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| --- | --- | --- | --- | --- |
| 2% Milk served at meals |  |  |  | FRIDAY 1, 20243oz LS Herbed Baked Tilapia2 TBSP tartar sauce 3/4c LS Brown Rice Pilaf1c Green Beans & Corn w/ 1 tsp margarineWheat Bread w/ 1 tsp margarineOrange |
| MONDAY 4, 2024Orange Chicken(3oz Diced Chicken, 2oz Sauce)1/2c Chow mein Noodles1c Asian Veggies1c Fortune Cookie1/2c Mandarin Oranges | TUESDAY 5, 2024Ham & Cheese Sandwich(2oz LS Ham, 1 oz Swiss Cheese, 2 slices wheat bread, 1/2c Lettuce, 1 tomato)1c Pasta Salad(1/2c Pasta, 1/2c Vegetables)1/2c Celery & 4 Baby CarrotsBrownie1/2c Berries | WEDNESDAY 6, 20243oz Meatloaf1/2c LS Herbed Roasted Red Potatoes 1/2c Brussel Sprouts 1/2c Carrot Raisin SaladWheat Roll w/ 1 tsp margarine1/2c Light Vanilla Nonfat yogurt1/2c Cherries  | THURSDAY 7, 2024Chicken Alfredoover Fettuccine Noodles(3 oz Diced Chicken, 2oz Light Alfredo Sauce, 1/2c fettuccine)1c Broccoli & CauliflowerGarlic BreadFresh Pear | FRIDAY 8, 2024Soft Fish Taco(3oz LS Cod, 2 corn tortilla, 1/2c Spanish Slaw, 2 TBSP Salsa)1/2c LS Wild Rice1/2c Black beans and corn & 1/2c Red bell pepper1/2c Diced Mango |
| MONDAY 11, 20245oz LS Beef Tips(3oz Beef Tips, 2oz LS gravy)1/2c Egg Noodles1c Vegetable MedleyWheat Roll3/4c Pineapple | TUESDAY 12, 2024BBQ Pork Patty1/2c NAS Baked Beans1/2c Steamed SpinachLF Cornbread1c Fresh Grapes | WEDNESDAY 13, 2024Chicken FajitaFajita Veggies(3oz Chicken, 1/2c peppers and onions, 1 6in Flour Tortilla)1/2c LS Spanish Rice1/2c Calabacitas1c Tropical Fruit Salad  | THURSDAY 14, 2024ST. PATRICK’S DAY DINNER2oz Corned Beef1/2c Parsley Potatoes1/2c Steamed Cabbage1/2c Buttered CarrotsRye Bread w/ 1 tsp unsalted butter 1/2c SF Lime Gelatin1/2c Light Vanilla nonfat yogurt  | FRIDAY 15, 2024Breaded Fish Sandwich(3oz Fish, 1 WW bun, 1 TBSP Tartar Sauce, 1/2c Lettuce)1c California Veggies1/2c Coleslaw w/ 1 TBSP dressingBanana |
| MONDAY 18, 20241c Green Chili Pork Posole(3oz Diced Pork, 1oz GC, 1/2c hominy)1c Zucchini w/ NAS Diced Tomatoes1 6in TortillaFresh Apple | TUESDAY 19, 2024Cheese Tortellini withMeaty Marinara Sauce(1c Cheese Tortellini (1oz Cheese), 4oz Meat sauce, (2oz Meat, 2oz NAS Marinara Sauce)1c Italian Veggies1/2c Spinach Salad(1/2c Spinach, 2 TBSP Cranberries, 1/4c Red Onions)1 TBSP Light Raspberry VinaigretteWheat roll Fresh Orange | WEDNESDAY 20, 20242oz LS Baked Ham 3/4c Green Beans 1/2c Sweet PotatoesWheat Roll w/ 1 tsp unsalted butter 1/2c Light vanilla nonfat yogurt 1/2c Berries | THURSDAY 21, 2024Chicken Sandwich(3oz Chicken breast , 1 WW bun, 1/2c lettuce, 2 slices tomato)1/2c LS Potato salad1c Chateau blend 1/2c Apricots | FRIDAY 22, 20244oz Salmon Patty(3oz Salmon)3/4c Tomato Macaroni(1/4c pasta, 1/2c Tomatoes)1/2c LS LF Broccoli Salad 1 slice LF Cornbread w/ 1 tsp unsalted butter 3/4c Fruit Salad  |
| MONDAY 25, 20243oz Grilled Chicken Breast1/2c Spaghetti w/ 1 tsp margarine1/2c NAS French Style Green Beans1c Tossed SaladW 2 TBSP FF Italian Dressing1 slice LF Cornbread w/ 1 tsp margarine 1/2c Applesauce | TUESDAY 26, 20243oz Salisbury Steak1/2c LS Mashed Potatoes2oz LS Gravy w/ 1/4c Mushrooms1/2c Carrots Wheat Roll w/ 1 tsp margarine 1c Tropical fruit salad  | WEDNESDAY 27, 20243oz Boneless Lean LS Pork Chop1/2c LS Brown Rice Pilaf1c Vegetable MedleyWheat Roll w/ 1 tsp margarine 1/2c Peaches  | THURSDAY 28, 2024Red Chili Beef Enchiladas**(2oz** Beef, 2 corn tortilla, 1oz cheese, 1oz RC)1/2c Reduced Sodium Refried Beans1/2c Capri Vegetables1c Tossed Salad w/ 2 TBSP FF ranch Dressing1 6in Flour TortillaBanana | FRIDAY 29, 2024GOOD FRIDAYTuna Salad(1/2c Tuna salad w/ 3oz Light tuna)1/2c LS 3 Bean Salad1/2c Asparagus6 LS WW Crackers1oz Sun Chips |

***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 | 801.0 | 702.1 | 723.7 | 704.5 | 731.4 |
| % Carbohydrates from Calories | 45-55% | 51.7 | 49.9 | 51.0 | 52.1 | 52.5 |
| % Protein from Calories | 15-25% | 20.3 | 23.1 | 18.5 | 22.3 | 20.0 |
| % Fat from Calories | 25-35% | 28.0 | 27.0 | 30.6 | 25.7 | 27.5 |
| Saturated Fat | less than 8g | 7.3 | 8.0 | 7.9 | 7.8 | 8.0 |
| Fiber | 10g or more | 11.3 | 11.0 | 10.0 | 11.0 | 11.2 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.1 | 2.4 | 1.7 | 2.1 |
| Vitamin A | 300ug RAE or more | 508.5 | 429.9 | 465.8 | 401.1 | 649.8 |
| Vitamin C | 30mg or more | 89.4 | 73.7 | 51.1 | 41.3 | 51.6 |
| Iron | 2.6mg or more | 3.7 | 4.6 | 4.6 | 4.2 | 4.0 |
| Calcium | 400mg or more | 468.5 | 505.6 | 548.3 | 510.9 | 484.0 |
| Sodium | less than 766mg | 732.8 | 692.0 | 761.2 | 764.1 | 758.6 |

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 15, 2024