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| **3**  **CLOSED**  **NEW YEAR HOLIDAY** | 4 SPAGHETTI  ½ c Spaghetti, 3 oz Ground beef, 2oz LS Marinara Sauce  ½ c GREEN BEANS  ½ c SALAD w/ 1 TBSP LF Dressing  1 GARLIC BREAD  ½ c PEARS | 5 HAM AND BEANS  (1 oz LS HAM, and ½ c LS Pinto Beans)  ½ c CABBAGE  ½ c SALAD w/ 1 TBSP LF Dressing  1 slice CORNBREAD w 1 tsp margarine  1 BAKED APPLE | 6 NAVAJO TACO  (2 oz Ground beef, 1 oz Pinto Beans  ½ c Lettuce, 0.5 LS Cheese, 3 oz Fry bread)  ½ c SPINACH w/1 tsp margarine  ½ c SALAD w/ 1 TBSP LF Dressing  ½ c CINNAMON PEACHES |
| 10  4oz LS CHILI RELLENO CASSEROLE (1 oz Cheese, 1 Green Chile, 2 oz Breading)  ½ c LS PINTO BEANS  1 c SALAD w/ 2 TBSP LF Dressing  ¼ c JELLO w/1/2 c MANDARIN ORANGES | 11  3 oz MEATLOAF w/2 oz LS GRAVY  ½ c MASHED POTATOES  ½ c GREEN BEANS  ½ c SALAD w/ 1 TBSP LF Dressing  ½ 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 BROCCOLI  ½ 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 Dressing  1/3 c LF Vanilla PUDDING w/ ½ c PINEAPPLE |
| **17**  **CLOSED**  **MARTIN LUTHER KING DAY** | 18  6 oz RED CHILI BEEF ENCHILADAS  4 oz LS PINTO BEANS  1 c CALABACITAS  ORANGE  1/2c SALAD w/ 1 TBSP LF Dressing | 19  6oz LS TOMATO BISQUE  GRILLED CHEESE SANDWICH  2 slices of White wheat bread, 1oz LF Cheese  1 HB EGG  ½ c SALAD w/ 1 TBSP LF Dressing  ½ c JELLO w 4oz Nonfat Greek vanilla yogurt  1/2 c Strawberries | 20  4oz LS SWEET AND SOUR PORK  1 c Brown RICE  ½ c Asian vegetable blend  1/2c SALAD w/ 1 TBSP LF Dressing  2 Fortune cookie  ½ c PINEAPPLE |
| 24  CHIPPED BEEF ON BREAD  3 oz ground beef, 1 oz Sauce) on 1 slice White wheat bread  1 c CALIFORNIA VEGGIES  ½ c SALAD w/ 1 TBSP LF Dressing  2oz 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 Dressing  6 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 Dressing  1 c Fruit Salad | 27  8 oz LS GREEN CHILI STEW  ½ c tomatoes, potatoes, 1 oz peppers,. 3 oz pork  1 c SALAD w 2 TBSP LF Dressing  2 corn tortilla  2oz SPICE CAKE w/ ¼ c Raisins |
| **31**  3oz DICED LS Chicken w/ 2oz LS GRAVY  ½ c LS SCALLOPED POTATOES  ½ c ROASTED BRUSSEL SPROUTS  1 c SALAD w/ 2 TBSP LF Dressing  1 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