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| **1% Milk used in nutritional analysis****Kraft Light dressing used in analysis unless otherwise specified** |  |  | **Thursday December 1** **Corn Dog****10 NAS French Fries****1c Pasta Salad (1/2c Pasta, 1/2c Vegetables)****1c Island Vegetables w 1 tsp margarine****1c Watermelon** | **Friday December 2** **Chicken Cobb salad****1.5c Lettuce****1/4c Cucumbers****1/4c Shredded Cabbage****8 baby carrots****5 cherry tomatoes****2 TBSP Light Ranch Dressing****1 HB Egg****2oz Roasted Chicken Breast****6 LS WW crackers** **1/2c Gelatin w/ 1/2c Strawberries** |
| **Monday December 5****1c Chili and Beans****(1.5oz Beef, 1.5c Beans, 2oz Red chile****1c Calabacitas****Corn bread w/ 1 tsp margarine****1/2c Pears**  | **Tuesday December 6** **Open Face Beef Sandwich****(1 slice wheat bread, 3oz Beef, 2oz LS Gravy)****1/2c Mashed Potatoes****1/2c Carrots****1c Pineapple**  | **Wednesday December 7** **Taco Salad****(1oz Tortilla Chips****3oz Ground Beef****1c Lettuce****10 cherry tomatoes****2 TBSP Salsa****1 oz Cheese****1/4c Corn****1/2c LS Pinto Beans****1/2c Cilantro Lime Brown Rice****½ sl. Cookie Brownie** | **Thursday December 8** **3oz Honey Mustard Chicken****(3oz Chicken, 1 TBSP honey mustard)****1/2c Yams w/ 1 tsp margarine****1/2c Brussel Sprouts** **Wheat Roll w/ 1 tsp margarine****1/2c Plums in Cobbler** | **Friday December 9** **1/2c LS Potato Soup****w/ 3/4c White Beans****6 LS WW Crackers****½ Celery Stalk****8 baby carrots****1oz White cake****(no Frosting)stuffed** |
| **Monday December 12****Sloppy Joe****(3oz Meat, 1 oz Sauce, 1 bun)****1/2c Potato Wedges****1/2c Capri Vegetables****1/2c Applesauce**  | **Tuesday December 13****1c LS Vegetable Soup****Ham Slider** **(2oz Ham, 1oz Swiss Cheese, 1 slider bun)****1/2c Tossed Salad w/ 1 TBSP Light Dressing****4 LS WW Crackers****1c Fruit Salad**  | **Wednesday December 14** **Stuffed Bell Pepper****(3oz Meat, 1/4c Rice, 1 Pepper****1/2c LS Stewed Tomatoes****1/2c Italian Blend Vegetables****Wheat Roll w/ 1 tsp margarine****3/4c Apricots** | **Thursday December 15****2oz LS Ham****1/2c Mashed Potatoes w/ 2oz LS Gravy****1c Green Beans & 1/3 Slivered Almonds****Wheat dinner roll w/ 1 tsp margarine****1/2c Cherries in Pie**  | **Friday December 16** **1c Beef Stew****(3oz Beef, 1/2c Vegetables)****1/2c Corn w/ red pepper****1oz Cornbread****Orange**  |
| **Monday December 19****3oz Pork Chop****1/2c Wild Rice****1c California Blend Vegetables****1 apple**  | **Tuesday December 20****Beef and Broccoli****(3oz Beef, 1/2c Broccoli)****1/2c Noodles****1 c Tossed Salad w/ 2 TBSP Light Dressing****1/2c Fruit Cocktail**  | **Wednesday December 21****6oz Chicken Pot Pie****(3oz Chicken, 1oz Crust, 1c Mixed Vegetables)****Wheat Roll****1/2c Berries in 4oz Nonfat vanilla Greek yogurt** | **Thursday December 22****Meat and Veggie Pizza****(1oz crust, 2oz Ground beef, 1/2c peppers and onions, 1oz Cheese, 1oz Pizza Sauce)****1/2c Spinach****1c Tossed Salad w/ 2 TBSP Light Dressing****1/2c Mixed Fruit**  | **Friday December 23****CLOSED**  |
| **Monday December 26****CLOSED**  | **Tuesday December 27****1c Beef Macaroni****(3oz Beef, 1/2c Macaroni)****1c Winter blend vegetables** **Wheat Roll w/ 1 tsp margarine** **1/2c LF Chocolate Pudding****W 1 Banana** | **Wednesday December 28****Smothered Shredded Pork****(3oz Pork, 2oz Red Chile)****1 baked potato w/ 1 tsp margarine, 1 TBSP Sour cream, 1 TBSP chives****1c Italian beans****Wheat roll w/ 1 tsp margarine****1c Diced Mango** | **Thursday December 29****Tamale w/ Red chile Sauce****(1oz Masa, 2oz Red Chile Sauce, 3oz Pork, 1/2c Lettuce and tomato)****1c Chateau Blend Vegetables w/ 1 tsp margarine** **1c Brown rice w/ 1 tsp margarine** **1c Cantaloupe** | **Friday December 30****CLOSED**  |

***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:****2** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****3** |
| Calories | 700 or more | 709.4 | 811.3 | 701.4 | 714.3 | 701.7 |
| % Carbohydrates from Calories | 45-55% | 53.2 | 55.4 | 53.8 | 50.0 | 53.8 |
| % Protein from Calories | 15-25% | 19.4 | 19.3 | 20.4 | 23.0 | 17.1 |
| % Fat from Calories | 25-35% | 27.4 | 25.3 | 25.7 | 27.0 | 29.1 |
| Saturated Fat | less than 8g | 5.7 | 7.7 | 6.3 | 7.1 | 7.6 |
| Fiber | 10g or more | 12.4 | 11.5 | 10.4 | 11.7 | 11.7 |
| Vitamin B-12 | .8ug or more | 1.7 | 2.6 | 2.6 | 2.4 | 1.7 |
| Vitamin A | 300ug RAE or more | 850.8 | 530.3 | 508.6 | 627.1 | 613.4 |
| Vitamin C | 30mg or more | 90.9 | 30.9 | 71.7 | 55.9 | 107.6 |
| Iron | 2.6mg or more | 5.1 | 5.5 | 4.9 | 5.0 | 4.4 |
| Calcium | 400mg or more | 460.3 | 548.4 | 539.7 | 533.9 | 469.9 |
| Sodium | less than 766mg | 766.9 | 591.6 | 757.2 | 675.6 | 757.7 |

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

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