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| **MONDAY JULY 3,**  **4oz Riblet, 1 WW Bun**  **6ea Potato Wedges**  **6oz, Cucumber Salad**  **8oz Cantaloupe** | **TUESDAY JULY 4,**    **Closed For 4th Of JULY** | **WEDNESDAY JULY 5,**  **4oz Green Chile Beef Enchilada**  **4oz Brown Rice**  **4oz Tossed Salad**  **4ea Crackers**  **3oz Mandarin Oranges**  **1ea Cookies** | **THURSDAY JULY 6,**  **8oz Chicken Noodle Casserole**  **6oz California Blend Vegetables**  **1ea WW Roll**  **6oz Fruit Compote** | **FRIDAY, JULY 7,**  **2oz Green Chile, 1 sl Cheese,**  **3oz Burger, 1 WW Buns**  **2oz Lettuce/2oz Tomato/ 1 Sl Onion/1oz Pickle**  **4oz Sweet Potato Fries**  **3oz Rice Pudding** |
| **MONDAY, JULY 10,**  **3oz Country Fried Steak w/ 2oz Gravy**  **4oz Mashed Potatoes**  **4oz Winter Blend Vegetables**  **1ea WW Roll**  **4oz Pears w/Grape Juice** | **TUESDAY, JULY 11,**  **3oz Baked Ham**  **4oz Sweet Potatoes**  **4oz Green Beans**  **2x2 Cornbread**  **6oz Fruit Salad** | **WEDNESDAY, JULY 12,**  **4oz Asado**  **4oz Pinto Beans**  **4oz Tossed Salad**  **4ea Crackers**  **6oz Sliced Apples** | **THURSDAY, JULY 13,**  **4oz Baked Chicken**  **4oz Rice Pilaf**  **4oz Mixed Vegetables**  **4oz Tossed Salad**  **1ea WW Roll**  **4oz Cherry Jell-O w/Fruit** | **FRIDAY, JULY 14,**  **1oz Chili, 1 Dog, 1ea Bun**  **1oz Cheese and .5 oz. Onion**  **4oz Coleslaw**  **5 ea. Potato Wedges**  **6oz Plums** |
| **MONDAY, JULY 17,**  **4oz Spaghetti and 1oz Meatballs**  **4oz Tossed Salad**  **6oz Brussel Sprouts**  **1 pc Garlic Bread**  **4oz Banana/Strawberries** | **TUESDAY, JULY 18,**  **3oz Pork Cutlets w/2oz Gravy**  **4oz Mashed Potatoes**  **6oz Spinach w/Onion, Tomatoes**  **1ea WW Roll**  **4oz Peaches/W**  **2oz Cottage Cheese** | **WEDNESDAY, JULY 19,**  **4oz Tamales**  **3oz Spanish Rice**  **3oz Pinto Beans**  **4oz Tossed Salad**  **4ea Crackers**  **4oz Tapioca Pudding** | **THURSDAY, JULY 20,**  **3oz Meat Loaf w/2oz Gravy**  **4oz Mashed Potatoes**  **4oz Broccoli Florets**  **1ea WW Roll**  **8oz Diced Watermelon** | **FRIDAY, JULY 21,**  **3oz Ham Salad,2 Sl WW Bred Sandwich**  **4oz Baked Beans**  **4oz Cucumber Salad**  **1ea Oatmeal Cookie** |
| **MONDAY, JULY 24,**  **8oz Chicken Fettuccine Alfredo**  **6oz Italian Vegetables**  **1ea Garlic Bread**  **6oz Fruit Compote** | **TUESDAY, JULY 25,**  **3oz Sliced Turkey**  **4oz Mashed Potatoes w/**  **2oz Gravy**  **4oz Peas and Mushrooms**  **1ea WW Roll**  **6oz Apple Slices with Cinnamon** | **WEDNESDAY, JULY 26,**  **3oz Beef Fajitas**  **4oz Fajita Blend Vegetables**  **1 Tbsp. Sour Cream**  **4oz Black Beans**  **4oz Tossed Salad**  **6’’ Flour Tortilla**  **4oz Banana Pudding** | **THURSDAY, JULY 27,**  **3oz BBQ Pork Ribs**  **4oz Parsley Potatoes**  **4oz Green Beans**  **1ea WW Roll**  **2x2 Lemon Cake w/Icing** | **FRIDAY, JULY 28,**  **3oz Sloppy Joe on 1 Bun**  **6ea French Fries**  **4oz Yogurt & Cucumber Salad**  **4oz Peaches**  **1ea Chocolate Chip Cookie** |
| **MONDAY JULY 31,**  **3oz Hamburger Steak w/**  **2oz Gravy**  **4oz Brown Rice**  **4oz Peas & Pearl Onions**  **1ea WW Roll**  **6oz Peaches and Bananas** | **Tuesday, August 1,**  **3oz Pork Chops**  **4oz Cornbread Stuffing**  **4oz Candied Carrots**  **1ea WW Roll**  **4oz Orange Jell-O W/**  **Mandarin Oranges** | **Wednesday, August 2,**  **2oz Beef & 1oz Potato Burrito**  **Smothered w/**  **2oz Gr Chile Sauce**  **4oz Pinto Beans**  **4oz Tossed Salad**  **4oz Sliced Pears**  **1ea Oatmeal Cookies** | **Thursday, August 3,**  **4oz Baked Fish**  **3oz White Rice**  **4oz Broccoli Florets**  **6oz Tossed Salad**  **1ea WW Roll**  **1Sl Pound Cake/ 2oz Cherries/ tbsp. Topping** | **Friday, August 4,**  **3oz Chicken Salad,**  **2 Sl WW Bread Sandwich**  **4oz Baked Beans**  **4oz Vegetable Salad**  **4oz Chocolate Pudding** |

***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: 5** | **Days in Week: 5** | **Days in Week: 5** | **Days in Week: 5** |
| Calories | 700 | 742 | 711 | 721 | 730 | 753 |
| % Carbohydrates from Calories | 45-55% | 51% | 51.2% | 50.8% | 49.7% | 50% |
| % Protein from Calories | 15-25% | 23.1% | 22.7% | 24% | 24.1% | 23% |
| % Fat from Calories | 25-35% | 25.8% | 25.9% | 25% | 26.4% | 26.9% |
| Saturated Fat | less than 8g | 7.9g | 7.6g | 7.6g | 7.5g | 7.3g |
| Fiber | 5-7g | 11.6g | 10.9g | 12.5g | 10.9g | 11g |
| Vitamin B-12 | .8ug | 2.5ug | 2ug | 2.5ug | 2.4ug | 2.8ug |
| Vitamin A | 300ug RAE | 523.2ug | 642ug | 531.8ug | 309mg | 569mg |
| Vitamin C | 30mg | 78.2mg | 51.7mg | 64.2mg | 51.9mg | 34.4mg |
| Iron | 2.6mg | 5.6mg | 4.8mg | 6.3mg | 5.5mg | 4.9mg |
| Calcium | 400mg | 560mg | 471mg | 498mg | 451mg | 483mg |
| Sodium | less than 1000mg | 963mg | 972mg | 914mg | 840mg | 851mg |

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