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| --- | --- | --- | --- | --- |
| **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***

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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:**  **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