame Seeds)  1/2c Brown rice  1c Green salad w/ 2TBSP Light Italian Dressing  ½ c mixed fruit in 1/2c SF (sugar Free) Gelatin | **TUESDAY 11** | **WEDNESDAY 12**  **1% Milk**  1/2c Spaghetti & 3oz Beef Meatballs in 2 oz No added Salt (NAS) Marinara Sauce  1c Green salad w/ 2 TBSP Light Italian Dressing  1 slice garlic bread  1c Tropical fruit Salad | **THURSDAY 13**  **1% Milk**  Chicken salad sandwich  (4oz chicken salad, 2 slices wheat bread, 1/2c lettuce & 2 slices tomato)  1 c pasta salad with veggies  (1/2 c pasta, ½ c veggies).  3/4c honeydew | **FRIDAY 14** |
| **MONDAY 17**  **1% Milk**  3oz Low Sodium (LS) Mrs Dash baked whitefish  1 c coleslaw w/ 2 TBSP Dressing  3/4 c Broccoli w/ 1/4c red bell pepper w / 1tsp unsalted butter  ½ c rosemary potatoes  Wheat Roll w/ 1 tsp Unsalted butter  1/2c Peaches | **TUESDAY 18** | **WEDNESDAY 19**  **1% Milk**  3oz BBQ Chicken  (3oz Chicken Breast, 1oz BBQ Sauce)  1c Green salad w/ 2 TBSP Light Italian Dressing  ½ c Low Sodium (LS) cowboy beans  1/2c Okra  1 whole-wheat bun  1c Fruit Cocktail | **THURSDAY 20**  **1% Milk**  Cheese burger (3oz beef, bun, ½ slice American cheese, 1/2c lettuce, 1slice onion, 2 slices tomato, )  10 No added salt baked French fries  1c California Blend Vegetables w/ 1 tsp unsalted butter  1 c watermelon | **FRIDAY 21** |
| **MONDAY 24**  **1% Milk**  4oz Chicken Cordon Bleu  (3oz Chicken Breast, .5oz Cheese, .5 LS Ham)  ½ c LS (Low Sodium) white bean salad  1c Green salad w/ 2 TBSP Light Italian Dressing  ½ c Brown Rice  1c Strawberries | **TUESDAY 25** | **WEDNESDAY 26**  **1% milk**  4oz meatloaf  ½ c coleslaw w/ 1 TBSP Dressing  1/2 c mixed vegetables  ½ c LS mashed potatoes with 1oz LS brown gravy  Wheat roll  1 c cantaloupe slices | **THURSDAY 27**  **1% milk**  3oz pepper steak with 1oz roasted bell peppers, mushrooms, and onion  1c Stir Fry Vegetables  1/2c Green salad w/ 1 TBSP Light Italian Dressing  3/4c White rice  ½ c mandarin oranges | **FRIDAY 28** |
| **MONDAY 31**  7oz Green Chile Chicken Enchiladas  (3oz Chicken, 1oz GC, 1 corn tortilla, .5oz Cheese)  with 1/2c Lettuce and tomato, 1/4c onion)  ½ c LS Spanish rice  1/4c LS Black beans  1c Yellow Squash and Zucchini w/ 1 tsp margarine  2 slices pineapple slices | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **3** | **Days in Week:**  **3** | **Days in Week:**  **3** | **Days in Week:**  **1** |
| Calories | 700 or more | 703.4 | 814.0 | 719.4 | 731.4 | 728.0 |
| % Carbohydrates from Calories | 45-55% | 47.9 | 50.7 | 48.9 | 45.0 | 51.0 |
| % Protein from Calories | 15-25% | 21.9 | 21.4 | 23.1 | 25.7 | 24.1 |
| % Fat from Calories | 25-35% | 30.2 | 27.9 | 28.0 | 29.3 | 25.0 |
| Saturated Fat | Less than 8g | 7.7 | 7.9 | 8.0 | 8.0 | 7.8 |
| Fiber | 10 g or more | 11.4 | 11.4 | 11.1 | 10.3 | 10.5 |
| Vitamin B-12 | .8ug or more | 2.5 | 1.9 | 2.4 | 3.1 | 1.7 |
| Vitamin A | 300ug or more | 438.8 | 589.3 | 531.2 | 624.3 | 385.2 |
| Vitamin C | 30mg or more | 52.4 | 73.7 | 68.6 | 89.8 | 34.3 |
| Iron | 2.6mg or more | 4.7 | 7.2 | 4.3 | 6.6 | 3.0 |
| Calcium | 400mg or more | 541.0 | 555.6 | 500.8 | 496.6 | 582.0 |
| Sodium | less than 766mg | 763.0 | 737.6 | 766.4 | 720.8 | 537.5 |