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| --- | --- | --- | --- | --- |
| **1% Milk Served with All Meals** |  | **WEDNESDAY 1, 2021**  **BBQ Chicken**  **Baked Potatoes w/2 TBSP LF Sour cream**  **1 c Green Beans**  **Wheat Roll w/ 1tsp Margarine**  **Jell-O w/ ½ c Pears** | **THURSDAY 2, 2021**  **3 oz Meat Loaf**  **½ c Mashed potatoes w/1 oz LS gravy**  **1 c Cal Blend Vegetables**  **Wheat Roll w/ 1tsp Margarine**  **½ c Apple in Cobbler** | **FRIDAY 3, 2021**  **Turkey Sandwich**  **3 oz LS Turkey Breast**  **Whole Wheat Bread**  **w/Lettuce & Tomatoes &1 oz LF Cheese**  **½ c Beets**  **1 c Cream of Celery Soup**  **1 SF Peanut Butter Cookies** |
| **MONDAY 6, 2021**  **Corn Dogs**  **½ c French Fries Unsalted**  **½ c Pasta Salad**  **¾ c Broccoli**  **½ c Apricots** | **TUESDAY 7, 2021**  **1 c Pork Posole**  **w/ Green Chile**  **½ c LS Pinto Beans**  **½ c LS Spanish Rice**  **Tortilla**  **½ c Warm Apple** | **WEDNESDAY 8, 2021**  **1 c LS Chicken Noodle Soup**  **w/Carrots & Celery**  **1 pc Corn Bread**  **½ c Toss Green Salad w/ 2TBSP LF Dressing**  **½ c Pears** | **THURSDAY 9, 2021**  **Navajo Tacos**  **Fry Bread, 3 oz Beef & ½ c LS Beans, Lettuce, Tomatoes & 0.5 Cheese**  **1 c Green Beans**  **½ c LS Spanish rice**  **½ c Apple in Crisp** | **FRIDAY 10, 2021**  **Chicken Salad Sandwich**  **3 oz chicken, ½ c lettuce**  **Whole Wheat Bread**  **½ c Peas**  **6 oz LS Vegetable Soup**  **1 Chocolate Chip Cookies** |
| **MONDAY 13, 2021**  **BBQ Pork Sandwich**  **3 oz Pork, 1 TBSP light BBQ Sauce**  **W/ Bun**  **½ c Waldorf Salad**  **½ c French Fries (unsalted)**  **1 c Mix Vegetables**  **½ c Pineapples** | **TUESDAY 14, 2021**  **6 oz Green Chile Chicken Enchiladas**  **Tortilla**  **½ c LS Pinto Beans**  **½ c LS Spanish Rice**  **½ c Corn**  **½ c Apples in Cobbler** | **WEDNESDAY 15, 2021**  **Christmas Meal**  **3 oz Turkey, 2 oz Dressing,1/4 c Mashed Potato w/ 1 oz LS Gravy**  **¼ c Sweet Potatoes, ½ c Carrots, Wheat Roll w/ 2 tsp Margarine, ¼ c Cranberry Sauce and 1 oz Ham**  **1 Sugar Christmas Cookie** | **THURSDAY 16, 2021**  **Lamb Stew**  **6 oz Lamb, Potatoes, Carrots and Celery**  **3 oz Blue Corm Mush**  **½ c Tossed Salad w/1 TBSP LF Dressing**  **½ c Jell-O w/ ½ c apples** | **FRIDAY 17, 2021**  **Tuna Sandwich**  **3 oz LS Tuna**  **Whole Wheat Bread**  **½ c Lettuce**  **1 c LS Cream Broccoli Soup**  **4 oz Brussel Sprouts**  **1 Pumpkin Cookies** |
| **MONDAY 20, 2021**  **Sloppy Joes**  **Ground Beef**  **w/Bun**  **3 oz Sloppy Joe**  **½ c Macaroni Salad**  **1 c Calif Blend**  **1 c Tropical Fruit** | **TUESDAY 21, 2021**  **Beef Taco’s**  **w/ Corn Tortilla, Lettuce,**  **Tomatoes and Cheese**  **3 oz ground beef, 1 oz LF Cheese, ½ Lettuce, tomato,**  **½ c Pinto Beans**  **½ c LS Spanish Rice**  **1 oz Salsa**  **½ c Apple in Crisp** | **WEDNESDAY 22, 2021**  **3oz Pork Roast**  **½ c LS Scalloped Potatoes**  **½ c Brussel Sprouts**  **Biscuit’s w/1 tsp Margarine**  **1 c Pears** | **THURSDAY 23, 2021**  **Spaghetti w/Meat Sauce, and Noodles**  **3 oz ground beef, ½ c Noodles, 2 oz Sauce**  **½ c Squash**  **½ Garlic Toast**  **½ c Tossed Salad w/ 1 TBSP LF Dressing**  **½ c Apple Cobbler** | **FRIDAY 24, 2021**  **Merry Christmas**  **Center is Closed** |
| **MONDAY 27, 2021**  **Cheeseburger**  **3oz Ground Beef patty, 2 slices of lettuce and tomato, 0.5 oz LS Cheese**  **w/ Bun / Lettuce and Tomato**  **½ c Potato Salad**  **½ c Carrots**  **1 c Apricot** | **TUESDAY 28,2021**  **1 c Green Chili Stew**  **w/ Pork, Potatoes and Vegetables w/Tortilla**  **½ c Tossed Salad w/ 1 TBSP LF Dressing**  **½ c Warm Apples** | **WEDNESDAY 29, 2021**  **Chicken Alfredo w/Sauce**  **1oz Alfredo Sauce, 3 oz Chicken ½ c Pasta**  **½ c Broccoli**  **1 Garlic Toast**  **1 c Tossed Salad w/ 1 TBSP LF Dressing**  **1 c Tropical Fruit** | **THURSDAY 30, 2021**  **Taco Salad**  **3 oz Ground Beef, ½ cup Lettuce and tomato, 0.5oz Cheese, 1 oz LS tortilla Chips**  **½ c LS Spanish Rice**  **½ c Corn**  **1 oz LS Salsa**  **1 c Pineapples** | **FRIDAY 31, 2021**  **Ham and Cheese Sandwich**  **Whole Wheat Bread**  **2 oz LS Ham, 1 oz LF Cheese,**  **Lettuce and Tomatoes**  **½ c LS Tomato Soup**  **½ c LS Beets**  **0.5 slice Birthday Cake** |

***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:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 778.2 | 740.0 | 712 | 850.5 | 788 |
| % Carbohydrates from Calories | 45-55% | 52.1 | 51.2 | 52.1 | 52.0 | 52.7 |
| % Protein from Calories | 15-25% | 22.6 | 22.3 | 22.8 | 20.2 | 21.1 |
| % Fat from Calories | 25-35% | 25.3 | 26.5 | 25.1 | 27.8 | 26.2 |
| Saturated Fat | less than 8g | 7.9 | 7.1 | 6.4 | 7.9 | 8.0 |
| Fiber | 10g or more | 11.1 | 11.7 | 10.0 | 10.2 | 10.0 |
| Vitamin B-12 | .8ug or more | 2.1 | 2.0 | 1.6 | 2.9 | 2.4 |
| Vitamin A | 300ug RAE or more | 438.4 | 429.7 | 653.4 | 377.6 | 669.8 |
| Vitamin C | 30mg or more | 40.1 | 33.9 | 45.1 | 39.4 | 76.5 |
| Iron | 2.6mg or more | 5.0 | 5.8 | 4.8 | 5.4 | 5.5 |
| Calcium | 400mg or more | 541.2 | 497.5 | 498.9 | 493.0 | 550.9 |
| Sodium | less than 766mg | 706.4 | 760.0 | 763.9 | 671.5 | 729.5 |

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