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| 1% milk served at meals |  |  |  | FRIDAY 1, 2024  Chile Beans  (1/4c red chile, (3/4c LS Pinto beans, 0.5oz cheese)  ½ c Roasted Zucchini  1/2c Yellow squash  1 slice LF Cornbread w/ 1 tsp margarine  0.5oz Dried Apple Crips |
| MONDAY 4, 2024  Shepherd's Pie  (3 oz Ground Beef, 1/2c Peas and Carrots, 1/4c Mashed Potatoes)  1/2c Green Beans  1c Salad w/ Light Ranch Dressing  1 Wheat roll w/1 tsp. Margarine  1 Orange  1/2c Sugar Free FF Vanilla Ice Cream | TUESDAY 5, 2024  1 Chicken Wrap  (3oz Diced Chicken, 1/4c Lettuce, 1/4c Avocado & 1/4c Red Pepper, 1 tsp. Sour Cream & 8-inch Tortilla)  1c Salad w/2T Light Italian Dressing  1/2c Capri Vegetables | WEDNESDAY 6, 2024  3 oz. Pork Chops w/  1 oz. Low Sodium Gravy  1/2c Scalloped Potatoes  1/2c Broccoli  1 Wheat Roll /1 tsp. Margarine  3/4c Applesauce | THURSDAY 7, 2024  Green Chili Stew  (3 oz. Pork, 1/4c Green Chile,  1/2c Potato & Onion)  1/2c Pinto Beans  1c Salad w/ Light Ranch Dressing  1 Flour Tortilla | FRIDAY 8, 2024  3/4c Beefaroni  (3 oz Beef, 1oz Sauce,  1/2c Pasta)  1/2c Beets  1c Salad w/2T Light Italian Dressing  1 Wheat Roll /1 tsp. Margarine  1/2c Spiced Peaches |
| MONDAY 11, 2024  3/4c LS Zesty Steak Chile  (3oz Beef,  1 sl. LF Cornbread w/  1 tsp. Margarine  1/2c LS Three Bean Salad  1c Vegetable Medley  1c Peaches & Strawberries | TUESDAY 12, 2024  4 oz. BBQ Chicken  (3oz Chicken Breast  1oz BBQ Sauce)  1/2c Brussel sprouts  1/2c LS Potato Salad  1 Biscuit/1 tsp. Margarine  1/2c SF Vanilla Pudding | WEDNESDAY 13, 2024  5oz Beef Tips w/ Mushrooms  (3oz Beef, 2oz Sauce, 1/2c Mushrooms)  1/2c Brown Rice  1c Tossed Salad w/ 2 TBSP light Ranch Dressing  1/2c Mandarin Oranges | THURSDAY 14, 2024  Chicken Adovada  (3oz Diced Chicken, 2oz RC Sauce)  1/2c LS Pinto beans  1/2c Spinach w/ 1 tsp margarine  1 6in flour tortilla  1c Tropical Fruit Salad | FRIDAY 15, 2024  3 oz. Baked LS Cajun Cod  3/4c Wild Rice  1c Cauliflower & Carrots w/ 1 tsp margarine  1 Biscuit w/1 tsp. Margarine  1/2c Low-fat Plain Yogurt  1/2c Apricots |
| MONDAY 18, 2024  2 oz. Corned Beef & 1/2c Cabbage  1/2c Carrots w/ 1 tsp unsalted butter  1/2c Parsley Potatoes  1 Wheat roll w/ 1 tsp. Margarine  1/2c Lime Sherbet  Banana  1/2c Low-fat Plain Yogurt | TUESDAY 19, 2024  3 oz. Chicken Tenders  1/2c LS Herb Roasted Red Potatoes  3/4c California blend Vegetables  1 Wheat Roll w/  1 tsp. Margarine  3/4c Fruit Cocktail | WEDNESDAY 20, 2024  Tuna salad Sandwich  (2 slices wheat bread  3oz light tuna, 1/2c lettuce, 2 slices tomato)  3/4c LS Tomato Soup  1/2c Creamy Cucumber Salad  1/2c Warm apple slices | THURSDAY 22, 2024  Pepper Steak  (3oz beef, 1/2c Peppers and onions)  1c Steamed Brown Rice  1/2c Green Beans w/ 1 tsp margarine  1/2c Carrot/Raisin Salad  1/2c Lemon Pudding | FRIDAY 22, 2024  1/2c Baked Macaroni & Cheese  (1 oz. Cheese, 1/2c Macaroni)  1c Italian blend vegetables  1c Plain lowfat yogurt w/ 1/2c Berries |
| MONDAY 25, 2024  3 oz LS Baked Chicken Thighs/Herbs  1/2c Sweet Potatoes  1/2c Roasted Cauliflower  1 Wheat roll w/1 tsp Margarine  1/2c Tropical Fruit | TUESDAY 26, 2024  Grilled Cheese Sandwich  (1 oz cheese, 2 slices  WW Bread)  ¾ c LS Vegetable Soup  Spinach Salad  (1c Spinach, 1/4c Red onion, 1 HB Egg, 1/3c Chopped Pecans, 1/4c Cranberries)  2 TBSP LS Light Raspberry Dressing  1c strawberries/2T Whipped Topping | WEDNESDAY 27, 2024  Chicken Tetrazzini  (3pz Chicken, 1/2c Pasta, 1/4c mixed vegetables)  1/2c LS 3 Bean Salad  1c Tossed Salad w/2 TBSP FF Ranch Dressing  WW Roll  Pear | THURSDAY 28, 2024  Beef Tacos  (3 oz Beef, .5 oz Cheese, 1/2c Lettuce & Tomato,  One 6 in Flour Tortilla )  1/2c Corn w/Peppers  1/2c Roasted Carrots  1/2c Peaches | FRIDAY 29, 2024  Closed |

***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:**  **4** |
| Calories | 700 or more | 711.9 | 706.1 | 706.3 | 703.9 | 798.9 |
| % Carbohydrates from Calories | 45-55% | 50.8 | 45.1 | 48.8 | 54.7 | 46.5 |
| % Protein from Calories | 15-25% | 17.5 | 22.9 | 28.8 | 19.8 | 19.5 |
| % Fat from Calories | 25-35% | 31.6 | 32.0 | 22.4 | 25.5 | 34 |
| Saturated Fat | less than 8g | 7.2 | 7.9 | 6.2 | 6.5 | 7.9 |
| Fiber | 10g or more | 18.4 | 10.6 | 10.1 | 10.7 | 11.5 |
| Vitamin B-12 | .8ug or more | 1.7 | 2.3 | 2.6 | 3.0 | 2.0ug |
| Vitamin A | 300ug RAE or more | 318.8 | 561.0 | 600.4 | 485.1 | 576.3 |
| Vitamin C | 30mg or more | 83.9 | 55.7 | 54.5 | 36.3 | 78.5 |
| Iron | 2.6mg or more | 4.2 | 5.0 | 5.4 | 4.2 | 5.6 |
| Calcium | 400mg or more | 626.0 | 513.7 | 557.2 | 623.2 | 559.1 |
| Sodium | less than 766mg | 692.3 | 739.4 | 736.7 | 766.4 | 744.7 |

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 February 23, 2024