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| **8 oz. 2% Low-Fat Milk Served With All meals as Available** |  |  |  | **Friday December1** **CLOSED**  |
| MONDAY DECEMBER 4 Chile Beans(3/4 cup beans, 1/4c sauce)1/2c Squash1c Colelsaw w/ 2 TBSP Dressing1 slice LF Cornbread1c Grapes | TUESDAY DECEMBER 51c Beef Stew(3oz Beef, 1/2c Vegetables)1c Tossed salad w/ 2 TBSP FF ranch Dressing1 6in Flour Tortilla`1/2c Apricots  | WEDNESDAY DECEMBER 6Chicken Taco(1/2c lettuce and tomato, 1/4c onion, .5oz Cheese, 6in flour Tortilla, 2 TBSP Salsa)1c Vegetable Medley 1/2c LS Spanish Rice1/2c Pears  | THURSDAY DECEMBER 73oz LS Herbed Pork Chop1/2c LS Brown Rice Pilaf1c Roasted Zucchini and Brussel Sprouts 1/2c Topical Fruit Salad 1/2c Nonfat Vanilla Yogurt | **FRIDAY DECMBER 8****CLOSED** |
| MONDAY DECMBER 11Beef Fajitas(3oz Beef, 1 6in Flour Tortilla, 2 TBSP Salsa, 1`/2c Peppers and onions,) 1/2c Carrots1/2c Chuckwagon Vegetables3/4c Spiced Peaches  | TUESDAY DECEMBER 121c Green Chile Chicken Stew(1oz GC, 3oz Chicken, 1/2c Potatoes/onions)1/2c Tomato and onion salad Orange 1 6in Flour Tortilla | WEDNESDAY DECEMBER 133oz Meatloaf1/3c LS Mashed Potatoes w/ 1oz LS Gravy1c California blend Vegetables1 Wheat roll w/ 1 tsp margarine1c Fruit Salad1/2c Vanilla nonfat Yogurt  | THURSDAY DECEMBER 142oz LS Ham1/4c Dresing3/4c Yams 3/4c Green Beans w/ 1/3c Slivered almonds Wheat roll w/ 1 tsp margarine1/2c Pumpkin in Pie | **FRIDAY DECEMBER 15****CLOSED**  |
| MONDAY DECEMBER 18Navajo taco(1oz Fry Bread, 1/2c Tomatoes, 1/2c Romaine lettuce, 1/2c Pinto Beans, 1oz Ground Beef, .5oz Cheese, 1/4c onion)1/2c Calabacitas1/2c Broccoli Spears 3/4c Apple Slices  | TUESDAY DECEMBER 19Spaghetti with meat sauce(1/2c Pasta, 5oz meat sauce (3oz meat, 2oz LS Marinara Sauce)1c Italian Blend Vegetables1c Tossed Salad w/ 2 TBSP FF Ranch Dressing3/4c Mixed Fruit  | WEDNESDAY DECEMBER 20Chile Relleno(1oz batter, 1 pepper, .5oz Cheese)1/2c LS Spanish rice 1/2c LS Pinto Beans1/2c NAS Stewed Tomatoes1/2c Spinach1/2c Vanilla nonfat Yogurt 1c Strawberries  | THURSDAY DECEMBER 21Meat and Veggie Pizza(2oz LS Ham, 1/2c Vegetables (peppers, onions, mushrooms, tomato, 1oz Sauce, 1oz Cheese, 1oz Crust)1c Tossed Salad w/ 2 TBSP FF Italian Dressing1/2c Pineapple Tidbits, 1/2c Mandarin oranges w/ 1/4c Slivered Almonds  | **FRIDAY DECEMBER 22****CLOSED** |
| **MONDAY DECEMBER 25****CLOSED**  | **TUESDAY DECEMBER 26****CLOSED**  | WEDNESDAY DECEMBER 273oz LS baked Chicken Breast 1/2c LS Brown Rice Pilaf1c Chateau Blend Vegetables w/ 1 tsp margarineWheat Roll w/ 1 tsp margarine1/2c Fruit cocktail  | THURSDAY DECEMBER 28Loaded Baked Potato(1 potato, 1 tsp margarine, 1 tsp chives, .5oz Cheese)1c Tossed Salad w/ 1/2c Lentils, w/ 2 TBSP FF Italian Dressing, w/ 1/4c LS Garbanzo Beans 6 LS WW crackers 1/2c Cottage Cheese Orange | **FRIDAY DECEMBER 29****CLOSED**  |

***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:****0** | **Days in Week: 4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****2** |
| **Calories** | 700 or more |  | 727.5 | 744.5 | 702.6 | 706.2 |
|  **Carbohydrates from Calories** | 45-55% |  | 51.1 | 46.9 | 53.2 | 51.9 |
| **% Protein from Calories** | 15-25% |  | 21.2 | 18.7 | 20.5 | 21.6 |
| **% Fat from Calories** | 25-35% |  | 27.7 | 31.4 | 26.3 | 26.5 |
| **Saturated Fat** | less than 8g |  | 7.7 | 7.9 | 7.8 | 7.6 |
| **Fiber** | 10g or more |  | 11.6 | 10.9 | 14.8 | 11.8 |
| **Vitamin B-12** | .8ug or more |  | 2.3 | 2.2 | 2.3 | 1.7 |
| **Vitamin A** | 300ug RAE or more |  | 581.2 | 498.5 | 656.1 | 521.1 |
| **Vitamin C** | 30mg or more |  | 63.3 | 60.7 | 127.8 | 57.0 |
| **Iron** | 2.6mg or more |  | 4.7 | 4.5 | 6.1 | 3.8 |
| **Calcium** | 400mg or more |  | 511.9 | 489.5 | 601.7 | 517.0 |
| **Sodium** | less than 766mg |  | 631.8 | 753.9 | 764.1 | 763.1 |

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