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| **MONDAY APRIL 3****CHICKEN TACOS** **(3oz Chicken, 1/2c Lettuce and Tomato, 1 6in Flour Tortilla)****1/2c LS PINTO BEANS****1oz PICO DE GALLO****3/4c ROASTED BRUSSEL SPROUTS****1c GREEN SALAD w/ 2 TBSP Light Italian Dressing****1c GRAPES** | **TUESDAY APRIL 4****HAMBURGER****(3oz Beet patty, 1 bun, 1/2c Lettuce, 2 slices tomato, 1 slice onion)****1/2c Germany Style POTATO SALAD****1/2c Sauteed Radishes w/ Green Beans****1cWatermelon**  | **WEDNESDAY APRIL 5****1/8 slice VEGGIE QUICHE with sweet potato crust (1/2 egg, .5oz Cheese, 1/4c Sweet Potatoes)****1/2c Asparagus w/ 1/2c Mushrooms****6 LS Saltines** **1/2LS Garbanzo Beans****3/4c CANTALOUPE** | **THURSDAY APRIL 6****1c BEEF STEW****(3oz Beef, 1/2c Vegetables)****CORNBREAD w/ 1 tsp margarine****1c GREEN SALAD w/ 2 TBSP Light Italian Dressing****1/2c SF Gelatin w/ 1/2c Banana** | **FRIDAY APRIL 7****CLOSED** |
| **MONDAY APRIL 10****3oz MEATLOAF w/2oz LS GRAVY****1/2c MASHED POTATOES** **1c GREEN BEANS****1/2c GREEN SALAD w/ 1 TBSP Light Italian Dressing****1 slice Wheat BREAD w/ 1 tsp margarine****APPLE** | **TUESDAY APRIL 11****1/2c CHICKEN CURRY SALAD****w/ 3oz Chicken****1/2c Roasted Cauliflower w/1/2c Kale** **WHEAT ROLL****1/2c LS Beets****1/2c PINEAPPLE Chunks** | **WEDNESDAY APRIL 12****GRILLED CHEESE SANDWICH****(2 slices wheat bread, 1oz American cheese****1/2c LS ZUCCHINI/CORN CHOWDER, ADD 1/4c LS Black beans****HB EGG****1c GREEN SALAD w/ 2 TBSP Light Italian Dressing** | **THURSDAY APRIL 13****3oz ROAST TURKEY w/ 2oz LS GRAVY****3/4c YAMS****1/2c CABBAGE****Wheat ROLL w/ 1 tsp margarine****1/2c GREEN SALAD w/ 1 TBSP Light Italian Dressing****1/2c SF Gelatin w/ 1/2c PEACHES** | **FRIDAY APRIL 14** |
| **MONDAY APRIL 17****3oz CHICKEN & 2oz LS GRAVY****1/2c PARSLEY POTATOES****1/2c Italian BEANS****1/2c Tomato and onion salad** **Wheat ROLL****3/4c Fruit Compote** **4oz Nonfat Greek Vanilla Yogurt** **(Do not serve milk this day)** | **TUESDAY APRIL 18****1c Green Chile Pork Stew** **(3oz Pork, 1oz GC, 1/2c Vegetables)****1/2c SPINACH****1/2c GREEN SALAD w/ 1 TBSP Light Italian Dressing****6 LS Saltines** **1/2c Apricots**  | **WEDNESDAY APRIL 19****NAVAJO TACO****(1oz Fry Bread, 3oz Ground Beef, 1/4c Tomatoes, .5oz cheese, 1/4c Onions, 1/2c LS Pinto Beans, 1oz GC, 1/2c Lettuce, 1/2c Arugula)** **1/2c Chuckwagon Vegetables****1c Strawberries**  | **THURSDAY APRIL 20****2oz KIELBASA****1/2c Peppers and Onions****1/2c Carrots****1/2c Brown Rice** **Wheat roll****1/2c Sweet Cherries w/ 4oz Nonfat Greek Vanilla Yogurt**  | **FRIDAY APRIL 21**  |
| **MONDAY APRIL 24****1/2c SPAGHETTI w/ 5oz MEAT SAUCE (3oz Meat, 2oz NAS Marinara Sauce)****1c Italian Blend Vegetables****1/2c GREEN SALAD w/ 1 TBSP Light Italian Dressing****Garlic Bread****1/2c Fruit Cocktail**  | **TUESDAY APRIL 25****3oz OVEN-BAKED CHICKEN 1/2c LS Rice Pilaf****1c CALIFORNIA BLEND VEGGIES** **Wheat ROLL****1/2c SF Gelatin** | **WEDNESDAY APRIL 26****3oz LS Lean PORK ROAST** **2oz LS GRAVY****1/2c LS BLACK-EYED PEAS****1c GREEN SALAD w/ 2 TBSP Light Italian Dressing****Wheat roll** **1/2c Plums**  | **THURSDAY APRIL 27****6oz RED CHILI BEEF ENCHILADAS****(1oz RC, 3oz Beef, 2 corn tortilla, 1oz Cheese****1/2c LS PINTO BEANS****1c CALABACITAS****1/2c GREEN SALAD w/ 1 TBSP Light Italian Dressing****1/2c CINNAMON PEACHES** | **FRIDAY APRIL 28** |

***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:****4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****4** |
| Calories | 700 or more | 701.8 | 701.9 | 781.1 | 713.0 |  |
| % Carbohydrates from Calories | 45-55% | 51.6 | 49.5 | 52.2 | 47.9 |  |
| % Protein from Calories | 15-25% | 21.2 | 22.1 | 21.4 | 25.0 |  |
| % Fat from Calories | 25-35% | 27.2 | 28.3 | 26.4 | 27.1 |  |
| Saturated Fat | less than 8g | 7.9 | 7.7 | 7.7 | 7.9 |  |
| Fiber | 10g or more | 12.3 | 12.0 | 13.7 | 12.2 |  |
| Vitamin B-12 | .8ug or more | 2.5 | 2.0 | 2.2 | 2.5 |  |
| Vitamin A | 300ug RAE or more | 777.7 | 564.1 | 569.9 | 750.7 |  |
| Vitamin C | 30mg or more | 63.9 | 62.0 | 111.5 | 33.2 |  |
| Iron | 2.6mg or more | 6.2 | 5.1 | 5.7 | 5.3 |  |
| Calcium | 400mg or more | 516.4 | 518.4 | 471.8 | 460.8 |  |
| Sodium | less than 766mg | 764.8 | 751.9 | 608.5 | 581.0 |  |

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