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| **1% Milk Served at meals** |  |  | Feb 1  Spaghetti and Meatballs  (1/2c Pasta, 3oz Turkey Meatballs, 2oz NAS Marinara Sauce)  Breadstick  1c Italian Vegetables w/ 1 tsp margarine  1 Bartlett Pear | Feb 2  Frito Pie  (1oz Corn Chips, 2oz RC, 3oz Beef)  1/2c LS Pinto Beans  1/2c Carrots w/ 1 tsp margarine  6oz Light Nonfat Vanilla Yogurt  3/4c Mandarin Oranges |
| Feb 5  4oz LS Salisbury Steak  2oz LS Brown Gravy  1/2c LS Mashed Potatoes  1/2c Spinach w/ 1 tsp margarine  Wheat roll  1c Fruit Salad | Feb 6  Mexican Day  Chicken Taco  (3oz Chicken, 1 6 in Flour Tortilla, 1/2c Lettuce and tomato, 1/4c onion, 2 TBSP Salsa)  1/2c LS Spanish Rice  1/2c Roasted Carrots  1/2c Cauliflower  1c Tropical Fruit | Feb 7  1c LS Tomato Soup  Chef 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 Cracker  1c Mixed Fruit | Feb 8  3oz LS Baked Tilapia  2 TBSP Tartar Sauce  **1/3c Herbed Roasted Red Potatoes**  1c Coleslaw w/ 2 TBSP Dressing  3/4cc Brussel Sprouts  1/2c Peaches in 1/4c SF Cobbler | Feb 9  Green 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 Chips  1/2c SF Gelatin, 1/2c Fruit Cocktail |
| Feb 12  Chili Beans  (3oz Beef, 1/2c LS Pinto Beans 2oz RC)  1c Zucchini /Yellow Squash  1 slice LF Cornbread  1 Baked Apples | Feb 13  Ham and cheese quiche  (1oz Crust, .5oz Ham, .5oz Swiss Cheese, 1 egg)  3/4c Roasted Asparagus  1/3c Parsley Potatoes  6oz Light Vanilla Nonfat Yogurt  1/2c berries | Feb 14  3oz Salmon w/ .5oz beurre blanc  1/2c LS Brown Rice Pilaf  1/2c Creamy Cucumber Salad  1/2c beets  1 slice of SF Angel Food Cake w/ 2 TBSP Cherry Topping | Feb 15  Pork Tamale  (2oz Pork, 1/2c Masa, 2oz RC)  1/2c LS Black beans  1/2 c red peppers  1/2c NAS Stewed Tomatoes  1 6n flour Tortilla  1/2c 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 19  President’s Day | Feb 20  5oz Sweet and sour pork  (3oz Pork, 2oz Sauce)  Vegetable Egg roll  1/2c Brown Rice  1c Stir fry Vegetables w/ 2 tsp sesame seeds  1/2c Mandarin Oranges | Feb 21  GC 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 22  3oz Baked LS Pork Chops  1/2c Green Beans w/ 1 tsp margarine  1/2 Baked Potato w/ 1 tsp margarine, 1 tsp chives, 2 TBSP Sour cream  Wheat roll w/ 1 tsp margarine  1/2c Tapioca pudding | Feb 23  1c LS Vegetable soup w/ 1/2c Red kidney beans Soup  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Wheat roll w/ 1 tsp margarine  1/2c Light Vanilla Nonfat Yogurt  1/2c Banana |
| Feb 26  1c RC Pork Pozole  (1/2c Hominy, 3oz Pork, 1oz RC)  1 6in Flour Tortilla  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  1/2c Pineapple Chunks | Feb 27  Sloppy Joes  (3oz Beef, 1 bun, 1oz Sauce, 1/2c Peppers and Onions)  1c Pasta Salad  (1/2c vegetables, 1/2c Pasta)  1/2c Spinach  1/2c Fruit Salad | Feb 28  3oz Meatloaf  2oz LS Brown Gravy  1/2c Green Peas  1/2c Roasted Brussel sprouts  Wheat roll w/ 1 tsp margarine  Orange | Feb 29  3oz Chicken Tenders  1oz LS Pepper Gravy  1/2c Succotash  Wheat roll w/ 1 tsp margarine  1/2c LS Three Bean Salad  1/2c 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