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|  |  |  | **THURSDAY 1, 2022****1% Milk** **Huevos Rancheros****with 1 Egg, .5oz Cheese & 2oz Chili****1oz Reduced Fat Sausage Link, 2 corn tortilla, 1/2c onions, 1/3c Spinach** **1c V-8 Juice****1 apple**  | **FRIDAY 2, 2022****1% Milk** **Breakfast Burrito with****1 Egg, 1 sliced LS Bacon, .5oz Cheese, 2oz /2Chili****and 1/2c Hash Browns, 1/2c onions, 1 6in flour tortilla** **½c Pineapple** |
| **MONDAY 5, 2022****1 c Bran Flakes****½ 7in Waffle with 1 TBSP Syrup****1oz LS Grilled Ham****1/2c Chilled Peaches**  | **TUESDAY 6, 2022****6 oz Malt-O-Meal****1 oz Chia Seeds****English Muffin with****1 Egg, 1 oz Reduced Fat Sausage & 1 oz Cheese****1 oz Green Chile****1/2c Mixed Fruit** | **WEDNESDAY 7, 2022****1 c Multigrain Oatmeal****1 Scrambled Eggs****1/2c Red & Sweet Potatoes****1/2c Peppers & Onions****2 slice Canadian Bacon****Orange** | **THURSDAY 8, 2022****2 Pancakes with****1 TBSP Syrup & 1 TBSP Margarine****½ c Potatoes with****1/2c Peppers & Onions****Apple** | **FRIDAY 9, 2022****1c Cheerios** **1 sl French Toast****With 1 TBSP Syrup****2 slices LS Bacon****1/2 c Sliced Pears** |
| **MONDAY 12, 2022****1% Milk** **Biscuit with****2oz LS Country Gravy****1 oz Reduced Fat Sausage Patty****4oz Cooked Spinach w/ 1/2c onions****1 Orange** | **TUESDAY 13, 2022****1% milk** **6 oz Malt-O-Meal****1 oz Chia Seeds****Ham, Egg & Cheese****Croissant****(1 croissant, 1 oz LS Ham, 0.5 oz LS Cheese, 1 Egg)****Apple** | **WEDNESDAY 14, 2022****1% milk** **Cinnamon Multigrain Oatmeal****(1 cup oatmeal, w/ 1 tsp Cinnamon)****1/4c Raisins****1 wheat Toast with 1 tsp Margarine****½ Grapefruit** | **THURSDAY 15, 2022****1% milk** **Huevos Rancheros****with Egg, Cheese & Chile****(1 wheat tortilla, 1 egg, 0.5oz LS Cheese, 1 oz Green Chile),** **1 oz reduced fat Sausage Link****8 oz LS V-8 Juice****1 c Tropical Fruit Salad** | **FRIDAY 16, 2022****Breakfast Burrito with****Egg, Bacon, Cheese, Chili****And Hash browns****(1 Wheat tortilla, 1 egg, 2 slices of LS Bacon, 0.5oz Cheese, 1 oz Green chile, 1/2c Hashbrowns)****1 c Pineapple** |
| **MONDAY 19, 2022****1 c Bran Flakes****½ 7in Waffle with 1 TBSP Syrup****1oz LS Grilled Ham****1/2c Chilled Peaches**  | **TUESDAY 20, 2022****6 oz Malt-O-Meal****1 oz Chia Seeds****English Muffin with****1 Egg, 1 oz Reduced Fat Sausage & 1 oz Cheese****1 oz Green Chile****1/2c Mixed Fruit** | **WEDNESDAY 21, 2022****1 c Multigrain Oatmeal****1 Scrambled Eggs****1/2c Red & Sweet Potatoes****1/2c Peppers & Onions****2 slice Canadian Bacon****Orange** | **THURSDAY 22, 2022****2 Pancakes with****1 TBSP Syrup & 1 TBSP Margarine****½ c Potatoes with****1/2c Peppers & Onions****Apple** | **FRIDAY 25, 2022****1c Cheerios** **1 sl French Toast****With 1 TBSP Syrup****2 slices LS Bacon****1/2 c Sliced Pears** |
| **MONDAY 26, 2022****ALL****CENTERS** **CLOSED** | **TUESDAY 27, 2022****6oz Malt-O-Meal****1oz Chia Seeds****2oz LS Ham, 1 Egg & 1oz Cheese****Croissant****Apple** | **WEDNESDAY 28, 2022****1c Cinnamon Multigrain Oatmeal****1/4c Raisins****1 wheat Toast with 1 tsp Margarine****½ Grapefruit** | **THURSDAY 29, 2022****2 Pancakes with****1 TBSP Syrup & 1 tsp Margarine****1c (2oz white Potatoes and 1/4c Sweet potatoes) with****Peppers & Onions****Orange**  | **FRIDAY 30, 2022****Breakfast Burrito with****2 Egg, 2 sliced LS Bacon, 1oz z Cheese, 2oz /2Chili****and 1/2c Hash Browns, 1/2c onions, 1 6in flour tortilla** **½c Pineapple** |

***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:****5** | **Days in Week:****4** |
| Calories | 450 or more | 592.3 | 636.4 | 653.9 | 636.4 | 635.8 |
| % Carbohydrates from Calories | 45-55% | 54.3 | 54.9 | 54.6 | 54.9 | 54.7 |
| % Protein from Calories | 15-25% | 18.4 | 16.5 | 16.8 | 16.5 | 16.3 |
| % Fat from Calories | 25-35% | 27.3 | 28.5 | 28.6 | 28.5 | 28.9 |
| Saturated Fat | less than 8g | 7.6 | 7.3 | 8.0 | 7.3 | 7.9 |
| Fiber | 10g or more | 10.1 | 10.0 | 10.3 | 10.0 | 10.4 |
| Vitamin B-12 | .8ug or more | 1.8 | 3.6 | 1.6 | 3.6 | 1.7 |
| Vitamin A | 300ug RAE or more | 473.3 | 376.9 | 359.0 | 376.9 | 320.5 |
| Vitamin C | 30mg or more | 85.7 | 66.3 | 61.7 | 66.3 | 60.7 |
| Iron | 2.6mg or more | 3.8 | 12.9 | 6.9 | 12.9 | 6.7 |
| Calcium | 400mg or more | 561.5 | 552.9 | 595.0 | 552.9 | 545.9 |
| Sodium | less than 766mg | 760.9 | 743.2 | 684.1 | 743.2 | 687.6 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the breakfast calorie level of 450 calories or more. 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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