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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