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| --- | --- | --- | --- | --- |
| 2% Milk served at meals |  |  |  | FRIDAY 1, 2024  3oz LS Herbed Baked Tilapia  2 TBSP tartar sauce  3/4c LS Brown Rice Pilaf  1c Green Beans & Corn w/ 1 tsp margarine  Wheat Bread w/ 1 tsp margarine  Orange |
| MONDAY 4, 2024  Orange Chicken  (3oz Diced Chicken, 2oz Sauce)  1/2c Chow mein Noodles  1c Asian Veggies  1c Fortune Cookie  1/2c Mandarin Oranges | TUESDAY 5, 2024  Ham & 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 Carrots  Brownie  1/2c Berries | WEDNESDAY 6, 2024  3oz Meatloaf  1/2c LS Herbed Roasted Red Potatoes  1/2c Brussel Sprouts  1/2c Carrot Raisin Salad  Wheat Roll w/ 1 tsp margarine  1/2c Light Vanilla Nonfat yogurt  1/2c Cherries | THURSDAY 7, 2024  Chicken Alfredo  over Fettuccine Noodles  (3 oz Diced Chicken, 2oz Light Alfredo Sauce, 1/2c fettuccine)  1c Broccoli & Cauliflower  Garlic Bread  Fresh Pear | FRIDAY 8, 2024  Soft Fish Taco  (3oz LS Cod, 2 corn tortilla, 1/2c Spanish Slaw, 2 TBSP Salsa)  1/2c LS Wild Rice  1/2c Black beans and corn & 1/2c Red bell pepper  1/2c Diced Mango |
| MONDAY 11, 2024  5oz LS Beef Tips  (3oz Beef Tips, 2oz LS gravy)  1/2c Egg Noodles  1c Vegetable Medley  Wheat Roll  3/4c Pineapple | TUESDAY 12, 2024  BBQ Pork Patty  1/2c NAS Baked Beans  1/2c Steamed Spinach  LF Cornbread  1c Fresh Grapes | WEDNESDAY 13, 2024  Chicken Fajita  Fajita Veggies  (3oz Chicken, 1/2c peppers and onions, 1 6in Flour Tortilla)  1/2c LS Spanish Rice  1/2c Calabacitas  1c Tropical Fruit Salad | THURSDAY 14, 2024  ST. PATRICK’S DAY DINNER  2oz Corned Beef  1/2c Parsley Potatoes  1/2c Steamed Cabbage  1/2c Buttered Carrots  Rye Bread w/ 1 tsp unsalted butter  1/2c SF Lime Gelatin  1/2c Light Vanilla nonfat yogurt | FRIDAY 15, 2024  Breaded Fish Sandwich  (3oz Fish, 1 WW bun,  1 TBSP Tartar Sauce, 1/2c Lettuce)  1c California Veggies  1/2c Coleslaw w/ 1 TBSP dressing  Banana |
| MONDAY 18, 2024  1c Green Chili Pork Posole  (3oz Diced Pork, 1oz GC, 1/2c hominy)  1c Zucchini w/ NAS Diced Tomatoes  1 6in Tortilla  Fresh Apple | TUESDAY 19, 2024  Cheese Tortellini with  Meaty Marinara Sauce  (1c Cheese Tortellini (1oz Cheese), 4oz Meat sauce, (2oz Meat, 2oz NAS Marinara Sauce)  1c Italian Veggies  1/2c Spinach Salad  (1/2c Spinach, 2 TBSP Cranberries, 1/4c Red Onions)  1 TBSP Light Raspberry Vinaigrette  Wheat roll  Fresh Orange | WEDNESDAY 20, 2024  2oz LS Baked Ham  3/4c Green Beans  1/2c Sweet Potatoes  Wheat Roll w/ 1 tsp unsalted butter  1/2c Light vanilla nonfat yogurt  1/2c Berries | THURSDAY 21, 2024  Chicken Sandwich  (3oz Chicken breast , 1 WW bun, 1/2c lettuce, 2 slices tomato)  1/2c LS Potato salad  1c Chateau blend  1/2c Apricots | FRIDAY 22, 2024  4oz 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, 2024  3oz Grilled Chicken Breast  1/2c Spaghetti w/ 1 tsp margarine  1/2c NAS French Style Green Beans  1c Tossed Salad  W 2 TBSP FF Italian Dressing  1 slice LF Cornbread w/ 1 tsp margarine  1/2c Applesauce | TUESDAY 26, 2024  3oz Salisbury Steak  1/2c LS Mashed Potatoes  2oz LS Gravy w/ 1/4c Mushrooms  1/2c Carrots  Wheat Roll w/ 1 tsp margarine  1c Tropical fruit salad | WEDNESDAY 27, 2024  3oz Boneless Lean LS Pork Chop  1/2c LS Brown Rice Pilaf  1c Vegetable Medley  Wheat Roll w/ 1 tsp margarine  1/2c Peaches | THURSDAY 28, 2024  Red Chili Beef Enchiladas  **(2oz** Beef, 2 corn tortilla, 1oz cheese, 1oz RC)  1/2c Reduced Sodium Refried Beans  1/2c Capri Vegetables  1c Tossed Salad w/ 2 TBSP FF ranch Dressing  1 6in Flour Tortilla  Banana | FRIDAY 29, 2024  GOOD FRIDAY  Tuna Salad  (1/2c Tuna salad w/ 3oz Light tuna)  1/2c LS 3 Bean Salad  1/2c Asparagus  6 LS WW Crackers  1oz 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