|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY 3, 2021 | TUESDAY 4, 2022  | WEDNESDAY 5 , 2022  | THURSDAY 6, 2022 | FRIDAY 7, 2022 |
| MONDAY 10, 2022 CLOSED  | TUESDAY 11, 2022 | WEDNESDAY 12, 2022 | THURSDAY 3, 2022   | FRIDAY 14, 2022  |
| MONDAY 17, 2022  | TUESDAY 18, 2022 | WEDNESDAY 19, 2022  | THURSDAY 20, 2022  | FRIDAY 21, 2022 |
| MONDAY 24, 2022 |  TUESDAY 25,2022 | WEDNESDAY 26, 2022 | THURSDAY 27, 2022 | FRIDAY 28, 2022 |
| Monday 31, 2022  |  |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:****1** |
| Calories | 700 or more |  |  |  |  |  |
| % Carbohydrates from Calories | 45-55% |  |  |  |  |  |
| % Protein from Calories | 15-25% |  |  |  |  |  |
| % Fat from Calories | 25-35% |  |  |  |  |  |
| Saturated Fat | less than 8g |  |  |  |  |  |
| Fiber | 10g or more |  |  |  |  |  |
| Vitamin B-12 | .8ug or more |  |  |  |  |  |
| Vitamin A | 300ug RAE or more |  |  |  |  |  |
| Vitamin C | 30mg or more |  |  |  |  |  |
| Iron | 2.6mg or more |  |  |  |  |  |
| Calcium | 400mg or more |  |  |  |  |  |
| Sodium | less than 766mg |  |  |  |  |  |

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