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| **8 oz-2% Milk Served With Meals****Occasionally We Must****Substitute Food Items****We Are Sorry For The****Inconvenience** |  |  |  | **Friday 1, 2022****Tuna Salad Sandwich****(4 oz. Tuna, 1/2c Lettuce, 2 slices Tomato, 2 Sl. Red. Calorie Wheat Bread)****1/2c Buttered New Potatoes** **1c Prince Edward Vegetables w/ 1/4c Slivered almonds****1c Strawberries w/ 2 TBSP Whipped Topping**  |
| **Monday 4, 2022****4 oz. Chicken Salad** **1 oz. Raspberry Dressing****1c Lettuce & Tomato****1/2c NAS Beets****6 LS WW Crackers****1/2c Peaches** | **Tuesday 5, 2022****1-Tamales w/****(3 oz. Pork, 1/2c Masa,** **1/4c Red Chile)****1c Tossed Salad w/****2T LF Dressing****1/2c LS Refried Beans****1/2c Grapes** | **Wednesday 6, 2022****3 oz. LS Roasted Turkey Breast w/ 1/4c Cranberry****1/2c LS Sweet Mashed Potato w/ 2 TBSP Chopped unsalted pecans****1/2c Broccoli** **1 Wheat Roll w/ 1 tsp. Margarine** **1/2c Pineapple** | **Thursday 7, 2022****1/8th sl. Spinach Quiche** **(1 oz. Egg, 1/4c Spinach, ¼ Mushrooms, 1 oz Swiss Cheese)****1c Tuscan Vegetables** **1 Biscuit w/ 1 tsp. Margarine****1/2c sweet cherries In 5.3oz Yogurt** | **Friday 8, 2022****Bean Burrito w/****(3/4c LS Beans, 1/4c Green Chile,** **1 Tortilla)****1/2c Zucchini and Summer Squash** **1/2c LS Spanish Rice****1c Tossed Salad w/** **2T LF Dressing****1/2c SF Gelatin**  |
| **Monday 11, 2022****3 oz. Pork Chop****1/2c LS Rice Pilaf****8 Baby Carrot****1/2c Collard Green****1 WW Roll w/** **1 tsp. Margarine****1 Orange** | **Tuesday 12, 2022****Meat Ball Sandwich****(3 oz. Turkey Meatballs, .5oz. Cheese,** **1 oz. NAS Sauce, 1 Bun)****1/2c Potato Salad****3/4c LS Black Beans w/ 1/4c Onions****1/2c Applesauce** | **Wednesday 13, 2022****1/2c LS Spanish Rice w/3 oz. Beef****1c Tossed Salad w/** **2T LF Dressing** **1/2c Country Blend****1 WW Roll w/ 1 tsp. Margarine****1/2c Plum** | **Thursday 14, 2022****2 oz. Low Sodium Baked Ham****1/2c LS Scalloped potatoes****1/2c Green Bean w/ 1/3 c unsalted slivered almonds****1slice Angel Food Cake w/ 1/2c Fruit Compote** | **Friday 15, 2022****3 oz. LS Baked Cod w/****2T Tater Sauce, 1oz Lemon Juice****1c Coleslaw w/ 2 TBSP Dressing** **1 Hush Puppy****1/2c NAS French Fries****1/2c Fruit Salad** |
| **Monday 18, 2022****4 oz. Beef Stroganoff w/****1c Noodles****1/2c Cauliflower****1/2c Braised Red Cabbage w/ apples** **1 WW Roll w/** **1 tsp. Margarine****1c Pears** | **Tuesday 19, 2022****4 oz. BBQ Chicken Legs****(3oz chicken Leg, w 1/3c LS BBQ Sauce)** **2oz Cornbread w/ 1TBSP Honey****1c Green Beans/corn****1c Raspberries w/ 2 TBSP nonfat Whipped Topping**  | **Wednesday 20, 2022****Ham & Cheese Sandwich****(2 oz. Low Sodium Lean Ham, .5 oz. Cheese, 2 sl. Wheat Bread, 1/2c Lettuce, 2 slices Tomato, 1 slices Pickle)****1c Tomato and Cucumber Salad****1 Banana w/ 4oz Vanilla Nonfat Greek yogurt** | **Thursday 21, 2022****Chili Dogs w/****(1 oz. LS Frank, .5oz. Cheese,** **2 oz. Beef Chili, 1 Bun)****1/2c LS Diced Potato w/ onion****1/2c Sliced Carrots****1 Oranges** | **Friday 22, 2022****6 oz Beef Barley****(3 oz. Beef, 1 oz. Sauce,** **1/2c Potato & Barley)****1 c Tossed salad w/ 2 TBSP Kraft Lt Dressing** **1c Spinach w/ mushrooms****1 Biscuit****1c Honeydew melon**  |
| **Monday 25, 2022****1% Milk** **Cheeseburger****(3 oz. Beef, 1oz Cheese, 1/2c Lettuce, Tomato, 1 Bun)****4oz Sweet Potato Fries****1/2c Roasted Broccoli w/ Garlic** **½ Cherry in Cherry Cobbler** | **Tuesday 26, 2022****1% Milk** **Taco Salad w/****(3 oz. Beef, 1 oz. Cheese, 1 oz. Tortilla Chips, 1/2c Lettuce & 10 cherry Tomato, 1 oz. Salsa)****1c Zucchini / Corn****1/2c Mango** | **Wednesday 27, 2022****1% Milk** **4 oz. Sweet & Sour Chicken w/ 1 tsp. sesame Seeds****1c Steam Brown Rice****1c Broccoli & Cauliflower****1 Fortune Cookie****1/2c Mandarin Oranges** | **Thursday 28, 2022****1% Milk** **3 oz. Liver & 1/4c Onions****1/2c Mashed Potato w/****1 oz. LS Brown Gravy****1/2c Brussel Sprouts****1 WW Roll w/ 1 tsp. Margarine****1 sl. Spice Cake** | **Friday 29, 2022****1% Milk** **Pinto beans Pizza w/****(1/2c Green Chile, Bell Peppers, 1/2c LS Pinto Beans, 1 Tsp LS Taco Seasoning, 1oz Cheddar Cheese, 1 oz Sauce,** **1 oz. Crust)****1/2Tossed Salad w/****1 T LF Dressing****1/2c Ratatouille****1c Tropical fruit Salad** |

***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:****1** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 819.8 | 708.8 | 784.2 | 704.4 | 704.2 |
| % Carbohydrates from Calories | 45-55% | 44.3 | 50.9 | 48.4 | 54.2 | 51.5 |
| % Protein from Calories | 15-25% | 19.9 | 19.9 | 20.6 | 19.5 | 22.2 |
| % Fat from Calories | 25-35% | 35.9 | 29.2 | 31.0 | 26.2 | 26.2 |
| Saturated Fat | less than 8g | 7.1 | 7.9 | 7.8 | 8.0 | 8.0 |
| Fiber | 10g or more | 21.7 | 12.1 | 10.5 | 10.6 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.5 | 2.1 | 2.5 | 2.5 | 16.5 |
| Vitamin A | 300ug RAE or more | 3121.5 | 1465.8 | 443.6 | 539.2 | 1770.5 |
| Vitamin C | 30mg or more | 103.9 | 43.8 | 46.5 | 52.4 | 83.4 |
| Iron | 2.6mg or more | 8.6 | 4.4 | 4.6 | 5.0 | 5.5 |
| Calcium | 400mg or more | 614.5 | 523.2 | 499.4 | 546.5 | 529.9 |
| Sodium | less than 766mg | 757.9 | 681.6 | 763.0 | 751.9 | 581.5 |

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