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| --- | --- | --- | --- | --- |
| **1% Milk Served at meals** |  |  | Feb 1Spaghetti and Meatballs(1/2c Pasta, 3oz Turkey Meatballs, 2oz NAS Marinara Sauce)Breadstick1c Italian Vegetables w/ 1 tsp margarine 1 Bartlett Pear  | Feb 2Frito Pie(1oz Corn Chips, 2oz RC, 3oz Beef)1/2c LS Pinto Beans1/2c Carrots w/ 1 tsp margarine 6oz Light Nonfat Vanilla Yogurt3/4c Mandarin Oranges  |
| Feb 54oz LS Salisbury Steak2oz LS Brown Gravy1/2c LS Mashed Potatoes1/2c Spinach w/ 1 tsp margarine Wheat roll1c Fruit Salad | Feb 6Mexican DayChicken Taco(3oz Chicken, 1 6 in Flour Tortilla, 1/2c Lettuce and tomato, 1/4c onion, 2 TBSP Salsa)1/2c LS Spanish Rice1/2c Roasted Carrots1/2c Cauliflower 1c Tropical Fruit | Feb 71c LS Tomato SoupChef Salad w/ chicken(1.5c romaine lettuce, 1 HB Egg, 1oz Turkey, 1oz Chicken, 1/4c Carrots, 1/4c Cabbage, 1/4c Cucumber, 1/4c Cucumber)2 TBSP FF Ranch Dressing 6 LS WW Cracker1c Mixed Fruit  | Feb 83oz LS Baked Tilapia2 TBSP Tartar Sauce**1/3c Herbed Roasted Red Potatoes** 1c Coleslaw w/ 2 TBSP Dressing3/4cc Brussel Sprouts1/2c Peaches in 1/4c SF Cobbler | Feb 9Green Chile Cheeseburger(3oz beef, 1oc GC, .5oz Cheese, 1 bun, 1/2c lettuce, 2 slices red tomato, 1/4c Onions)1c Chateau Blend Vegetables 1oz Sun Chips1/2c SF Gelatin, 1/2c Fruit Cocktail  |
| Feb 12Chili Beans(3oz Beef, 1/2c LS Pinto Beans 2oz RC)1c Zucchini /Yellow Squash1 slice LF Cornbread 1 Baked Apples | Feb 13Ham and cheese quiche(1oz Crust, .5oz Ham, .5oz Swiss Cheese, 1 egg)3/4c Roasted Asparagus1/3c Parsley Potatoes 6oz Light Vanilla Nonfat Yogurt 1/2c berries  | Feb 143oz Salmon w/ .5oz beurre blanc1/2c LS Brown Rice Pilaf1/2c Creamy Cucumber Salad1/2c beets 1 slice of SF Angel Food Cake w/ 2 TBSP Cherry Topping  | Feb 15Pork Tamale(2oz Pork, 1/2c Masa, 2oz RC)1/2c LS Black beans1/2 c red peppers1/2c NAS Stewed Tomatoes1 6n flour Tortilla1/2c SF Gelatin  | Feb 16 3/4c Spinach lasagna(1/2c Pasta, 1oz Cheese, 1/4c Spinach, 1oz sauce)1c Broccoli Normandy w/ 1 tsp margarine 1/2c Apricots 1c Light Vanilla Nonfat Yogurt  |
| Feb 19President’s Day | Feb 205oz Sweet and sour pork(3oz Pork, 2oz Sauce)Vegetable Egg roll1/2c Brown Rice 1c Stir fry Vegetables w/ 2 tsp sesame seeds1/2c Mandarin Oranges | Feb 21GC Chicken Enchiladas(3oz Chicken, 2 corn tortilla, 1oz GC, 1oz Cheese)1c Capri Vegetables w/ 1 tsp margarine **1/3c LS Spanish Rice**1/2c Spiced Peaches | Feb 223oz Baked LS Pork Chops1/2c Green Beans w/ 1 tsp margarine1/2 Baked Potato w/ 1 tsp margarine, 1 tsp chives, 2 TBSP Sour cream Wheat roll w/ 1 tsp margarine 1/2c Tapioca pudding | Feb 231c LS Vegetable soup w/ 1/2c Red kidney beans Soup1c Tossed Salad w/ 2 TBSP FF Italian Dressing Wheat roll w/ 1 tsp margarine 1/2c Light Vanilla Nonfat Yogurt 1/2c Banana |
| Feb 261c RC Pork Pozole(1/2c Hominy, 3oz Pork, 1oz RC)1 6in Flour Tortilla1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1/2c Pineapple Chunks  | Feb 27Sloppy Joes(3oz Beef, 1 bun, 1oz Sauce, 1/2c Peppers and Onions)1c Pasta Salad(1/2c vegetables, 1/2c Pasta)1/2c Spinach1/2c Fruit Salad | Feb 283oz Meatloaf2oz LS Brown Gravy1/2c Green Peas1/2c Roasted Brussel sproutsWheat roll w/ 1 tsp margarineOrange  | Feb 293oz Chicken Tenders1oz LS Pepper Gravy1/2c SuccotashWheat roll w/ 1 tsp margarine1/2c LS Three Bean Salad1/2c Pears  |  |

***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:****4** |
| Calories | 700 or more | 770.4 | 769.1 | 734.3 | 736.2 | 711.6 |
| % Carbohydrates from Calories | 45-55% | 46.9 | 51.5 | 52.1 | 53.2 | 51.9 |
| % Protein from Calories | 15-25% | 23.7 | 21.1 | 22.3 | 21.2 | 20.3 |
| % Fat from Calories | 25-35% | 29.4 | 27.4 | 25.5 | 25.6 | 27.8 |
| Saturated Fat | less than 8g | 6.8 | 7.4 | 8.0 | 7.1 | 7.1 |
| Fiber | 10g or more | 13.2 | 10.2 | 11.2 | 10.2 | 12.8 |
| Vitamin B-12 | .8ug or more | 3.0 | 2.8 | 6.2 | 1.7 | 2.2 |
| Vitamin A | 300ug RAE or more | 591.4 | 628.4 | 381.0 | 481.6 | 525.4 |
| Vitamin C | 30mg or more | 36.2 | 57.9 | 48.4 | 39.4 | 83.5 |
| Iron | 2.6mg or more | 5.0 | 5.6 | 4.7 | 4.0 | 6.3 |
| Calcium | 400mg or more | 520.9 | 501.1 | 614.2 | 592.9 | 490.5 |
| Sodium | less than 766mg | 594.4 | 765.1 | 591.7 | 755.8 | 762.8 |

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 approved on 1/16/2024