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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***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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