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| --- | --- | --- | --- | --- |
| 1% Milk served at meals |  |  |  | Friday 13oz LS Herbed Baked Chicken2oz LS Gravy1/2c Sweet Potatoes3/4c green beans w/ 1/4c Slivered Almonds1c Tossed salad w/ 2 TBSP FF Ranch DressingWheat roll w/ 1 tsp unsalted butter Orange  |
| Monday 4Cobb Salad w/ Chicken and Egg(1.5 c Romaine lettuce, 2oz Chicken, 1 HB Egg, 1/4c Carrots, 1/4c cucumber, 1/4c Tomatoes)2 TBSP FF Ranch DressingWheat roll w/ 1 tsp unsalted butter 1c Fruit Salad1/2c nonfat vanilla yogurt 1/4c low Fat granola without raisins  | Tuesday 5Pork Stir Fry(4oz Pork, 1c Stir Fry Vegetables, .5oz Sauce)1/2c Chow Mein NoodlesVegetable Egg Roll 1/2c Pineapple Chunks | Wednesday 6 4oz LS Lemon Pepper Fish1/3c Scalloped Potatoes1c California Blend w/ 1 tsp margarineWheat Roll w/ 1 tsp unsalted butter 1/2c Cinnamon Spiced Apples | Thursday 71c LS Chicken Noodle Soup(3oz Chicken, 1/4c Noodles, 1/4c Celery and onions, Carrots)6 LS WW Crackers w/ 1 tsp unsalted butter 1c Tossed Salad w/ 2 TBSP FF Italian Dressingbanana | Friday 8Meat Lasagna(1/2c Noodles, 3oz Meat, 1oz Sauce, 1oz Cheese)3/4c vegetable medley w 1 tsp unsalted butter 1c Tossed Salad w/ 2 TBSP FF Italian DressingGarlic BreadFresh Pear |
| Monday 11Egg Salad sandwich(1/2c=1egg, 1/4c Spinach, 2 sl. Wheat bread)1/2c LS Creamy Cucumber Salad1/2c LS Roasted Broccoli 3/4c Peaches1c Greek Nonfat vanilla yogurt | Tuesday 12Veggie Pizza(1oz Mozz. Cheese, 1oz Sauce, 1/2c Peppers and onions, 1/4c tomatoes, 1/4c Mushrooms, 1oz crust)1/2c Tossed Salad w/ 1 TBSP FF Italian Dressingw/ 1/2c LS Garbanzo Beans1c Strawberries | Wednesday 13Chicken Fettuccine Alfredo(1/2c pasta, 1oz LS Light Alfredo Sauce, 3oz Diced Chicken)1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1c Cauliflower and broccoliw/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter 1c Berries w/ 1/4c FF Whipped Topping  | Thursday 141c LS Green Chile Pork(1oz GC, 3oz Pork, 1/2c Potatoes, tomatoes)1/2c Tossed Salad w/ 1 TBSP FF Italian Dressing1/2c Zucchini1 6in WW Tortilla w/ 1 tsp unsalted butter1c Cantaloupe | Friday 15Breakfast for Lunch2oz Scrambled Egg1oz reduced fat sauce patty3/4c Hashbrowns w/ 1/2c Peppers and onions1 6 in WW Tortilla w/ 1 tsp unsalted butter 1c Fruit Salad  |
| Monday 18RC Beef Enchiladas(1oz RC, 3oz Beef, 2 corn tortilla, 1oz Cheese, 1/2c Lettuce and tomato)1/2c LS Spanish Rice**1/3c LS Pinto Beans****3/4c yellow squash w/ 1 tsp unsalted butter** 1/2c Fruit Cocktail w/ 1/2c SF Gelatin | Tuesday 19Green Chile Chicken Stew(1oz GC, 3oz Diced Chicken, 1/2c potatoes, carrots, corn)1c Bahama Blend vegetables1 6in Flour Tortilla1/2c Mixed Fruit | Wednesday 20Sloppy Joe(1bun, 3oz beef, 1oz sauce)1/2c Potato Wedges1/2c carrots1c Tropical Fruit Salad  | Thursday 21Tuna Salad (3oz Light Tuna)6 LS WW Crackers1c Vegetable Medley w/ 1tsp unsalted butter 1oz Sun ChipsBanana  | Friday 22Taco Burger(4oz Beef, 1bun, 1/2c lettuce, 2 slices tomato)1/2c No added Salt French style green beans w/ 1 tsp unsalted butter 1/2c Herb Roasted Potatoes1c Fruit Salad |
| Monday 25CLOSED  | Tuesday 26CLOSED  | Wednesday 27Spaghetti w/ Meat sauce(1/2c Spaghetti, 3oz ground beef, 2oz NAS Marinara Sauce)1c Italian Blend Vegetables w/ 1 tsp margarine 1c tossed Salad w/ 2 TBSP FF ranch dressingWheat roll w/ 1 tsp margarine1/2c Apricots  | Thursday 281c Red Chile Pork Posole(1oz RC, 3oz Pork, 1/2c Hominy)1/2c Roasted Brussel sprouts1 6in Flour Tortilla w/ 1 tsp margarine 1/2c Diced Mango  | Friday 29Chicken and Mushrooms(3oz Chicken, 1oz Sauce, 1/4c Mushrooms)1/2c Tomato Wedges1c Tossed Salad w/ 2 TBSP FF Italian Dressing1/2c Lemon Herb OrzoWheat roll w/ unsalted butter1/2c Spiced Peaches |

***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:****3** |
| Calories | 700 or more | 850.6 | 721.5 | 700.4 | 771.7 | 705.2 |
| % Carbohydrates from Calories | 45-55% | 48.1 | 52.3 | 53.2 | 54.5 | 47.6 |
| % Protein from Calories | 15-25% | 24.0 | 22.1 | 20.7 | 20.4 | 25.0 |
| % Fat from Calories | 25-35% | 27.9 | 25.6 | 26.1 | 25.0 | 27.5 |
| Saturated Fat | less than 8g | 6.9 | 7.9 | 8.0 | 8.0 | 7.8 |
| Fiber | 10g or more | 18.7 | 10.0 | 11.3 | 11.1 | 11.0 |
| Vitamin B-12 | .8ug or more | 1.5 | 2.6 | 1.9 | 2.9 | 2.2 |
| Vitamin A | 300ug RAE or more | 1145.3 | 617.3 | 509.2 | 431.8 | 637.7 |
| Vitamin C | 30mg or more | 98.4 | 37.9 | 86.3 | 30.7 | 77.1 |
| Iron | 2.6mg or more | 5.7 | 4.4 | 4.1 | 5.3 | 5.1 |
| Calcium | 400mg or more | 603.4 | 496.4 | 550.3 | 467.9 | 445.6 |
| Sodium | less than 766mg | 762.5 | 754.2 | 737.9 | 670.3 | 689.5 |

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