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| --- | --- | --- | --- | --- |
| **MONDAY 3****1% Milk** 3oz Breaded Chicken Tenders½ c green beans½ c cucumber salad1 wheat roll1/2c 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 steak1/2c Tossed salad w/ 1 TBSP Light Italian Dressing1/2c Carrot & Raisin Salad½ c low sodium mashed potatoes2oz LS brown gravy1/2c 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 Dressing½ 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 Sauce1c Green salad w/ 2 TBSP Light Italian Dressing1 slice garlic bread1c 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 Dressing3/4 c Broccoli w/ 1/4c red bell pepper w / 1tsp unsalted butter ½ c rosemary potatoesWheat 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 Dressing½ c Low Sodium (LS) cowboy beans1/2c Okra 1 whole-wheat bun1c 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 fries1c 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 salad1c Green salad w/ 2 TBSP Light Italian Dressing½ c Brown Rice 1c Strawberries  | **TUESDAY 25** |  **WEDNESDAY 26****1% milk** 4oz meatloaf½ c coleslaw w/ 1 TBSP Dressing1/2 c mixed vegetables½ c LS mashed potatoes with 1oz LS brown gravyWheat roll 1 c cantaloupe slices | **THURSDAY 27****1% milk** 3oz pepper steak with 1oz roasted bell peppers, mushrooms, and onion1c Stir Fry Vegetables1/2c Green salad w/ 1 TBSP Light Italian Dressing3/4c 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 rice1/4c LS Black beans1c Yellow Squash and Zucchini w/ 1 tsp margarine2 slices pineapple slices | **TUESDAY** | **WEDNESDAY**  | **THURSDAY** | **FRIDAY**  |

***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:****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 |