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| --- | --- | --- | --- |
| **3****CLOSED****NEW YEAR HOLIDAY** | 4 SPAGHETTI½ c Spaghetti, 3 oz Ground beef, 2oz LS Marinara Sauce½ c GREEN BEANS½ c SALAD w/ 1 TBSP LF Dressing1 GARLIC BREAD½ c PEARS | 5 HAM AND BEANS(1 oz LS HAM, and ½ c LS Pinto Beans)½ c CABBAGE½ c SALAD w/ 1 TBSP LF Dressing1 slice CORNBREAD w 1 tsp margarine1 BAKED APPLE | 6 NAVAJO TACO(2 oz Ground beef, 1 oz Pinto Beans½ c Lettuce, 0.5 LS Cheese, 3 oz Fry bread) ½ c SPINACH w/1 tsp margarine½ c SALAD w/ 1 TBSP LF Dressing½ c CINNAMON PEACHES |
| 10  4oz LS CHILI RELLENO CASSEROLE (1 oz Cheese, 1 Green Chile, 2 oz Breading) ½ c LS PINTO BEANS1 c SALAD w/ 2 TBSP LF Dressing¼ c JELLO w/1/2 c MANDARIN ORANGES | 11 3 oz MEATLOAF w/2 oz LS GRAVY½ c MASHED POTATOES½ c GREEN BEANS ½ c SALAD w/ 1 TBSP LF Dressing½ c APPLESAUCE w/ 8 animal crackers  | 12  BAKED FISH SANDWICH(3 oz LS Fish Filet, 1 bun, 1 TBSP Tartar Sauce) 10 Unsalted French fries ½ c BROCCOLI½ c SALAD w/ 1 TBSP LF Dressing 1 c APRICOTS | 13 HAM SALAD 3 oz LS LF Ham Salad, 1/2c lettuce and tomato, 1 slice onion, 2 slices of whole wheat bread, 2 oz Ham,1 egg) 3/4 c LS PASTA SALAD (1/2c Vegetables and 1/3 c Pasta ) 1 c Green SALAD w/ 2 TBSP LF Dressing1/3 c LF Vanilla PUDDING w/ ½ c PINEAPPLE |
| **17****CLOSED****MARTIN LUTHER KING DAY** | 18 6 oz RED CHILI BEEF ENCHILADAS4 oz LS PINTO BEANS 1 c CALABACITAS ORANGE1/2c SALAD w/ 1 TBSP LF Dressing | 19 6oz LS TOMATO BISQUEGRILLED CHEESE SANDWICH2 slices of White wheat bread, 1oz LF Cheese1 HB EGG ½ c SALAD w/ 1 TBSP LF Dressing½ c JELLO w 4oz Nonfat Greek vanilla yogurt 1/2 c Strawberries  | 20  4oz LS SWEET AND SOUR PORK1 c Brown RICE ½ c Asian vegetable blend 1/2c SALAD w/ 1 TBSP LF Dressing2 Fortune cookie ½ c PINEAPPLE |
| 24 CHIPPED BEEF ON BREAD3 oz ground beef, 1 oz Sauce) on 1 slice White wheat bread 1 c CALIFORNIA VEGGIES½ c SALAD w/ 1 TBSP LF Dressing2oz GINGERBREAD w ½ c Pears  | 25 \*1% milk 6 oz LF MACARONI, BROCCOLI, & CHEESE(1/2 c broccoli, 3 oz LF Cheese, 1/2 c macaroni) 1/2c Green SALAD w/ 1 TBSP LF Dressing6 WW LS Crackers 1c FRUIT COCKTAIL | 26 \* 1% milk HAMBURGER/VEGGIE PIZZA(1/3 c bell peppers, ¼ c onions) 2 oz ground beef, 1 oz mozzarella cheese, part skim ½ c SALAD w/ 1 TBSP LF Dressing1 c Fruit Salad  | 27 8 oz LS GREEN CHILI STEW½ c tomatoes, potatoes, 1 oz peppers,. 3 oz pork 1 c SALAD w 2 TBSP LF Dressing2 corn tortilla2oz SPICE CAKE w/ ¼ c Raisins  |
| **31** 3oz DICED LS Chicken w/ 2oz LS GRAVY½ c LS SCALLOPED POTATOES½ c ROASTED BRUSSEL SPROUTS1 c SALAD w/ 2 TBSP LF Dressing1 c TROPICAL FRUIT | **2% milk served at all meals** |  |  |

***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: |  | **Days in Week:****3** | **Days in Week:****4** | **Days in Week:****3** | **Days in Week:****4** | **Days in Week:****1** |
| Calories | 700 or more | 734.3 | 711.1 | 720.2 | 752.0 | 920.9 |
| % Carbohydrates from Calories | 45-55% | 55.5 | 55.5 | 53.8 | 54.3 | 53.8 |
| % Protein from Calories | 15-25% | 17.6 | 18.6 | 20.4 | 18.1 | 20.9 |
| % Fat from Calories | 25-35% | 26.8 | 25.8 | 25.7 | 27.6 | 25.3 |
| Saturated Fat | less than 8g | 7.9 | 7.4 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 12.3 | 12.5 | 13.3 | 10.5 | 11.7 |
| Vitamin B-12 | .8ug or more | 2.0 | 2.2 | 2.3 | 2.4 | 2.0 |
| Vitamin A | 300ug RAE or more | 591.367 | 607.6 | 889.0 | 518.6 | 723.0 |
| Vitamin C | 30mg or more | 34.6 | 47.765 | 77.5 | 96.5 | 114.9 |
| Iron | 2.6mg or more | 6.2 | 4.7 | 4.6 | 4.6 | 4.6 |
| Calcium | 400mg or more | 537.8 | 577.9 | 676.1 | 619.3 | 551.4 |
| Sodium | less than 766mg | 717.8 | 766.5 | 659.8 | 750.0 | 670.0 |

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