|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | **THURSDAY 1, 2022****1/2c Spaghetti with****5oz Meaty Sauce****1c Italian Veggies w 1 tsp margarine** **1/2c Cucumber & Tomato Salad****Garlic Toast****3/4c Cinnamon Spiced Apples** | **FRIDAY 2, 2022****BBQ Chicken****(1oz LS BBQ Sauce, 3oz Chicken Breast)****1/2c LS Ranch Beans****1/2c c Beet and onion salad****1c Cantaloupe** **1oz Cornbread w/ 2 tsp margarine**  |
| **MONDAY 5, 2022****Sweet & Sour Pork****(3oz Pork 1oz Sauce)****1/2c Brown Rice****1c Asian Veggies****Egg Roll****1/2c Mandarin Oranges**  | **TUESDAY 6, 2022****Cheesy Chili Dog****with Meaty Red Chile****(1/2 LS Hot Dog, 1oz LS Red chile sauce, 2oz Ground beef, 1 bun)****5 Onion Rings****1c LS 3 Bean Salad****1/2c Gelatin** | **WEDNESDAY 7, 2022****3oz Backed Chicken Breast****with Mushroom Sauce****(1/4c Mushrooms, 2oz LS Gravy)****1/2c Wild Rice****1c Mixed Veggies****Wheat Roll****Fresh Apple** | **THURSDAY 8, 2022****Beef Fajita****with Peppers & Onions****(3oz Beef, 1/2c Peppers and Onions, 1 flour tortilla 1oz salsa)****1/2c Black Beans****Strawberry Shortcake****(1/2c Strawberries, 1biscuit)**  | **FRIDAY 9, 2022****4oz LS Baked Tilapia****1/2c Scalloped Potatoes****1c Vegetable Medley****Wheat Roll****1/2c Chilled Pears**  |
| **MONDAY 12, 2022****6oz Green Chili Chicken Posole****(1/2c posole, 3oz chicken, 1oz green chile)****1/2c LS Spanish Rice****1c 5 Way Veggies****Flour Tortilla****1/2c diced mango** | **TUESDAY 13, 2022****4oz Beef Tips (3oz beef, 1oz sauce)****over 1/2c Egg Noodles****1/2c Steamed Spinach****1/2c stewed tomatoes****Wheat Roll****1/2c Whipped Fruit Salad** | **WEDNESDAY 14, 2022****HOLIDAY DINNER****2oz LS Baked Ham****1/2c Sweet Yams****1/2c LS French Style Green Beans w/ 1/3c Slivered Almonds****1/2c Tossed Salad w/1 TBSP Light Dressing****Wheat Roll****1/2c Cinnamon Sweet Rice with 1/4c Raisins** | **THURSDAY 15, 2022****4oz Carne Adovada****1/2c LS Pinto Beans****1c Country Blend Veggies****Tortilla****1/2c Sherbet** | **FRIDAY 16, 2022****4oz Breaded Fish****1oz Tartar Sauce****14 LS French Fries****1/2c Chuck Wagon Veggies****1c Coleslaw w/ 2 TBSP Dressing****Wheat roll****1/2c Apples in Cobbler** |
| **MONDAY 19, 2022****3oz Pork Chop****2oz LS Pork Gravy w/ 1/4c Mushrooms****1/2c LS Rice Pilaf****1c Asparagus****Wheat Roll****1/2c Apricots** | **TUESDAY 20, 2022****Frito Pie****(1oz Lightly salted corn chips, 1.5oz Pinto beans, 1.5oz Ground beef, 1oz Red chile sauce, 1/2c Lettuce and tomato)****1/2c Mexicorn****1/2c Spanish Slaw****1/2c Pineapple Tidbits** | **WEDNESDAY 21, 2022****Green Chili Cheeseburger****(1bun, 1oz GC, .5oz cheese, 1 patty, 1/2c lettuce, 2 slices tomato)****1/2c LS Baked Beans****1/2c tomato and Onion salad** **1oz Sun Chips****Fresh Orange** | **THURSDAY 22, 2022****Chicken Parmesan****over Linguini****(3oz Chicken, .5oz Cheese, 1/4c Marinara Sauce, 1/2c pasta)****1c Broccoli & Cauliflower****Bread Stick****Fresh Apple** | **FRIDAY 23, 2022****4oz Tuna Salad****1/2 c Cold Peas****1c Coleslaw w/ 2 TBSP Dressing** **6 LS WW Crackers****1oz SF Brownie** |
| **MONDAY 26, 2022****ALL****CENTERS** **CLOSED** | **TUESDAY 27, 2022****2oz Polish Sausage****1/4c LS Sauerkraut****1/2c Carrots w/ 1tsp margarine****1/2c Parsley Potatoes****Wheat Roll****1/2c Greek Vanilla Nonfat Yogurt w/ 1/2c Banana** | **WEDNESDAY 28, 2022****Soft Beef Taco****(1 flour tortilla, 3oz beef, 1/2c lettuce and tomato,** **1/2c LS Chili Beans****1c Calabacitas****1/2c Chilled Peaches** | **THURSDAY 29, 2022****3oz Pepper Steak****2oz LS Brown Gravy w/ 1/4c Mushrooms** **1 c Brown Rice****1c Broccoli & Carrots****Roll****1/2c Mixed Fruit in 1/2c SF Gelatin** | **FRIDAY 30, 2022****Turkey Sandwich****(3oz LS turkey breast, 1 6in wheat tortilla, 1/2c lettuce, 2 slices tomato)****1c Spinach Salad w 2 TBSP light Ranch Dressing** **6oz LS Tomato Soup** **1/2c LF Vanilla Pudding with 1 tsp Cinnamon** |

***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:****5** | **Days in Week:****4** |
| Calories | 700 or more | 848.7 | 709.1 | 813.2 | 705.9 | 744.5 |
| % Carbohydrates from Calories | 45-55% | 54.1 | 48.4 | 53.3 | 45.5 | 51.7 |
| % Protein from Calories | 15-25% | 21.0 | 24.1 | 18.4 | 23.2 | 20.8 |
| % Fat from Calories | 25-35% | 25 | 27.5 | 28.3 | 31.2 | 27.6 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 7.4 | 8.0 | 8.0 |
| Fiber | 10g or more | 10.8 | 11.1 | 11.4 | 10.5 | 10.7 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.8 | 1.8 | 2.4 |  |
| Vitamin A | 300ug RAE or more | 415.5 | 354.2 | 530.8 | 426.9 | 587.5 |
| Vitamin C | 30mg or more | 59.7 | 50.5 | 60.1 | 47.9 | 39.5 |
| Iron | 2.6mg or more | 5.5 | 4.6 | 5.2 | 4.3 | 5.0 |
| Calcium | 400mg or more | 481.4 | 468.4 | 490.2 | 449.7 | 491.9 |
| Sodium | less than 766mg | 569.9 | 725.1 | 751.9 | 636.1 | 761.0 |

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

 Constance Rudnicki MS, RDN, LD