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| **MONDAY 3,**  **Macaroni & Cheese**  **W/Diced Ham**  **(2 oz. Low Sodium Ham, 1 oz. Cheese, 5 oz. Macaroni)**  **1/2c Tossed Salad W/**  **2T Low Fat Dressing**  **1/2c Mixed Vegetables**  **1/2c Strawberries** | **TUESDAY 4,**  **SENIOR CENTER CLOSED**  **4 TH JULY HOLIDAY** | **WEDNESDAY 5,**  **Chicken Pattie Sandwich**  **(3 oz. Chicken, 1 Bun,**  **2 oz. Lettuce, 1 oz. Tomato,**  **1 oz. Pickle)**  **1 oz. Potato Chip**  **1/2c Jell-O** | **THURSDAY 6,**  **4 oz. Beef Chow Mein**  **1c Steam Rice**  **1/2c Sliced Carrot**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Peach** | **FRIDAY 7,**  **Chicken Caesar Salad**  **(3 oz. Chicken, 1 oz. Cheese,**  **1c Lettuce)**  **6 each Crackers**  **1/2c Mandarin Orange** |
| **MONDAY 10,**  **Green Chile Burger**  **(3 oz. Beef, 1 oz. Cheese,**  **1 oz. Green Chile, 1 Bun)**  **1/2c Lettuce, Tomato**  **1/2c Tater Tots**  **3/4c Honey Dew** | **TUESDAY 11,**  **4 oz. Pork Riblet**  **1/2c Baked Beans**  **1c Buttered Corn**  **1 WW Roll w/ 1 tsp. Margarine**  **1c Watermelon** | **WEDNESDAY 12,**  **Chef Salad**  **(1 oz. Turkey, 1 oz. Low Sodium Ham, 1 oz. Cheese, 4 oz. Lettuce,**  **4 oz. Tomato)**  **6 each Crackers**  **1/2c Plums** | **THURSDAY 13,**  **4 oz. Chicken Nuggets**  **1 oz. BBQ Sauce**  **1/2c California Blend**  **1c Potato Salad**  **1/2c Jell-O** | **FRIDAY 14,**  **4 oz. Fish Sandwich w/ 1 Bun**  **2 oz. Lettuce, 1 oz. Tomato &**  **1 oz. Pickle**  **1/2c Coleslaw**  **1/2c Lemon Pudding** |
| **MONDAY 17,**  **2 oz. Polish Sausage W/**  **1/2c Sauerkraut**  **1c Wild Rice**  **1/2c Winter Blend**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Applesauce** | **TUESDAY 18,**  **Soft Chicken Taco**  **(3 oz. Chicken, 1 oz. Cheese,**  **2 Corn Tortillas, 2 oz. Lettuce,**  **2 oz. Tomato & 1 oz. Salsa)**  **1/2c Mexican Salad**  **1/2c County Blend**  **1/2c Jell-O** | **WEDNESDAY 19,**  **4 oz. Pork Stir Fry**  **1/2c Brown Rice**  **1/2c Broccoli**  **1/2c Rice Pudding** | **THURSDAY 20,**  **Frito Pie**  **(3 oz. Beef, 1 oz. Cheese,**  **1 oz. Red Chile, 1 oz. Fritos)**  **1/2c Tossed Salad W/**  **2T Low Fat Dressing**  **1/2c Carrots**  **1/2c Pears** | **FRIDAY 21,**  **4 oz. Chicken Salad**  **1/2c Lettuce, Tomato**  **1/2c Macaroni Salad**  **1/2c Pineapple W/Cottage Cheese** |
| **MONDAY 24,**  **4 oz. Baked Fish**  **1/2c Scalloped Potato**  **1 med Corn On Cob**  **1 sl. Bread w/ 1 tsp. Margarine**  **1/2c Mandarin Orange** | **TUESDAY 25,**  **Bean & Beef Burrito**  **(3 oz. Beef, 1 oz. Red Chile,**  **1 oz. Cheese, 1 Tortilla)**  **1/2c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Corn**  **1/2c Plums** | **WEDNESDAY 26,**  **4 oz. Sesame Chicken Breast**  **1c Rice Pilaf**  **1/2c Broccoli**  **1 WW Roll w/ 1 tsp. Margarine** | **THURSDAY 27,**  **Chili Beans W/Meat (4oz. Beans, 1 oz. Chile,**  **3 oz. Beef)**  **1/2c Mex-Corn**  **1 sl. Corn Bread**  **1/2c Tropical Fruit** | **FRIDAY 28,**  **Turkey/Swiss Sandwich**  **(3 oz. Turkey, 1 oz. Swiss Cheese, 2 sl. Bread)**  **1/2c Lettuce, Tomato**  **1/2c Three Bean Salad**  **1/2c Jell-O W/ Strawberries** |
| **MONDAY 31,**  **Chili Dog**  **(1 Frank, 1 oz. Cheese, 1 oz. Onion, 2oz. Chili, 1 Bun)**  **1/2c Potato Wedges**  **1/2c Sweet Baby Carrot**  **1 sl. White Cake w/ Frosting** |  |  |  | **Lunch is served 11 to 12:50**  **8 oz-2% Milk Served**  **with Meal**  **Occasionally we must**  **substitute food items.**  **We are sorry for the**  **inconvenience** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
| Days in Week |  | **4** | **5** | **5** | **5** | **1** |
| Calories | 700 | 716 | 705 | 707 | 706 | 707 |
| % Carbohydrates from Calories | 45-55% | 45.8% | 45.9% | 8.5% | 47.9% | 53% |
| % Protein from Calories | 15-25% | 21.5% | 21.2% | 22% | 25.6% | 19% |
| % Fat from Calories | 25-35% | 32.7% | 32.9% | 29.4% | 26.5% | 28% |
| Saturated Fat | less than 8g | 7.5g | 7.5g | 7.1g | 6.9g | 7.4g |
| Fiber | 5-7g | 7.1g | 8.5g | 9.8g | 11.5g | 11.7g |
| Vitamin B-12 | .8ug | 2ug | 2.2ug | 2.1ug | 2.6ug | 1.7ug |
| Vitamin A | 300ug RAE | 582ug | 499ug | 617ug | 346ug | 827ug |
| Vitamin C | 30mg | 30mg | 42.5mg | 55.7mg | 58.3mg | 56.6mg |
| Iron | 2.6mg | 4.3mg | 4.4mg | 3.8mg | 5.4mg | 5mg |
| Calcium | 400mg | 473mg | 475mg | 464mg | 500mg | 677mg |
| Sodium | less than 1000mg | 983mg | 901mg | 784mg | 855mg | 940mg |

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