|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| MONDAY, MAY 3

|  |
| --- |
| 3 oz. Meatballs1/2c Wild Rice1c Carrots & Peppers1 Breadstick1/2c Fruit Cocktail in 1/2c Yogurt |

 | TUESDAY MAY 4

|  |
| --- |
| 1 Chicken Sandwich(3 oz. Chicken, 1 Bun)1/2c Celery Sticks1/2c Tater Tots1/2c Cottage Cheese1/2c Peaches |

 |

|  |
| --- |
| WEDNESDAY MAY 5 |
| 3/4c Chile Beans1 Sl. Cornbread1c Three Bean Salad1/2c Peaches & Strawberries |

 | THURSDAY MAY 6

|  |  |
| --- | --- |
|  | Sausage Pizza(2 oz. Low Sodium Sausage, 1 oz. Cheese, 1 oz. Sauce, 1 oz. Crust)1/2c Spinach Salad1/2c Mixed Vegetables1/2c Pineapple1 Peanut Butter Cookie |

 | FRIDAY MAY 7

|  |
| --- |
| 3 oz. Baked Fish2T Tartar Sauce1c Tater Tots1/2c Broccoli Salad1 Dinner Roll w/1 tsp. Margarine1/2c Apricots |

 |
| MONDAY MAY 10

|  |
| --- |
| 3 oz. Chicken Fried Steak1c Mashed Potatoes &2T LS Gravy1/2c Green Beans1 Wheat Roll w/ 1 tsp. Margarine1/2c Spiced Apples |

 | TUESDAY MAY 11Green Chile Stew(3 oz Pork, 1/4c Green Chile, 1/4c Potato, 1/4c Carrots)1c Salad w/ 2T Low Fat Dressing1 sl. Cornbread1/2c 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 Rice1/2c 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. Margarine1/2c Apples in 1/4c Crisp |

 | FRIDAY MAY 14

|  |
| --- |
| 1/2c Spaghetti & 4 oz. Meat Sauce1c Broccoli & Cauliflower with 1 oz. Cheese Sauce1 Sl. Garlic Bread1/2c Peaches |

 |
| MONDAY MAY 17

|  |
| --- |
| 3 oz. Chicken Strips 1/2c Mashed Potatoes 1/2c Broccoli/Cheese1/2c Garden Salad w/ 2T Low Fat Dressing1 Roll w/ 1 tsp. Margarine1/2c Peach Crisp |

 | TUESDAY MAY 183oz-Italian Sausage w/1/4c Peppers & Onions over1/2c Bowtie Pasta1/2c Stewed Tomatoes1/2c Broccoli1 Roll w/ 1 tsp. Margarine1/2c Jell-O | WEDNESDAY MAY 19

|  |
| --- |
| 3 oz. Beef Tips1/2c Egg Noodles1/2c Salad W/ 2T Low Fat Dressing1/2c Peas & Carrots1/2c Pears |

 | THURSDAY MAY 201 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 Steak2T Brown Gravy with Mushrooms1/2c Mashed Potatoes1/2c Green Beans with Onions1 Wheat Roll w/ 1 tsp. Margarine1/2c Pineapple Chunks |

 |
| MONDAY MAY 24Chili Dog(1 oz. Frank, 2 oz. Beef Chile, 1 Bun)1/2c Baked Potato Wedges1/2c Mixed Vegetables1/2c Applesauce | TUESDAY MAY 25

|  |
| --- |
| 1 Taco(3 oz. Beef, 1 oz. Cheese, 2 Corn Tortilla)1c Lettuce / Tomatoes / Onions1/2c Spanish Rice1/4c Salsa Corn1/2c Gelatin |

 | WEDNESDAY MAY 26

|  |
| --- |
| 3 oz. Baked Chicken1/2c Sliced Tomatoes1/2c Broccoli & Cheese1 Roll w/ 1 tsp. Margarine1/2c Strawberries & Bananas |

 | THURSDAY MAY 27

|  |
| --- |
| 3 oz. Meatloaf1/2c Au Gratin Potatoes1/2c Mixed Vegetables1 Roll w/ 1 tsp. Margarine1/2c Pears |

 | FRIDAY MAY 28

|  |
| --- |
| 3 oz. Sweet and Sour Pork1/2c Steamed Rice1c Carrots & Green Beans1 Sl. Whole Wheat Bread w/ 1 tsp. Margarine1/2c Mandarin Oranges |

  |
| MONDAY MAY 31Chicken Corn Casserole(3oz. Chicken, 1/2c Corn)1/2c Spinach w/ 1 tsp. Margarine1/2c Pinto Beans1 Flour Tortilla1 Chocolate Chip Cookie1/2c Pineapple |  |  |  | All meals Served with 1c-2% Low-Fat Milk |

***Nutrient Table***

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