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| --- | --- | --- | --- | --- |
|  | **TUESDAY 1, 2022**  3 oz Beef Meatballs  1c Wild Rice  4 oz Carrots and Pepper (1/3 c Carrots, ¼ c Peppers)  1c Tossed Salad w/2 TBSP LF Dressing  1 Breadstick  1/2c 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 sticks  4oz Tater Tots  ¼ c 1% Cottage Cheese  4oz Peaches | **THURSDAY 3, 2022**  8 oz LS Zesty Steak Chili  (3oz Steak,4 oz vegetables)  4oz 3 Bean Salad  1 Cornbread  1c Strawberries | **FRIDAY 4, 2022**  4oz Sweet & Sour Pork  (3oz Pork, 1 oz Sauce)  1c Brown Rice  1 c Asian Vegetables w/ 2 TBSP LS Sesame Seeds  4oz Mandarin Oranges  1 Fortune Cookies |
| **MONDAY 7, 2022**  1% Milk  3oz Beef Tips  (3oz Beef, 1 oz LS Gravy)  4oz Egg Noodles  8oz Peas and Carrots  4oz Pears | **TUESDAY 8, 2022**  1% Milk  Beef Taco  (3oz Beef, .5oz Cheese, 6oz Lettuce and Tomato, Onions, 1 Flour Tortilla)  4oz LS Spanish Rice  2 oz Corn Salsa  8oz Calabacitas  4oz Gelatin | **WEDNESDAY 9, 2022**  1% Milk  3 oz Chicken Fried Steak  4oz Mashed Potatoes w/ 1 oz LS Country Gravy  6oz Brussel Sprouts  Wheat Roll  4oz Spiced Apples | **THURSDAY 10, 2022**  Sausage Pizza  (1oz Sausage, 1 oz LF LS cheese, 1 oz crust, 1 oz NAS Marinara Sauce)  4oz Spinach Salad  4oz Beets  4oz Pineapple & 4oz NONFAT Vanilla Greek Yogurt | **FRIDAY 11, 2022**  Hamburger Steak  2oz LS Brown Gravy & 1/2c Mushrooms  4oz Mashed Potatoes  4oz Green Beans & 1 oz Onion  1 Wheat Roll  1 Strawberry Shortcake  1c 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 Bread  2 pz slice Dreamsicle Cake | **TUESDAY 15, 2022**  **1% Milk**  **Chili Dog**  (1 hot Dog, 1 oz Chili,1 bun)  4oz Baked Potato Wedges  8 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 Beans  4oz Tomato and Cucumber Salad  4oz Orange Slices | **Thursday 17, 2021**  **1% Milk**  **4oz Meatloaf**  4oz Roasted Garlic Red skin Potatoes  4oz Spinach  1 Roll  4oz Peaches and Strawberries | **FRIDAY 18, 2022**  **1% Milk**  5oz GC Chicken Enchiladas  (2oz Chicken, 1oz Cheese  1 Corn Tortilla, 1 oz Green Chile)  8 oz Normandy California Blend  6oz LS Pinto Beans  4oz LS Spanish Rice  4oz 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 Dressing  Wheat Roll  4oz Apples in Apple Crisp | **WEDNESDAY 23, 2022**  3oz Chicken Strips  4oz Mashed Potatoes w/2oz LS Gravy  Wheat Roll  4oz-5 way mixed vegetables  4oz Plums | **Thursday 24, 2022**  **5oz Beef Lasagna**  (2oz Beef, 4 oz Noodles, 2oz LS Sauce, 1 oz Cheese)  4oz Green Beans  4oz Tossed Salad w/ 1 TBSP LF Dressing  1 Garlic Toast  1 Chocolate Chip Cookie | **FRIDAY 25, 2022**  **3oz Baked Fish**  **4oz LS Rice Pilaf**  1 TBSP Tartar Sauce  4oz Sweet Potato fries  4oz Coleslaw w/ 1 TBSP LF Dressing  Wheat Roll  4oz Apricots |
| **MONDAY 28, 2022**  **3oz Baked Chicken**  4oz Sliced Tomatoes  4oz Green Peas w/4oz Mushrooms  6oz Fruit Salad  1 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***

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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: 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.

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