|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY 1, 2024  1 Chile Relleno\  (1 pepper, 1oz Cheese, 1oz Crust)  ½ c LS pinto beans  1c Tossed salad w 2 TBSP Light Ranch dressing  1 ww 6in tortilla  1 orange | Tuesday 2, 2024  8 oz spaghetti  (3 oz meat, 2 oz NAS marinara sauce, noodles)  1c Italian blend w/ 1 tsp unsalted butter  1c Garden Salad w/ 2 TBSP Light Italian Dresing  1 breadstick  1c Tropical Fruit Salad | Wednesday 3, 2024  BBQ Pulled Pork on a Bun  (3 oz pulled pork, 1 oz Sauce, 1 WW Bun)  1/2c herb roasted red roasted potatoes  1/2c Carrot Salad  1 oatmeal raisin cookie | THURSDAY 4, 2024  Chicken Pot Pie  (3oz chicken, 1/2c mixed veggies, 2 oz sauce, 1 oz crust)  1c Garden salad 2 TBSP Light Ranch dressing  4 WW crackers  1 medium Apple | FRIDAY 5, 2024  8 oz beef stew  (3 oz beef, 1/2c vegetables, 1 oz sauce)  1/2c steamed cabbage  6 WW Crackers w/ 1 tsp unsalted butter  Fresh Pear |
| MONDAY 8, 2023  Chicken Fried Steak  4 oz beef fritter  ½ c LS scalloped potatoes  ½ c green beans w/1/4cd mushroom  1 ww roll  1/2c Peaches | TUESDAY 9, 2024  Grilled Cheese Sandwich  (1 oz cheese, 2 slices WW Bread)  3/4c ham & bean soup  (2oz LS ham, 1/2c Beans)  1c vegetable medley  1c strawberries/1T whipped Topping | WEDNESDAY 10, 2024  4 oz orange chicken  (1oz Sauce, 3oz Diced Chicken)  1/2c brown steamed rice  1c Asian blend vegetables  1 fortune cookie  1/2c mandarins | THURSDAY 11, 2024  Green Chile cheeseburger  (3 oz beef, .5oz cheese, 1 oz green Chile, 1 bun, 1/2c lettuce, 1 slice tomato, 1 slice onion)  1/2c Brussel sprouts  1/2c LS Ranch Beans  1/2c fruit cocktail | FRIDAY 12, 2024  Fish and Chips  (3 oz breaded fish, 2 TBSP Tartar Sauce, 1/2c NAS French fries)  1c coleslaw w/ 2 TBSP dressing  1 slice LF Cornbread w/ 1 tsp unsalted butter  Churro  1/2c Cantaloupe |
| MONDAY 15, 2023  Sloppy Joes  (3 oz ground beef, 1 oz sauce, 1/4c peppers, 1 hamburger bun  1/2c Spinach  1/2c Creamy Cucumber Salad  ½ c warm apples | TUESDAY 16, 2024  4 oz baked fried chicken breast  1/2c mashed potatoes/ 2oz LS Gravy  1/2c LS Three Bean salad  Wheat roll  4 oz banana pudding | WEDNESDAY 17, 2024  3/4c Tater tot casserole  (3 oz beef, 1 oz cheese sauce, 1/4c tater tots  1/2c Mixed Vegetables)  1c tossed salad w/ 2 TBSP Light Italian Dressing  Wheat roll  1c Fruit Salad | THURSDAY 18, 2024  Bean Burrito Enchilada Style  (3/4c beans, 1 oz cheese, 2 corn tortilla, 2 oz red Chile sauce, 1/2c Lettuce and tomato)  1/2c LS Spanish rice  1c Chateau Blend vegetables  1/2c Diced mango | FRIDAY 19, 2024  Chicken Pasta Salad  (3 oz diced chicken, 1/4c bell peppers, 1/4c tomatoes, 1/4c cucumbers, 1/8c red onion, 1/8c Celery, 1/2c penne pasta, 2 TBSP Light Ranch Dressing)  banana |
| MONDAY 22, 2023  Chicken Fajita  (1 6in Flour Tortilla, 3oz diced chicken, 2 TBSP salsa, 1/2c peppers and onions)  1/2c Cilantro Lime Brown Rice  1c Yellow squash w/ NAS diced tomatoes  1/2c Spiced Pears | TUESDAY 23, 2024  Green Chile Meat Burrito  (3 oz beef, 1 oz Chile, 8in flour tortilla)  1/2c LS pinto beans  1/2c LS LF Broccoli Salad  1/2c Mandarin Oranges & 1/2c Strawberries | WEDNESDAY 24, 2024  Chef salad  (1c romaine lettuce, 1oz LS Ham, 1oz Turkey, 1 HB Egg, 1/4c cucumber, 1/4c Carrots, 1/8c red cabbage, 1/8c red onion, 1/4c Red Tomato)  2 TBSP Light ranch dressing  6 LS WW crackers  1c Pineapples | THURSDAY 25, 2024  4oz Salisbury Steak  2oz LS Gravy, 1/4c mushrooms  ½ c LS Parsley Potatoes  1/2c Cauliflower w/ 1 tsp margarine  1 ww roll w 1 tsp unsalted butter  3/4 c mixed fruit | FRIDAY 26, 2024  3oz LS baked fish  w/ 2oz cucumber dill sauce  1/2c LS Brown rice pilaf  3/4c No added salt French style green beans w/ 1 tsp unsalted butter  1c Green Salad w/ 2 TBSP Light Italian Dressing  Wheat Roll w/ 1 tsp unsalted butter  1c Grapes |
| MONDAY 29, 2024  tuna salad sandwich  (1/2c tuna (light tuna salad, 2 slices wheat bread, 1/2c lettuce, 2 sliced tomato)  1/3c potato wedges  3/4c Carrots w/ 1tsp unsalted butter  Orange | TUESDAY 30, 2024  Chicken Fettuccine Alfredo  (3 oz diced chicken, 1 oz Light alfredo sauce, 1/2c fettuccine noodles w/ 1 tsp unsalted butter )  1c Italian blend veggies w/ 2 tsp margarine  Wheat roll w/ 1 tsp unsalted butter  Banana  1/2 slice SF angel food cake |  |  | 8 oz. 1% Milk Served With All Meals |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 or more | 714.4 | 711.9 | 727.5 | 752.6 | 720.6 |
| % Carbohydrates from Calories | 45-55% | 52.8 | 50.6 | 49.9 | 48.2 | 53.2 |
| % Protein from Calories | 15-25% | 20.5 | 21.0 | 22.2 | 21.1 | 21.3 |
| % Fat from Calories | 25-35% | 26.7 | 28.4 | 28.0 | 30.7 | 25.4 |
| Saturated Fat | less than 8g | 7.4 | 7.7 | 7.8 | 7.8 | 6.9 |
| Fiber | 10g or more | 12.1 | 10.8 | 11.1 | 10.0 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.2 | 2.2 | 2.6 | 2.1 |
| Vitamin A | 300ug RAE or more | 655.1 | 316.4 | 457.7 | 434.7 | 633.0 |
| Vitamin C | 30mg or more | 75.7 | 57.9 | 42.0 | 66.5 | 59.0 |
| Iron | 2.6mg or more | 4.8 | 5.4 | 5.2 | 5.0 | 4.1 |
| Calcium | 400mg or more | 500.7 | 546.3 | 529.8 | 459.7 | 460.9 |
| Sodium | less than 766mg | 761.0 | 764.0 | 754.6 | 749.5 | 760.3 |

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 March 19, 2024