|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday April 3****3oz Chicken Drumstick****4oz Au Gratin Potatoes****1c Broccoli and Cauliflower****WW roll****1/2c Blueberry in Crisp**  | **Tuesday April 4****4oz Beef Tips****1/2c Brown Rice****3/4c Roasted Brussel Sprouts****1c Tossed salad w/ 2 TBSP Light Italian Dressing****WW roll****1c Tropical Fruit** | **Wednesday April 5****Hot Turkey Sandwich****(3oz LS Turkey Breast, 1 slice Wheat bread, 1oz LS Gravy)****1/4c LS Stuffing****1/4c Cranberry Sauce****1c Mixed Vegetables****1c Peaches**  | **Thursday April 6****Beef Burrito****(1 8 in Wheat Flour Tortilla, 3oz Beef, 1oz GC, .5oz Cheddar Cheese)****1c Calabacitas****1/2c LS Spanish Rice****1/2c LF Chocolate Pudding** | **Friday April 7****Cheeseburger****(1bun, .5oz Cheese, 3oz Beef Patty, 1/2c Lettuce, 2 slices tomato)****1/2c LS 3 Bean Salad****1/2c Wedge Potatoes****1c Watermelon** |
| **Monday April 10****6oz Sausage Lasagna****(2oz Sausage, 1oz Cheese, 1/2c lasagna)1c Italian Vegetables w/ 1/4c LS Garbanzo Beans****Breadstick****1/2c SF Gelatin**  **1c Fruit Cocktail** | **Tuesday April 11****8oz Chicken and Dumpling****(3oz Chicken, 3oz dumplings)****1/2c Peas and Carrots****1c Tossed salad w/ 2 TBSP Light Italian Dressing****1/2c Tapioca pudding** | **Wednesday April 12****3oz Grilled Boneless Pork Chops****w/ 2oz LS Gravy****1/2c LS Rice Pilaf****1c Broccoli Normandy****WW Roll w/ 1 tsp margarine****1c Plums**  | **Thursday April 13****3oz Chicken Fried Steak****1oz LS Brown Gravy****1/2c Mashed Potatoes****1c Sauteed Green Beans with Radishes****6 LS WW Crackers** **1c Mixed Fruit**  | **Friday April 14****8oz Green Chile Chicken Enchiladas****(3oz Chicken, 1oz GC, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and Tomato)****3/4c LS Pinto Beans w/ 1/4c Red bell pepper****1oz Salsa****1/2c Carrots** **1/2c Rice Pudding**  |
| **Monday April 17** **3oz Catfish (cornbread) 1oz tartar Sauce, 1oz Lemon Juice****1c Capri Vegetables****1/2c Buttered New Potatoes****WW Roll****1/2c Apricots**  | **Tuesday April 18****6oz Beef Macaroni****(3oz Beef, 1/2c Macaroni,****1oz Cheese)****1c Tossed salad w/ 2 TBSP Light Italian Dressing****1/2c LS Stewed Tomatoes****1/2c Mandarin Oranges**  | **Wednesday April 19****BBQ Brisket Sandwich****(3oz lean LS Brisket, 1oz LS BBQ Sauce, 1 bun)****1c Coleslaw w/ 2 TBSP Dressing****1/2c Okra****1c Fruit Salad**  | **Thursday April 20****Fish and Chips****(3oz Fried Cod, 10 NAS French Fries, 1oz tartar Sauce, 1oz Lemon Juice)****1c Pasta Salad (1/2c Broccoli and Mixed Vegetables, 1/2c Pasta)** **1/2c Apples in Crisp**  | **Friday April 21****Chef Salad****(1.5c Lettuce, 1 HB Egg, 2oz Chicken, .5oz Cheese, 1/4c Red Cabbage, 8 Baby Carrots, 5 Cherry Tomatoes, 1/4c Cucumbers, 1/4c Red Onion)****2 TBSP Light Ranch Dressing****6 LS WW crackers****1/2c Pears** |
| **Monday April 24****6oz Chicken chili cheese soup****(3oz Chicken, 1oz Cheese, 1oz GC)****1c Tossed salad w/ 2 TBSP Light Italian Dressing****3/4c Fruit Compote****6 LS WW crackers** | **Tuesday April 25****Spaghetti w/Beef meat sauce****(1/2c Spaghetti, w/ 3oz Meat, 2oz NAS Marinara Sauce)****Bread Stick****3/4c 5 way mixed vegetables****1c Tossed salad w/ 2 TBSP Light Italian Dressing****Orange** | **Wednesday April 26****Pork Tamales****(1oz Masa, 3oz Pork, 1oz Red Chile Sauce)****1/2c Cilantro Lime Brown Rice w/ 1 tsp margarine****1/2c LS Pinto Beans****1c Zucchini and tomatoes****1/2c LF Lemon Pudding** | **Thursday April 27****3oz Salisbury Steak****1/2c Mashed Potatoes****2oz LS Brown Gravy****1/2c Beets****WW Roll w/ 1 tsp margarine****1/2c Cherries in Cobbler**  | **Friday April 28** **Frito Pie****(1oz Corn Chips, 3oz Beef, 2oz Red Chile, 1/2c Lettuce and tomato, 1oz onion)****1/2c LS Pinto Beans****1c Tossed salad w/ 2 TBSP Light Italian Dressing****2oz Angel food Cake w/ 3/4c strawberries, 2 TBSP Whipped Topping** |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:** |
| Calories | 700 or more | 815.5 | 733.2 | 728.2 | 731.5 |  |
| % Carbohydrates from Calories | 45-55% | 53.1 | 50.7 | 50.4 | 53.4 |  |
| % Protein from Calories | 15-25% | 19.6 | 23.8 | 18.5 | 20.8 |  |
| % Fat from Calories | 25-35% | 27.3 | 25.5 | 30.1 | 25.8 |  |
| Saturated Fat | less than 8g | 7.8 | 7.3 | 7.1 | 6.7 |  |
| Fiber | 10g or more | 10.1 | 10.7 | 10.4 | 12.3 |  |
| Vitamin B-12 | .8ug or more | 2.7 | 1.9 | 2.3 | 2.4 |  |
| Vitamin A | 300ug RAE or more | 431.9 | 611.8 | 605.4 | 575.2 |  |
| Vitamin C | 30mg or more | 53.8 |  34.6 | 59.2 | 90.5 |  |
| Iron | 2.6mg or more | 5.1 | 4.9 | 4.5 | 5.1 |  |
| Calcium | 400mg or more | 506.0 | 579.9 | 467.4 | 509.2 |  |
| Sodium | less than 766mg | 706.0 | 760.7bee | 764.4 | 766.2 |  |

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