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| MONDAY, MAY 3   |  | | --- | | 3 oz. Meatballs  1/2c Wild Rice  1c Carrots & Peppers  1 Breadstick  1/2c Fruit Cocktail in 1/2c Yogurt | | TUESDAY MAY 4   |  | | --- | | 1 Chicken Sandwich  (3 oz. Chicken, 1 Bun)  1/2c Celery Sticks  1/2c Tater Tots  1/2c Cottage Cheese  1/2c Peaches | | | |  | | --- | | WEDNESDAY MAY 5 | | 3/4c Chile Beans  1 Sl. Cornbread  1c Three Bean Salad  1/2c Peaches & Strawberries | | THURSDAY MAY 6   |  |  | | --- | --- | |  | Sausage Pizza  (2 oz. Low Sodium Sausage,  1 oz. Cheese, 1 oz. Sauce,  1 oz. Crust)  1/2c Spinach Salad  1/2c Mixed Vegetables  1/2c Pineapple  1 Peanut Butter Cookie | | | | FRIDAY MAY 7   |  | | --- | | 3 oz. Baked Fish  2T Tartar Sauce  1c Tater Tots  1/2c Broccoli Salad  1 Dinner Roll w/  1 tsp. Margarine  1/2c Apricots | |
| MONDAY MAY 10   |  | | --- | | 3 oz. Chicken Fried Steak  1c Mashed Potatoes &  2T LS Gravy  1/2c Green Beans  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Spiced Apples | | TUESDAY MAY 11  Green Chile Stew  (3 oz Pork, 1/4c Green Chile,  1/4c Potato, 1/4c Carrots)  1c Salad w/ 2T Low Fat Dressing  1 sl. Cornbread  1/2c Jell-O | | WEDNESDAY MAY 12   |  | | --- | | GC Chicken Enchilada  (2oz, Chicken, 1 oz. Cheese, 1/4c Green Chile, 1 Corn Tortilla)  1 oz. Lettuce & 1 oz. Tomato  1/2c Pinto Beans  1/2c Spanish Rice  1/2c LF Ice Cream | | THURSDAY MAY 13   |  | | --- | | 3 oz. Pork Stir Fry | | 1/2c Stir Fry Vegetables 1/2c Salad w/ 2T Low Fat Dressing  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Apples in 1/4c Crisp | | | | FRIDAY MAY 14   |  | | --- | | 1/2c Spaghetti &  4 oz. Meat Sauce  1c Broccoli & Cauliflower with  1 oz. Cheese Sauce  1 Sl. Garlic Bread  1/2c Peaches | |
| MONDAY MAY 17   |  | | --- | | 3 oz. Chicken Strips  1/2c Mashed Potatoes  1/2c Broccoli/Cheese  1/2c Garden Salad w/  2T Low Fat Dressing  1 Roll w/ 1 tsp. Margarine  1/2c Peach Crisp | | TUESDAY MAY 18  3oz-Italian Sausage w/  1/4c Peppers & Onions over  1/2c Bowtie Pasta  1/2c Stewed Tomatoes  1/2c Broccoli  1 Roll w/ 1 tsp. Margarine  1/2c Jell-O | | WEDNESDAY MAY 19   |  | | --- | | 3 oz. Beef Tips  1/2c Egg Noodles  1/2c Salad W/ 2T Low Fat Dressing  1/2c Peas & Carrots  1/2c Pears | | THURSDAY MAY 20  1 Chicken Fajita  (3 oz. Chicken, 1 oz. Cheese, 1/4c Peppers, 1 Flour Tortilla)  3/4c Chili Beans  1/2c. Orange Slices | | | FRIDAY MAY 21   |  | | --- | | 3 oz. Hamburger Steak  2T Brown Gravy with Mushrooms  1/2c Mashed Potatoes  1/2c Green Beans with Onions  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Pineapple Chunks | |
| MONDAY MAY 24  Chili Dog  (1 oz. Frank, 2 oz. Beef Chile,  1 Bun)  1/2c Baked Potato Wedges  1/2c Mixed Vegetables  1/2c Applesauce | TUESDAY MAY 25   |  | | --- | | 1 Taco  (3 oz. Beef, 1 oz. Cheese,  2 Corn Tortilla)  1c Lettuce / Tomatoes / Onions  1/2c Spanish Rice  1/4c Salsa Corn  1/2c Gelatin | | | WEDNESDAY MAY 26   |  | | --- | | 3 oz. Baked Chicken  1/2c Sliced Tomatoes  1/2c Broccoli & Cheese  1 Roll w/ 1 tsp. Margarine  1/2c Strawberries & Bananas | | THURSDAY MAY 27   |  | | --- | | 3 oz. Meatloaf  1/2c Au Gratin Potatoes  1/2c Mixed Vegetables  1 Roll w/ 1 tsp. Margarine  1/2c Pears | | | | FRIDAY MAY 28   |  | | --- | | 3 oz. Sweet and Sour Pork  1/2c Steamed Rice  1c Carrots & Green Beans  1 Sl. Whole Wheat Bread w/  1 tsp. Margarine  1/2c Mandarin Oranges | |
| MONDAY MAY 31  Chicken Corn Casserole  (3oz. Chicken, 1/2c Corn)  1/2c Spinach w/ 1 tsp. Margarine  1/2c Pinto Beans  1 Flour Tortilla  1 Chocolate Chip Cookie  1/2c Pineapple |  |  | | |  | All meals Served with 1c-  2% Low-Fat Milk | |

***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:**  **1** |
| Calories | 700 or more | 701.9 | 799.8 | 703.6 | 799.2 | 762.4 |
| % Carbohydrates from Calories | 45-55% | 49.6% | 49.3% | 46.7% | 51.7% | 47.6% |
| % Protein from Calories | 15-25% | 24.1% | 20.7% | 24.4% | 22.8% | 25.3% |
| % Fat from Calories | 25-35% | 26.2% | 30% | 28.9% | 25.5% | 27.1% |
| Saturated Fat | less than 8g | 5.8g | 7.7g | 6.1g | 6.9g | 6.7g |
| Fiber | 10g or more | 12.8g | 13.6g | 11.5g | 17.9g | 15g |
| Vitamin B-12 | .8ug or more | 2.2ug | 2.2ug | 2.1ug | 2.7ug | 1.5ug |
| Vitamin A | 300ug RAE or more | 572.1ug | 696.7ug | 476.5ug | 817.1ug | 738ug |
| Vitamin C | 30mg or more | 83.7mg | 123.2mg | 83mg | 158.7mg | 51.3mg |
| Iron | 2.6mg or more | 5.6mg | 5.8mg | 5.6mg | 6.7mg | 8.2mg |
| Calcium | 400mg or more | 542.6mg | 495.9mg | 438mg | 501.3mg | 512.4mg |
| Sodium | less than 766mg | 644.2mg | 587.8mg | 596.8mg | 620.6mg | 595.1mg |

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