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| **MONDAY 3, 2022****3oz LS Baked Fish****1/2c Scalloped Potatoes****1c Malibu Blend Veggies****1 wheat Roll****1/2c Cinnamon Spiced Apples** | **TUESDAY 4, 2022****4oz Swedish Meatballs****over 1/2c Noodles****1c Italian Veggies****Garlic Bread****1/2c Bananas in 1/2c LF Vanilla Pudding** | **WEDNESDAY 5, 2022****5oz Chicken Cordon Bleu****1c Broccoli & Cauliflower****1/2c LS Rice Pilaf****1/2c Strawberries on Shortcake(biscuit) ,**  | **THURSDAY 6, 2022****Soft Beef Taco****(3oz beef, flour tortilla, 1/2c lettuce, 1/3c tomatoes, .5oz cheese, 1 oz Salsa)****1/2c LS Chile Beans****1c Calabacitas****1/2C Pineapple Tidbits** | **FRIDAY 7, 2022****BBQ Chicken** **(3oz Chicken, 1 oz LS Barbecue Sauce)****1/2c LS Baked Beans****1/2c Steamed Corn****1/2c Coleslaw w/ 1 TBSP dressing****Cornbread****Fresh Pear** |
| **MONDAY 10, 2022****ALL****CENTERS****CLOSED** | **TUESDAY 11, 2022****2oz Lite Sausage****1/2c Buttered Carrots w/ 1/4c White Beans****1/2c Parsley Potatoes****Wheat Roll****Fresh Apples** | **WEDNESDAY 12, 2022****Chicken Provencal****(3oz Chicken, 1oz Veggie Topping)****1/2c White Rice****1C Spinach & Onions****Wheat Roll****1/2c Sherbet** | **THURSDAY 13, 2022****Pork Tamale****(1oz Masa, 3oz Pork)****with 1 oz Red Chie Sauce****1/2c LS Refried Beans****1/2c LS Mixed Veggies****1/2c Plums** | **FRIDAY 14, 2022****Teriyaki Chicken****(3oz Chicken, 2oz Teriyaki Sauce)****1/2c LS Fried Rice****1c Asian Veggies****Wheat Roll****1 Fortune Cookie****Fresh Orange** |
| **MONDAY 17, 2022****3oz Pork Chop****2oz Pork Gravy****½ Baked Potato w/1 tsp margarine****1c California Veggies****Wheat Roll w/ 1 tsp margarine****1/2c Apricots**  | **TUESDAY 18, 2022****5oz Pepper Steak, 3oz Beef, 4oz Peppers/sauce** **1c brown Rice** **1c 5 Way Veggies****Wheat Roll w/ 1 tsp margarine****1/2c Diced Peaches** | **WEDNESDAY 19, 2022****1/2c Spaghetti with****4oz Meat Sauce****1c Italian Veggies****1/2c Tossed Salad w/ 1 TBSP Light dressing****Garlic Bread****4oz Vanilla Nonfat Greek Yogurt w/ 1/2c Cherries**  | **THURSDAY 20, 2022****3oz Chicken Fried Chicken****1/2c Mashed Potatoes****2oz LS Pepper Gravy****1c Vegetable Medley****Wheat Roll w/ 1 tsp margarine** **1/2c Mixed Fruit in Gelatin** | **FRIDAY 21, 2022****4oz LS Baked Tilapia****1c Coleslaw w/ 2 TBSP Dressing** **1/2c LS Rice Pilaf** **1/2c Brussels Sprouts****Wheat Roll w/ 1 tsp Margarine** **1/2c Lemon Pudding** |
| **MONDAY 24, 2022****3oz Baked Chicken** **2oz LS Chicken Gravy****1/2c Buttered Noodles (1 tsp Margarine)****1/2c Green Beans****1/2c Carrots** **Wheat Roll** **1c Strawberries & Bananas**  | **TUESDAY 25, 2022****4 oz Pork Stir Fry****1c Stir Fry Veggies****1/2c Seasoned Herbed Rice****Wheat Roll****Oatmeal Cookie****1/2c Mandarin Oranges**  | **WEDNESDAY 26, 2022****1c Green Chile Chicken Posole****(3oz Chicken, 1oz GC, 2oz Posole)****1c Capri Vegetables** **1/2c Pinto Beans****Tortilla****1/2c LF Vanilla Pudding with Cinnamon** | **THURSDAY 27, 2022****Ham & Swiss Cheese Sandwich****(2 sl. Wheat bread, 1oz cheese, 2oz LS Lean Ham****1/2c lettuce, 2 sl Tomato)****1/2c Three Bean Salad****1c LS Vegetable Soup** **Brownie with 1oz Cherry Topping** | **FRIDAY 28, 2022****3oz Meatloaf with****1oz LS Tomato Sauce** **1/2c Potatoes Au Gratin****1/2c Beet and Onion Salad** **Wheat Roll****1c Tropical Fruit** |
| **MONDAY 31, 2022****1c 3oz Chicken & 1/4c Rice Casserole****with 1/2c Peas & Carrots****1/2c Italian Blend Veget.** **Wheat Roll****3/4c Fruit Salad**  |  |  |  |  |

***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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 700 or more | 768.1 | 708.2 | 813.4 | 750.8 | 827.5 |
| % Carbohydrates from Calories | 45-55% | 51.3 | 50.1 | 49.3 | 53.8 | 52.2 |
| % Protein from Calories | 15-25% | 21.4 | 22.3 | 22.7 | 21.1 | 22.2 |
| % Fat from Calories | 25-35% | 27.3 | 27.6 | 28.0 | 25.0 | 25.6 |
| Saturated Fat | less than 8g | 8.0 | 7.6 | 8.0 | 7.6 | 7.2 |
| Fiber | 10g or more | 10.0 | 12.2 | 10.0 | 11.5 | 10.7 |
| Vitamin B-12 | .8ug or more | 2.3 | 1.7 | 3.1 | 1.9 | 2.2 |
| Vitamin A | 300ug RAE or more | 433.3 | 649.3 | 461.1 | 404.3 | 780.9 |
| Vitamin C | 30mg or more | 71.2 | 44.7 | 69.7 | 37.1 | 84.1 |
| Iron | 2.6mg or more | 4.0 | 5.1 | 5.2 | 5.1 | 4.0 |
| Calcium | 400mg or more | 500.5 | 455.1 | 451.1 | 518.3 | 484.6 |
| Sodium | less than 766mg | 679.0 | 757.0 | 755.7 | 765.8 | 750.6 |

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