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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***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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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