|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8 oz. 2% Low Fat Milk Served With All Meals All Meals |  |  |  | Friday 1, 20243 oz. BBQ Chicken, 1 TBSP BBQ sauce1/2c LS 3 Bean Salad1 med baked sweet potato w/ 1 tsp margarine 1 WW Roll w/ 1 tsp. MargarineOrange |
| Monday 4, 2024Frito Pie(3oz beef, 2oz RC Sauce,**1oz** Corn Chips)1/2c LS Pinto Beans1/2c Lettuce and Tomato, 1/8c onions1c Capri Vegetables w/ 1 tsp margarine1/2c Sliced Peaches | Tuesday 5, 20244oz Sweet & Sour Pork(3oz Pork, 1oz Sauce)1/2c Brown Rice1c Stir Fry VeggiesVegetable Egg Roll1c Pineapple Chunks | Wednesday 6, 2024Open Faced Turkey Sandwich(3oz turkey,1oz gravy,1 sl. Wheat bread)1/2c LS Mashed Potatoesw/ 1 oz LS Gravy1/2c Broccoli w/ 1 tsp margarineFresh Pear | Thursday 7, 20241c Beef Macaroni(3oz beef,1/2c pasta, 1/4c tomatoes)1/2c Roasted Brussel Sprouts1c Tossed Salad w/ 2TBSP Light Ranch Dressing1/2c Fruit Cocktail  | Friday 8, 2024Breakfast for Lunch2oz Scrambled eggs= 2 egg 1/2c Hashbrowns, w/ 1/2c peppers and onionsWheat bread w/ 1 tsp margarine1c Fruit Salad1/2c Light Nonfat Vanilla Yogurt |
| Monday 11, 20243oz Chicken Strips**1/3c Scalloped Potatoes****3/4c Green Beans**1 Wheat Roll 1/2c Applesauce | Tuesday 12, 2024Cheeseburger(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, 20242oz Polish Sausage1/2c Wild Rice1/2c Carrots w/1 tsp Margarine1/2c Red cabbage 3/4c Light nonfat vanilla yogurt w/ 1c berries  | Thursday 14, 2024Chicken Fajita(3oz chk, 1/2c onion & peppers,**1 flour** 6in tortilla)1/2c LS Spanish Rice1/2c LS Pinto Beans1c Fruit salad | Friday 15, 2024Cobb 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 Crackers3/4c Mixed Fruit |
| Monday 18, 20244oz Orange Chicken(3oz Chicken, 1oz Sauce)1/2c Brown Rice1c Asian Blend VeggiesStrawberry Shortcake(1c Strawberries, 1 slice SF Angel Food Cake) | Tuesday 19, 20243.5oz Salisbury Steak1/2c Penne Pasta 2oz LS Gravy1c Vegetable medley1 Wheat Roll w/ 1 tsp MargarineApple | Wednesday 20, 2024Pork Tamale(2oz pork,1oz red chili,2oz masa)1/2c Pinto Beans1/2c Zucchini w/ NAS Diced Tomatoes1/2c LS Spanish Rice1/2c Diced Mango | Thursday 21, 20244oz Meatloaf1/2c Parsley Potatoes1oz LS Gravy1c Chateau Blend Vegetables w/ 1 tsp margarine 1 Wheat Roll w/ 1 tsp Margarine1/2c SF gelatin 3/4c Peaches | Friday 22, 20241c. LS Pureed Broccoli Soup(3/4c broccoli)1c Tossed salad w/ 1/4c Garbanzo beans 2 TBSP Light Italian Dressing6 LS Crackers1c Light Nonfat vanilla Yogurt |
| Monday 25, 2024BBQ Pulled Pork Sandwich(3oz pork,1oz bbq sauce,1 wheat bun)1/2c LS LF Broccoli Salad1/2c NAS Stewed TomatoesBanana  | Tuesday 26, 2024Beef Taco(3oz beef, 1/2c Lettuce and tomato, 1 6in Flour Tortilla, 2 TBSP Salsa)1/2c Cilantro Lime Brown Rice 1c Garden blend vegetables1c Tropical Fruit Salad  | Wednesday 27, 20243oz Pork Chop1oz LS Gravy1/2c LS Herb Roasted Red Potatoes1/2c Green beans1/2c Tossed salad w/ 1 TBSP Light ranch Dressing 1 Wheat Roll w/ 1 tsp Margarine1c pears  | Thursday 28, 20243oz Country Fried Steak1/2c LS Mashed Potatoes2oz LS Gravy1/2c Spinach 1 Wheat roll w/ 1 tsp Margarine1c Fruit Salad  | Friday 29, 20243oz LS Herbed Baked Fish1 oz Tartar Sauce1/2c LS Brown Rice Pilaf 1c Italian blend vegetables 1 Wheat Roll w/ 1 tsp Margarine1c 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