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| --- | --- | --- | --- | --- |
| 8 oz. 2% Low Fat Milk  Served With  All Meals All Meals |  |  |  | Friday 1, 2024  3 oz. BBQ Chicken, 1 TBSP BBQ sauce  1/2c LS 3 Bean Salad  1 med baked sweet potato w/ 1 tsp margarine  1 WW Roll w/ 1 tsp. Margarine  Orange |
| Monday 4, 2024  Frito Pie  (3oz beef, 2oz RC Sauce,**1oz** Corn Chips)  1/2c LS Pinto Beans  1/2c Lettuce and Tomato, 1/8c onions  1c Capri Vegetables w/ 1 tsp margarine  1/2c Sliced Peaches | Tuesday 5, 2024  4oz Sweet & Sour Pork  (3oz Pork, 1oz Sauce)  1/2c Brown Rice  1c Stir Fry Veggies  Vegetable Egg Roll  1c Pineapple Chunks | Wednesday 6, 2024  Open Faced Turkey Sandwich  (3oz turkey,1oz gravy,1 sl. Wheat bread)  1/2c LS Mashed Potatoes  w/ 1 oz LS Gravy  1/2c Broccoli w/ 1 tsp margarine  Fresh Pear | Thursday 7, 2024  1c Beef Macaroni  (3oz beef,1/2c pasta, 1/4c tomatoes)  1/2c Roasted Brussel Sprouts  1c Tossed Salad w/ 2TBSP Light Ranch Dressing  1/2c Fruit Cocktail | Friday 8, 2024  Breakfast for Lunch  2oz Scrambled eggs= 2 egg  1/2c Hashbrowns, w/ 1/2c peppers and onions  Wheat bread w/ 1 tsp margarine  1c Fruit Salad  1/2c Light Nonfat Vanilla Yogurt |
| Monday 11, 2024  3oz Chicken Strips  **1/3c Scalloped Potatoes**  **3/4c Green Beans**  1 Wheat Roll  1/2c Applesauce | Tuesday 12, 2024  Cheeseburger  (3oz bf.patty,.5oz chz,1/2c Lettuce, 2 slices tomato, 1 slice onion, 1 bun)  1/2c Sweet potato  1/2c Yellow Squash  Banana | Wednesday 13, 2024  2oz Polish Sausage  1/2c Wild Rice  1/2c Carrots w/1 tsp Margarine  1/2c Red cabbage  3/4c Light nonfat vanilla yogurt w/ 1c berries | Thursday 14, 2024  Chicken Fajita  (3oz chk, 1/2c onion & peppers,**1 flour** 6in tortilla)  1/2c LS Spanish Rice  1/2c LS Pinto Beans  1c Fruit salad | Friday 15, 2024  Cobb Salad  (1oz turkey,1slice reduced sodium bacon,1 oz Diced Chicken, 1 HB egg, 1/4c carrots,1.5c romaine lettuce, 1/4c Tomato, 1/4c cucumber,  2TBSP Light ranch dressing)  6 LS WW Crackers  3/4c Mixed Fruit |
| Monday 18, 2024  4oz Orange Chicken  (3oz Chicken, 1oz Sauce)  1/2c Brown Rice  1c Asian Blend Veggies  Strawberry Shortcake  (1c Strawberries, 1 slice SF Angel Food Cake) | Tuesday 19, 2024  3.5oz Salisbury Steak  1/2c Penne Pasta  2oz LS Gravy  1c Vegetable medley  1 Wheat Roll w/ 1 tsp Margarine  Apple | Wednesday 20, 2024  Pork Tamale  (2oz pork,1oz red chili,2oz masa)  1/2c Pinto Beans  1/2c Zucchini w/ NAS Diced Tomatoes  1/2c LS Spanish Rice  1/2c Diced Mango | Thursday 21, 2024  4oz Meatloaf  1/2c Parsley Potatoes  1oz LS Gravy  1c Chateau Blend Vegetables w/ 1 tsp margarine  1 Wheat Roll w/ 1 tsp Margarine  1/2c SF gelatin  3/4c Peaches | Friday 22, 2024  1c. LS Pureed Broccoli Soup  (3/4c broccoli)  1c Tossed salad w/ 1/4c Garbanzo beans  2 TBSP Light Italian Dressing  6 LS Crackers  1c Light Nonfat vanilla Yogurt |
| Monday 25, 2024  BBQ Pulled Pork Sandwich  (3oz pork,1oz bbq sauce,1 wheat bun)  1/2c LS LF Broccoli Salad  1/2c NAS Stewed Tomatoes  Banana | Tuesday 26, 2024  Beef Taco  (3oz beef, 1/2c Lettuce and tomato, 1 6in Flour Tortilla, 2 TBSP Salsa)  1/2c Cilantro Lime Brown Rice  1c Garden blend vegetables  1c Tropical Fruit Salad | Wednesday 27, 2024  3oz Pork Chop  1oz LS Gravy  1/2c LS Herb Roasted Red Potatoes  1/2c Green beans  1/2c Tossed salad w/ 1 TBSP Light ranch Dressing  1 Wheat Roll w/ 1 tsp Margarine  1c pears | Thursday 28, 2024  3oz Country Fried Steak  1/2c LS Mashed Potatoes  2oz LS Gravy  1/2c Spinach  1 Wheat roll w/ 1 tsp Margarine  1c Fruit Salad | Friday 29, 2024  3oz LS Herbed Baked Fish  1 oz Tartar Sauce  1/2c LS Brown Rice Pilaf  1c Italian blend vegetables  1 Wheat Roll w/ 1 tsp Margarine  1c Pineapple Tidbits |

***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:**  **5** |
| Calories | 700 or more | 729.2 | 715.1 | 704.9 | 70 | 767.1 |
| % Carbohydrates from Calories | 45-55% | 50.9 | 51.0 | 50.3 | 713.9 | 53.6 |
| % Protein from Calories | 15-25% | 23.8 | 20.4 | 20.2 | 20.0 | 13.7 |
| % Fat from Calories | 25-35% | 25.3 | 28.5 | 29.5 | 28.4 | 26.8 |
| Saturated Fat | less than 8g | 6.1 | 7.4 | 7.9 | 8.0 | 7.8 |
| Fiber | 10g or more | 12.9 | 10.0 | 10.3 | 11.3 | 10.0 |
| Vitamin B-12 | .8ug or more | 1.5 | 2.6 | 2.0 | 2.2 | 2.4 |
| Vitamin A | 300ug RAE or more | 1161.6 | 374.2 | 597.8 | 303.8 | 379.3 |
| Vitamin C | 30mg or more | 76.4 | 69.4 | 36.9 | 61.8 | 47.6 |
| Iron | 2.6mg or more | 3.7 | 4.9 | 4.1 | 4.6 | 5.2 |
| Calcium | 400mg or more | 478.6 | 438.7 | 481.8 | 452.2 | 452.9 |
| Sodium | less than 766mg | 732.5 | 751.5 | 721.2 | 542.6 | 752.0 |

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