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|  **Menu Subject****To Change** **All Meals Served****With 1% Milk** |  |  | **Feb 1**Beef Stew(3oz Beef, 1oz Sauce1/2c Potato and Vegetables)1/2c Beets w/ 1 tsp margarine1 Slice LF Cornbread w/ 1 tsp. Margarine1/2c Light Nonfat Peach Yogurt w/ 1/2c diced peaches | **Feb 2**Sloppy Joe Sandwich(3oz ground beef, 1oz Sauce, 1 Ham. Bun, 1/2c Peppers and onions)1/2c NAS Baked French fries1c Vegetable Medley w/ 1 tsp margarine1 Orange |
| **Feb 5** Maque Choux (2oz Polish Sausage, 1c Vegetables-1/8c Onion, 1/4c R. Bell, 1/4cG. Bell, 1/2c Corn, 1oz Sauce)Wheat roll w/ 1 tsp margarine1/2c Light Nonfat Yogurt1c Tropical Fruit Salad | **Feb 6**3oz LS Herbed Chicken Breast1/2c LS Herbed Italian Rice1/2c LS Cucumber and tomato salad (non-creamy)1/2c Green Beans /w 1/8tsp Onion1 Wheat roll w/ 1 tsp margarine1/2c Applesauce | **Feb 7** Chile Cheese Dog(1oz Hot Dog, 3oz. Chile Meat Sauce, .5oz. Cheese, 1 Hot Dog Bun, 1/4c Peppers/Onions)1/2c Carrot Raisin Salad 1c Island Blend w/ 1 tsp margarine3/4c Mixed Fruit | **Feb 8**8 oz Turkey Shepherds Pie (3oz Turkey, 1/2c Peas, carrots, onions1/2c Mashed Potato)1/2c NAS Stewed TomatoesWheat Roll w/ 1tsp Margarine1c Fruit Salad | **Feb 9**5 oz Meat Ball Casserole(3 oz. Turkey Meatballs w/ 1oz Marinara Sauce, .5oz. Cheese)1c California Blend Vegetables1 wheat Roll w/ 1 tsp. unsalted butter 1/2c Diced Pears  |
| **Feb 12**4oz Meatloaf /w 1oz LS Gravy1/2c LS Sweet potatoes w/ 1 tsp margarine and 1 tsp chives 1/2c LS LF broccoli Salad1 Wheat Roll w/ 1 tsp Margarine1/2c Berries in 1/2c SF Gelatin | **Feb 13**Chicken Soft Tacos(3oz Chicken, 1 6in Flour tortilla, 1/2c lettuce and tomato, 2 TBSP Salsa)1c Scanad. Blend Vegetables w/ 1 tsp unsalted butter 1/2c LS Spanish Rice1c Fruit Salad 1 slice SF Angel Food Cake  | **Feb 14** 1c LS GC Vegetable Stew(1oz GC, 1/3c Potatoes,1/2c diced tomatoes, onions, carrots3/4c LS Three Bean salad w 1/4c Red beans1 wheat Roll w/ 1 tsp. unsalted butter 3/4c Spiced Pears 1c Light nonfat vanilla yogurt**Lent Begins** | **Feb 15**Beef & Papas(3oz Ground Beef, 1/2c Potato1-8 in Flour Tortilla2 TBSP Salsa)1/2c Zucchini w/ 1/2c NAS Diced Tomatoes w/ 1 tsp unsalted butter 3/4c Pineapple | **Feb 16**Green Chile Relleno(1 Green Chile, 1oz Cheese, 1oz crust2oz Green chile Sauce1c Chateau Blend Vegetables1/2c LS Pinto Beans1/2c Apricots4 Cinnamon Graham Crackers |
| **Feb 19****CLOSED****President’s Day.** | **Feb 20** 1c Green Chile Chicken Stew(3 oz. Chicken, 1 oz. Green Chile, 1/4c Potatoes, 1/4c Carrots, 1/4c Corn)1c Tossed salad w/ 2 TBSP FF ranch dressing1 tsp margarine, 6 in WW Tortilla 1 Orange | **Feb 21** 3/4c Hamburger Chili mac(3oz Ground beef, 1/4c tomatoes, 1/2c Penne Pasta)1c Italian Blend Vegetable1 tsp margarine1/2c Apples, in 1/4c Cobbler | **Feb 22**BBQ Chicken Sandwich(3oz Chicken, 1oz Sauce, 1 Bun)1c Coleslaw w/ 2 TBSP Coleslaw Dressing1/2c Spinach w/ garlic w/ 1 tsp margarine1oz Sun Chips1 Pear | **Feb 23**3oz LS Lemon Pepper Cod, w/ 2oz cucumber dill sauce1c NAS Diced Tomatoes w/ Brussel sprouts 1/2c Brown rice w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp margarine1/2c Plums |
| **Feb 26**Beef & Bean Burrito(2 oz. Beef, 1/4c LS Pinto Beans, 1 8in WW Tortilla, 2 TBSP Salsa )1/2c Calabacitas1/2c Italian Beans w/ 1 tsp unsalted butter Banana | **Feb 27**Sausage and Mushroom Ragu (3oz Turkey Sausage, 1/3c Mushrooms, 2oz Marinara Sauce)1/2c Penne Pasta1c Vegetable Medley w/ 1 tsp margarine1 Wheat Bread w/ 1 tsp unsalted butter 1c mandarin oranges | **Feb 28**Green Chili Chicken Enchiladas(3oz Chicken, 1oz Cheese, 1oz Green Chili, 2 Corn Tortillas)1c Capri vegetables w/ 1 tsp margarine1/2c LS Spanish Rice1c Fruit Cocktail | **Feb 29****8oz LS Vegetarian Bean Chili**(3/4c pinto, red, black beans, 1/4c Tomatoes)1c Chateau Blend Vegetables w/ 1 tsp unsalted butter 1c Fruit Salad w/ 1/2c Light nonfat Vanilla yogurt 1 6in Flour Tortilla |  |

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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 | 766.8 | 725.3 | 703.8 | 761.9 | 709.9 |
| % Carbohydrates from Calories | 45-55% | 48.2 | 54.3 | 53.8 | 48.3 | 54.1 |
| % Protein from Calories | 15-25% | 23.3 | 17.9 | 19.3 | 21.1 | 20.8 |
| % Fat from Calories | 25-35% | 28.5 | 27.9 | 26.8 | 30.6 | 25.1 |
| Saturated Fat | less than 8g | 7.8 | 7.7 | 7.7 | 7.5 | 7.7 |
| Fiber | 10g | 10.6 | 10.0 | 11.0 | 10.9 | 13.2 |
| Vitamin B-12 | .8ug | 3.9 | 2.0 | 2.1 | 2.0 | 1.7 |
| Vitamin A | 300ug RAE | 630.3 | 331.9 | 449.0 | 545.1 | 305.5 |
| Vitamin C | 30mg | 88.9 | 45.8 | 47.9 | 54.7 | 35.2 |
| Iron | 2.6mg | 6.0 | 3.9 | 4.7 | 4.9 | 4.5 |
| Calcium | 400mg | 555.7 | 509.5 | 494.4 | 468.0 | 516.0 |
| Sodium | less than 766mg | 673.0 | 719.3 | 680.8 | 699.5 | 735.8 |

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 January 29,2024