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| 1% milk served at meals |  |  |  | FRIDAY 1, 2024Chile Beans (1/4c red chile, (3/4c LS Pinto beans, 0.5oz cheese)½ c Roasted Zucchini1/2c Yellow squash1 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 Beans1c Salad w/ Light Ranch Dressing 1 Wheat roll w/1 tsp. Margarine1 Orange1/2c Sugar Free FF Vanilla Ice Cream | TUESDAY 5, 20241 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, 20243 oz. Pork Chops w/1 oz. Low Sodium Gravy1/2c Scalloped Potatoes 1/2c Broccoli 1 Wheat Roll /1 tsp. Margarine 3/4c Applesauce | THURSDAY 7, 2024Green 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, 20243/4c Beefaroni(3 oz Beef, 1oz Sauce,1/2c Pasta) 1/2c Beets1c Salad w/2T Light Italian Dressing 1 Wheat Roll /1 tsp. Margarine 1/2c Spiced Peaches |
| MONDAY 11, 20243/4c LS Zesty Steak Chile(3oz Beef, 1 sl. LF Cornbread w/ 1 tsp. Margarine 1/2c LS Three Bean Salad1c Vegetable Medley 1c Peaches & Strawberries | TUESDAY 12, 20244 oz. BBQ Chicken(3oz Chicken Breast1oz BBQ Sauce)1/2c Brussel sprouts1/2c LS Potato Salad 1 Biscuit/1 tsp. Margarine1/2c SF Vanilla Pudding  | WEDNESDAY 13, 20245oz Beef Tips w/ Mushrooms(3oz Beef, 2oz Sauce, 1/2c Mushrooms)1/2c Brown Rice1c Tossed Salad w/ 2 TBSP light Ranch Dressing1/2c Mandarin Oranges | THURSDAY 14, 2024Chicken Adovada(3oz Diced Chicken, 2oz RC Sauce)1/2c LS Pinto beans1/2c Spinach w/ 1 tsp margarine 1 6in flour tortilla1c Tropical Fruit Salad | FRIDAY 15, 20243 oz. Baked LS Cajun Cod3/4c Wild Rice1c Cauliflower & Carrots w/ 1 tsp margarine1 Biscuit w/1 tsp. Margarine 1/2c Low-fat Plain Yogurt1/2c Apricots  |
| MONDAY 18, 20242 oz. Corned Beef & 1/2c Cabbage1/2c Carrots w/ 1 tsp unsalted butter 1/2c Parsley Potatoes1 Wheat roll w/ 1 tsp. Margarine1/2c Lime Sherbet  Banana1/2c Low-fat Plain Yogurt | TUESDAY 19, 20243 oz. Chicken Tenders 1/2c LS Herb Roasted Red Potatoes 3/4c California blend Vegetables1 Wheat Roll w/1 tsp. Margarine3/4c Fruit Cocktail  | WEDNESDAY 20, 2024Tuna salad Sandwich(2 slices wheat bread3oz light tuna, 1/2c lettuce, 2 slices tomato)3/4c LS Tomato Soup1/2c Creamy Cucumber Salad1/2c Warm apple slices  | THURSDAY 22, 2024Pepper Steak (3oz beef, 1/2c Peppers and onions)1c Steamed Brown Rice 1/2c Green Beans w/ 1 tsp margarine1/2c Carrot/Raisin Salad 1/2c Lemon Pudding | FRIDAY 22, 20241/2c Baked Macaroni & Cheese(1 oz. Cheese, 1/2c Macaroni) 1c Italian blend vegetables1c Plain lowfat yogurt w/ 1/2c Berries  |
| MONDAY 25, 20243 oz LS Baked Chicken Thighs/Herbs1/2c Sweet Potatoes1/2c Roasted Cauliflower1 Wheat roll w/1 tsp Margarine1/2c Tropical Fruit | TUESDAY 26, 2024Grilled Cheese Sandwich(1 oz cheese, 2 slices  WW Bread)¾ c LS Vegetable SoupSpinach Salad(1c Spinach, 1/4c Red onion, 1 HB Egg, 1/3c Chopped Pecans, 1/4c Cranberries)2 TBSP LS Light Raspberry Dressing1c strawberries/2T Whipped Topping | WEDNESDAY 27, 2024Chicken Tetrazzini(3pz Chicken, 1/2c Pasta, 1/4c mixed vegetables)1/2c LS 3 Bean Salad1c Tossed Salad w/2 TBSP FF Ranch DressingWW RollPear | THURSDAY 28, 2024Beef Tacos(3 oz Beef, .5 oz Cheese, 1/2c Lettuce & Tomato, One 6 in Flour Tortilla )1/2c Corn w/Peppers1/2c Roasted Carrots1/2c Peaches | FRIDAY 29, 2024Closed |

***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