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| **MONDAY 2, 2023**  Beef & Papas  (3oz Ground Beef, 1/2c Potato)  1/2c LS Pinto Beans  1oz LS Salsa  1/2c Roasted Brussel Sprouts  1 6 ion flour Tortilla  1/2c Applesauce | **TUESDAY 3, 2023**  6 oz Meat Ball Casserole  (3 oz. Meatballs w/ 1oz Marinara Sauce, 1oz. Cheese)  1c Green Beans with Onions  1 sl. WW Bread w/  1 tsp. Margarine  5.3 oz Greek nonfat strawberry yogurt | **WEDNESDAY 4, 2023**  Chicken & Vegetables  (4oz. Chicken w/ 1/2c Vegetables)  1/2c Steamed Rice  1/2c Squash  1/2c 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 magarine  Orange | **FRIDAY 6, 2023**  HAM & BEANS  1oz. Low Sodium Ham and  3/4c Beans  1/2 cup Green / Red Peppers & Onions  1/2c spinach  1 Slice Cornbread w/  1 tsp. Margarine  1/2c Diced Pears |
| **MONDAY 9, 2023**  **CLOSED**  **COLUMBUS DAY** | **TUESDAY 10, 2023**  8oz LS Green Chile Beef Stew  (3oz Beef, 1oz Sauce  1/2c Potato and Vegetables, 1oz Green Chile)  1/2c LF Broccoli Salad  1 slice 6 in wheat Tortilla w/ 1tsp. Margarine  1 banana | **WEDNESDAY 11, 2023**  BBQ Pulled Pork on a Bun  (4oz. Pork, 1oz BBQ Sauce,  1 WW Bun)  1c Coleslaw w/ 2 TBSP Dressing  3/4c LS Stewed Tomatoes, w/ 1oz GC  1oz Sun Chips  1c 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/carrots  1/2c Herb Roasted Potatoes  Wheat roll w 1 tsp. Margarine  6oz Yogurt parfait  (1/2 c Greek nonfat vanilla yogurt, 1/4c Granola  1c strawberries |
| **MONDAY 16, 2023**  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  Sloppy 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 Fish  3 oz. LS Baked Fish w/ lemon wedge  1/2c Scalloped Potatoes  1c 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 Calabacitas  1 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 Vegetables  Wheat 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 Crackers  1c Fruit salad | **WEDNESDAY 25, 2023**  2oz. Hot Dog  w/ 1 WW Bun  1/2c Sweet potatoes  1/2c Brussel Sprouts  1c 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 Rice  Orange | **FRIDAY 27, 2023**  Tuna Salad Sandwich  (1/2c Tuna Salad, 2 slices Wheat bread )  1/2c LS Cucumber Salad  1 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 Corn  LF Cornbread w/ 1 tsp margarine  Fresh Pear | **TUESDAY 31, 2023**  Frito Pie  (3oz. Beef  1 oz.Corn Chips 2 oz RC)  1/2c LS Pinto Beans  1/2c Roasted Cauliflower w/ red bell pepper  1/2c 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