|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **TUESDAY 1, 2022**3 oz Beef Meatballs1c Wild Rice4 oz Carrots and Pepper (1/3 c Carrots, ¼ c Peppers)1c Tossed Salad w/2 TBSP LF Dressing1 Breadstick1/2c Blueberries with 4 oz Lowfat Vanilla Greek Yogurt | **Wednesday 2, 2022**Chicken Sandwich(3oz chicken, 1 bun, ½ c Lettuce and tomato)4oz Carrots and Celery sticks4oz Tater Tots¼ c 1% Cottage Cheese4oz Peaches  |  **THURSDAY 3, 2022**8 oz LS Zesty Steak Chili(3oz Steak,4 oz vegetables)4oz 3 Bean Salad1 Cornbread1c Strawberries  | **FRIDAY 4, 2022**4oz Sweet & Sour Pork(3oz Pork, 1 oz Sauce)1c Brown Rice1 c Asian Vegetables w/ 2 TBSP LS Sesame Seeds4oz Mandarin Oranges1 Fortune Cookies |
| **MONDAY 7, 2022**1% Milk3oz Beef Tips (3oz Beef, 1 oz LS Gravy)4oz Egg Noodles8oz Peas and Carrots4oz Pears | **TUESDAY 8, 2022**1% MilkBeef Taco(3oz Beef, .5oz Cheese, 6oz Lettuce and Tomato, Onions, 1 Flour Tortilla) 4oz LS Spanish Rice2 oz Corn Salsa8oz Calabacitas 4oz Gelatin  | **WEDNESDAY 9, 2022**1% Milk3 oz Chicken Fried Steak4oz Mashed Potatoes w/ 1 oz LS Country Gravy6oz Brussel Sprouts Wheat Roll4oz Spiced Apples | **THURSDAY 10, 2022**Sausage Pizza(1oz Sausage, 1 oz LF LS cheese, 1 oz crust, 1 oz NAS Marinara Sauce)4oz Spinach Salad4oz Beets4oz Pineapple & 4oz NONFAT Vanilla Greek Yogurt  | **FRIDAY 11, 2022**Hamburger Steak2oz LS Brown Gravy & 1/2c Mushrooms4oz Mashed Potatoes4oz Green Beans & 1 oz Onion1 Wheat Roll1 Strawberry Shortcake1c Strawberries, ½ slice Angel Food Cake |
| **MONDAY 14, 2022****1% Milk** Spaghetti w/Meat Sauce(4oz Spaghetti, 3oz Ground Beef, 1 oz LS Marinara Sauce)4oz Broccoli 8oz Tossed Salad w/2 TBSP LF Dressing 1 Garlic Bread2 pz slice Dreamsicle Cake | **TUESDAY 15, 2022****1% Milk** **Chili Dog**(1 hot Dog, 1 oz Chili,1 bun)4oz Baked Potato Wedges8 oz Capri vegetables 4oz Mandarin Oranges | **Wednesday 16, 2022****1% Milk** **Chicken Fajitas**(3oz Chicken, .5oz Cheese, 1oz Peppers, 1 Flour Tortilla)8oz LS Chili Beans4oz Tomato and Cucumber Salad4oz Orange Slices | **Thursday 17, 2021****1% Milk** **4oz Meatloaf**4oz Roasted Garlic Red skin Potatoes4oz Spinach1 Roll4oz Peaches and Strawberries | **FRIDAY 18, 2022****1% Milk** 5oz GC Chicken Enchiladas(2oz Chicken, 1oz Cheese1 Corn Tortilla, 1 oz Green Chile)8 oz Normandy California Blend 6oz LS Pinto Beans4oz LS Spanish Rice4oz LF, No Sugar Added Vanilla Ice Cream |
| **MONDAY 21, 20224****Center closed**  | **TUESDAY 22, 2022** **Pork Stir Fry**(3oz Pork, 4oz Asian Vegetables)4 oz Tossed Salad w/ 1 TBSP LF DressingWheat Roll4oz Apples in Apple Crisp | **WEDNESDAY 23, 2022**3oz Chicken Strips4oz Mashed Potatoes w/2oz LS GravyWheat Roll4oz-5 way mixed vegetables4oz Plums  | **Thursday 24, 2022****5oz Beef Lasagna**(2oz Beef, 4 oz Noodles, 2oz LS Sauce, 1 oz Cheese) 4oz Green Beans4oz Tossed Salad w/ 1 TBSP LF Dressing1 Garlic Toast1 Chocolate Chip Cookie | **FRIDAY 25, 2022****3oz Baked Fish****4oz LS Rice Pilaf** 1 TBSP Tartar Sauce4oz Sweet Potato fries4oz Coleslaw w/ 1 TBSP LF DressingWheat Roll4oz Apricots |
| **MONDAY 28, 2022****3oz Baked Chicken**4oz Sliced Tomatoes4oz Green Peas w/4oz Mushrooms6oz Fruit Salad1 Cornbread 2 tsp margarine | **2% Milk Served at Meals or unless specified** **NAS=No Added Salt****LS=low Sodium****SF=Sugar Free****LF=Low Fat** |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week: 4** | **Days in Week: 5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week: 1** |
| Calories | 700 | 707.1 | 709.6 | 709.3 | 712.8 | 746.9 |
| % Carbohydrates from Calories | 45-55% | 50.1 | 55.6 | 50.7 | 53.1 | 47.2 |
| % Protein from Calories | 15-25% | 23.8 | 19.4 | 23.9 | 17.5 | 24.5 |
| % Fat from Calories | 25-35% | 26.2 | 25.0 | 25.3 | 29.5 | 28.3 |
| Saturated Fat | less than 8g | 6.8 | 7.5 | 8.0 | 7.1 | 7.5 |
| Fiber | 10g | 10.3 | 10.0 | 12.9 | 10.0 | 10.1 |
| Vitamin B-12 | .8ug | 2.4 | 2.5 | 2.4 | 1.7 | 1.9 |
| Vitamin A | 300ug RAE | 583.5 | 447.5 | 471.4 | 601.4 | 435.5 |
| Vitamin C | 30mg | 69.7 | 64.7 | 76.5 | 43.5 | 58.1 |
| Iron | 2.6mg | 5.1 | 5.6 | 6.1 | 4.2 | 5.2 |
| Calcium | 400mg | 486.8 | 516.4 | 571.7 | 459.1 | 499.0 |
| Sodium | less than 766mg | 757.5 | 655.6 | 579.8 | 758.3 | 457.4 |

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