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| --- | --- | --- | --- | --- |
| **Monday 3****4 oz. Meatloaf****1/2c Mashed Potatoes/****1 oz. Low Sodium Gravy****1/2c Mixed Veggies****1 Roll w/ 1 tsp. Margarine****1/2c Mandarin Oranges** | **Tuesday 4****1/2c Spaghetti W/****4 oz. Meat Sauce****1/2c Green Beans****1c Salad w/ 2T Low Fat Dressing****1 sl. Garlic Bread****1/2c Pears** | **Wednesday 5****3 oz. Pork Chops****1/2 c Mashed Potatoes W/****1 oz. Low Sodium Gravy****1/2c Beets****1 Roll w/ 1 tsp. Margarine****1/2c Apple Sauce** | **Thursday 6****3 oz. Chicken Tenders****1/2 c Mashed Potatoes W/****1 oz. Low Sodium Gravy****1/2c Brussel Sprouts****1c Salad w/** **2T Low Fat Dressing****1 Roll w/ 1 tsp. Margarine****1 Oatmeal Cookie** | **Friday 7****3 oz. Salmon Steak****1/2c Fried Potatoes****1/2c Spinach****1c Salad w/ 2T Low Fat Dressing****1 sl. Garlic Bread****1/2c Fruit Cocktail Cake** |
| **Monday 10****Red Chicken Enchiladas****(3 oz. Beef, 1oz. Cheese, 1/4c Red Chile, 2 oz. Corn Tortillas)****1/2c Lettuce, Tomato & Onions****1/2c Spanish Rice****1/2c Pinto Beans****1 sl. Wacky Cake** |  **Tuesday 11****Chef Salad****(1 oz. Low Sodium Ham,** **1 oz. Turkey, 1 oz. Cheese,** **1c Lettuce & Tomato,** **2T Low Fat Dressing)** **6 Crackers****1 Boiled Egg****1 Lemon Bar** | **Wednesday 12** **Sloppy Joe****(3 oz. Beef, 1 oz. Sauce,** **1 Bun)****1/2c Potato Salad****1c Salad w/** **2T Low Fat Dressing****1/2c Plum on 1 Sl. Upside-Down Cake** | **Thursday 13****4 oz. Sweet & Sour Pork****1c Stir Fry Veggies****1/2c Rice****1 Egg Roll****1/2c Grapes** | **Friday 14****3 oz. Salisbury Steak W/****1 oz. Low Sodium Gravy****1 med. Baked Potato****1/2c Peas & Carrots****1 Roll w/ 1 tsp. Margarine****1c Salad w/ 2T Low Fat Dressing****1/2c Peaches in 1/2c Cottage Cheese** |
| **Monday 17****Lasagna(3 oz. Beef, 1 oz. Cheese,** **1 oz. Sauce, 1/2c Noodles)****1/2c Spinach****1c Salad w/ 2T Low Fat Dressing****1 sl. Garlic Bread****1 Sugar Cookies** | **Tuesday 18****Beef Fajitas****(3 oz. Beef, 1/4c Peppers & Onion, 1 Tortilla)****1/2c Spanish Rice****1/2c Pinto Beans****1c Salad w/ 2T Low Fat Dressing****1/2c Pineapple**  | **Wednesday 19****Fish Sandwich****(3 oz. Fish, 1 Bun, 1/2c Lett, Tom & Onion)****1/2c Roasted Potatoes****1/2c Coleslaw****1 PB Cookie** | **Thursday 20****Stuffed Peppers****(3 oz. Beef, 1/4c Rice,** **1/2c Bell Pepper)****1/2c Baked Squash****1c Salad w/** **2T Low Fat Dressing****1 Roll w/ 1 tsp. Margarine****1/2c Fruit Salad W/****1T Whip Topping** | **Friday 21****3 oz. Chicken Fried Steak****1/2 c Mashed Potatoes W/****1 oz. Low Sodium Gravy****1/2c Corn****1c Salad w/ 2T Low Fat Dressing** **1 Roll w/ 1 tsp. Margarine****1/2c Pineapple on** **1 Sl. Upside-Down Cake** |
| **Monday 24****Beef Tacos****(3 oz. Beef, 1/2c Lett, Tom & Onion, 2 Corn Tortillas)****1/2c Spanish Rice****1/2c Pinto Beans****1 Chocolate Chip Cookie** | **Tuesday 25****3 oz. Popcorn Shrimp****1/2c Tater Tots****1/2c Coleslaw****1/2c Broccoli Salad** **1 Roll w/ 1 tsp. Margarine****1/2c Strawberries on** **1 Shortcake** | **Wednesday 26****Loaded Pizza****(1 oz. Beef, 1 oz. Cheese,** **1oz. Low Sodium Sausage,** **1 oz. Sauce, 1/4c Veggies,** **1 oz. Crust)****1/2c Glazed Carrots****1c Salad w/** **2T Low Fat Dressing****1 Brownie** | **Thursday 27****GC Cheeseburger****(3 oz. Beef, 1 oz. Cheese,** **1 oz. Green Chile, 1 Bun,** **1/2c Lett, Tom & Onions)****1/2c French Fries****1/2c Pea Salad****1/2c Oranges in 1/2c Jell-O** | **Friday 28****3 oz. Baked Chicken****1 med. Baked Potato****1/2c Mixed Veggies****1c Salad w/ 2T Low Fat Dressing****1 Roll w/ 1 tsp. Margarine****1/2c Apples in 1/4c Crisp** |
| **Monday 31****Closed****For****Memorial Day!!!** |  |  |  | **All Meals Served With 8 oz.** **1% Low Fat Milk** |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu2. Week 2 | Menu Week 3 | Menu Week 4 |
|  |  | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 553.2 | 792.3 | 790.3 | 810.8 |
| % Carbohydrates from Calories | 45-55% | 50% | 50.7% | 52.1% | 52.2% |
| % Protein from Calories | 15-25% | 22.2% | 23.9% | 22.3% | 22.7% |
| % Fat from Calories | 25-35% | 27.2% | 25.5% | 25.6% | 25.1% |
| Saturated Fat | less than 8g | 6.9g | 7.2g | 7.2g | 7.5g |
| Fiber | 10g or more | 12g | 11.5g | 11.4g | 14.3g |
| Vitamin B-12 | .8ug or more | 3.1ug | 2.5ug | 2.9ug | 2.8ug |
| Vitamin A | 300ug RAE or more | 689.5ug | 802.6ug | 695.7ug | 787.6ug |
| Vitamin C | 30mg or more | 50.3mg | 53mg | 70.1mg | 90.7mg |
| Iron | 2.6mg or more | 6.9mg | 6.4mg | 7.1mg | 6.7mg |
| Calcium | 400mg or more | 496.1mg | 545.8mg | 501.1mg | 617.2mg |
| Sodium | less than 766mg | 553.2mg | 626.5mg | 560.9mg | 640.3mg |

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.

 Jennifer Pas, RD, LD