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| **MONDAY 2, 2023**Beef & Papas(3oz Ground Beef, 1/2c Potato)1/2c LS Pinto Beans1oz LS Salsa1/2c Roasted Brussel Sprouts 1 6 ion flour Tortilla1/2c Applesauce | **TUESDAY 3, 2023**6 oz Meat Ball Casserole(3 oz. Meatballs w/ 1oz Marinara Sauce, 1oz. Cheese)1c Green Beans with Onions1 sl. WW Bread w/ 1 tsp. Margarine5.3 oz Greek nonfat strawberry yogurt | **WEDNESDAY 4, 2023**Chicken & Vegetables(4oz. Chicken w/ 1/2c Vegetables)1/2c Steamed Rice1/2c Squash1/2c SF Gelatin in 1/2c Fruit cocktail w/ 1 TBSP whipped topping | **THURSDAY 5, 2023**Beef Soft Tacos(3oz Beef, 1oz Cheese, 1 6in Flour Tortillas, 1/2c Lettuce and tomato, 1oz Salsa)1c Vegetable Medley w/ 1 tsp magarineOrange  | **FRIDAY 6, 2023**HAM & BEANS1oz. Low Sodium Ham and 3/4c Beans1/2 cup Green / Red Peppers & Onions1/2c spinach1 Slice Cornbread w/ 1 tsp. Margarine1/2c Diced Pears |
| **MONDAY 9, 2023****CLOSED****COLUMBUS DAY** | **TUESDAY 10, 2023**8oz LS Green Chile Beef Stew(3oz Beef, 1oz Sauce1/2c Potato and Vegetables, 1oz Green Chile)1/2c LF Broccoli Salad 1 slice 6 in wheat Tortilla w/ 1tsp. Margarine1 banana | **WEDNESDAY 11, 2023**BBQ Pulled Pork on a Bun(4oz. Pork, 1oz BBQ Sauce, 1 WW Bun)1c Coleslaw w/ 2 TBSP Dressing3/4c LS Stewed Tomatoes, w/ 1oz GC 1oz Sun Chips1c Mandarin Oranges | **THURSDAY 12, 2023**Beef and Macaroni(3oz Beef, 1/2c Macaroni, 1oz Cheese Sauce)1c Italian Vegetables 1c Fruit Salad | **FRIDAY 13, 2023**2 oz. Kielbasa Sausage 1c Red Cabbage/carrots1/2c Herb Roasted PotatoesWheat roll w 1 tsp. Margarine 6oz Yogurt parfait(1/2 c Greek nonfat vanilla yogurt, 1/4c Granola1c strawberries  |
| **MONDAY 16, 2023**1c Tossed Salad w/ 2 TBSP Light Italian DressingSloppy Joes(3oz Beef, 1oz Sauce, 1 Bun, 1/2c Green pepper)1/2c Cucumber and tomato Salad (non-creamy)1/2c Sliced Apples  | **TUESDAY 17, 2023**Baked Fish3 oz. LS Baked Fish w/ lemon wedge 1/2c Scalloped Potatoes1c California Blend Vegetables w/ 1 tsp unsalted butter ½ LS Three Bean Salad 1c Cantaloupe  | **WEDNESDAY 18, 2023**8oz Posole w/Pork(3oz Pork, 1oz Red Chile, 1/2c Hominy)1/2c Calabacitas1 6 in Flour Tortilla w/ 1 tsp. unsalted butter 3/4c Mixed Fruit  | **THURSDAY 19, 2023**Maque Choux(2oz Sausage, 1oz Onion, 1 oz Red Bell Pepper, 1oz Green Bell Pepper, 1/2c Corn, 1oz Sauce)1c Scandinavian Blend VegetablesWheat roll w/ 1 tsp unsalted butter 1/2c Peaches 1/2c Greek nonfat vanilla yogurt  | **FRIDAY 20, 2023**Turkey & Cheese Sandwich(2oz Turkey,1oz Swiss Cheese, 1/2c Lettuce, 2 slices tomato, 1 wrap, 1 tsp mustard 1c LS Tomato Soup 1c Macaroni Pasta Salad w/ Veggies(1/2c Pasta, 1/2c Veggies)1c Tropical Fruit Salad w/ 1 tsp coconut, 2 TBSP whipped topping |
| **MONDAY 23, 2023**Beef and Bean Burrito(3 oz. Beef, 1/2c Beans,1 oz. Cheese, 1 8 in Tortilla)1oz Salsa 1/2c Asparagus 1/2c:LS Cilantro Lime Brown Rice 1/2c Apricots | **TUESDAY 24, 2023**Chef Salad w/ Chicken and Egg (1.5c Romain lettuce, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1oz Carrots, 1/4c Cucumbers, 2 TBSP Light Ranch Dressing) 6 WW Crackers1c Fruit salad  | **WEDNESDAY 25, 2023**2oz. Hot Dog w/ 1 WW Bun1/2c Sweet potatoes 1/2c Brussel Sprouts1c Watermelon 1/2c Greek Nonfat vanilla yogurt  | **THURSDAY 26, 2023**Green Chili Enchiladas(3oz Chicken, 1oz Cheese, 1oz Green Chili, 2 Corn Tortillas)1c Chateau Vegetables 1/2c LS Spanish RiceOrange | **FRIDAY 27, 2023**Tuna Salad Sandwich(1/2c Tuna Salad, 2 slices Wheat bread )1/2c LS Cucumber Salad1 baked potato w/ 1 tsp margarine 1c Strawberries and Bananas |
| **MONDAY 30, 2023**BBQ Chicken(3oz Chicken, 1oz BBQ Sauce)1/2c LS stewed okra with tomatoes and onions 1/2c Chuckwagon CornLF Cornbread w/ 1 tsp margarineFresh Pear  | **TUESDAY 31, 2023** Frito Pie (3oz. Beef  1 oz.Corn Chips 2 oz RC)1/2c LS Pinto Beans1/2c Roasted Cauliflower w/ red bell pepper1/2c Cantaloupe  |  | Menu Subject to Change | 8 oz. 1% Low-Fat Milk Served With All meals as Available |

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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:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| **Calories** | 700 or more | 700.4 | 735.9 | 706.9 | 748.0 | 831.3 |
| **% Carbohydrates from Calories** | 45-55% | 47.6 | 47.4 | 52.6 | 51.0 | 45.9 |
| **% Protein from Calories** | 15-25% | 26.2 | 19.6 | 22.5 | 23.0 | 22.6 |
| **% Fat from Calories** | 25-35% | 26.2 | 33.0 | 25.0 | 26.0 | 31.4 |
| **Saturated Fat** | less than 8g | 7.7 | 7.9 | 8.0 | 7.8 | 6.9 |
| **Fiber** | 10g or more | 12.5 | 10.6 | 10.7 | 10.2 | 15.8 |
| **Vitamin B-12** | .8ug or more | 2.8 | 2.5 | 2.5 | 2.7 | 2.8 |
| **Vitamin A** | 300ug RAE or more | 428.1 | 329.0 | 484.6 | 518.8 | 349.8 |
| **Vitamin C** | 30mg or more | 59.1 | 73.0 | 68.5 | 55.0 | 118.0 |
| **Iron** | 2.6mg or more | 6.2 | 4.6 | 4.7 | 4.6 | 5.1 |
| **Calcium** | 400mg or more | 578.9 | 462.3 | 568.7 | 583.4 | 556.9 |
| **Sodium** | less than 766mg | 726.6 | 766.3 | 765.0 | 756.1 | 707.1 |

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