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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***

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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** | **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