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| **Menu Subject**  **To Change**  **All Meals Served**  **With 2% Milk** |  |  | **Feb 1**  Sweet and Sour Chicken (3oz diced chicken and 1 oz sauce)  1/2c Rice  1c Asian vegetables  1 Fortune Cookie  Banana | **Feb 2**  3/4c LS Beef Chili  (3oz beef 1 oz chil, 1/2c LS Pinto Beans, peppers, corn, tomatoes)  1/2c Carrots  1/2c Zucchini  1sl LF Cornbread w/ 1 tsp margarine  1/2c Warm Apple Slices |
| **Feb 5**  3oz LS herbed Baked Cod  1c Coleslaw w/ 2 TBSP Dressing  1/2c No added salt baked French Fries  Wheat roll  1c Tropical Fruit Salad | **Feb 6**  Beef Soft Tacos  (3oz Beef, 1/2c Lettuce and tomato, 1 6in WW Tortilla, 2 TBSP Salsa)  1c Capri Vegetables  1/2c LS Spanish Rice  1/2c Mixed Fruit | **Feb 7**  6oz LS Chicken with Mushrooms  (3oz chick breast, 2oz gravy w/ 1/8c Mushrooms)  1c California Blend Vegetable  1/2c WW Pasta  WW Roll  1/2c Ambrosia Salad | **Feb 8**  4oz LS Salisbury Steak  1/2c LS Mashed potatoes  2oz LS brown gravy  3/4c Green beans  WW Roll  Orange | **Feb 9**  8oz LS Chicken Noodle Soup  (3oz Diced chicken 1/4c noodles, 1/4c celery and carrots  1c kale salad  (1c kale,.5oz feta cheese, 1/4c red onion  1/4c mandarin oranges)  2 TBSP Lite Raspberry Vinaigrette  4 LS WW Crackers  1/2 c Spiced peaches |
| **Feb 12**  1c Shepherds Pie  (1/2c LS mashed potatoes,3oz beef, ½ c peas and carrots mix, 1oz gravy)  1/2c Tossed salad w/ 1 TBSP FF Italian Dressing  1/2c applesauce  6 LS WW Crackers | **Feb 13**  Teriyaki Chicken  (3oz chicken 1oz sauce)  1c Asian Vegetables  1/2c chow mein Noodles  Vegetable Egg roll  Fortune cookie  1/2c Pineapple chunks | **Feb 14**  1/2c Cheese Tortellini (1oz Cheese)  2oz NAS Marinara Sauce  1c Italian blend vegetables  Garlic Bread  1c light nonfat vanilla yogurt | **Feb 15**  Chicken Salad  Sandwich  (3/4c Chicken Salad, 1/2c Chicken salad, 1/4c Grapes, celery, walnuts, cranberries, 2 slices wheat bread, 1/2c Lettuce, 2 slices tomato)  1/2c Brussel sprouts  1/2c Braised Red Cabbage, w/ 1/2c Apples | **Feb 16**  Red Chile Cheese Enchiladas  (2 corn tortilla, 2oz RC, 1oz Cheese)  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1/2c Carrot Raisin Salad  1/2c Yellow Squash  1/2c SF Gelatin |
| **Feb 19**  Chicken Caesar Salad  (1.5 cup Romaine lettuce, 3oz Chicken breast , ¼ c tomatoes, 1/4c plain Croutons)  2 TBSP Lite Caesar Dressing  4 LS WW Crackers  1c Strawberries  1 slice SF angel food Cake | **Feb 20**  3oz Chicken Fried Steak  ½ c Roasted Herb Potatoes  1oz LS Country Gravy  1c Broccoli and Cauliflower  Wheat roll w/ 1 tsp unsalted butter  1/2c Sugar Free Gelatin  1/2c Fruit Cocktail | **Feb 21**  Red chili Beef and bean burritos  (3oz beef, 1/2c beans 1oz GC, 1 8 in flour tortilla  ½ lettuce and tomato and 1/4c onion)  1/2 c Calabacitas  1c Mandarin oranges | **Feb 22**  Baked Potato  1 baked Potato, 1oz cheese, 1 tsp margarine, 2 TBSP Light sour cream, 1 TBSP green onion, 1oz green chile,  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing w/ 1/2c Garbanzo Beans  1c Grapes | **Feb 23**  1/2c Tuna Salad  4oz tuna salad (3oz Light Tuna, 1/2c Lettuce, 2 sliced tomato, wheat bread)  1/2c Beets  1c LS Tomato Soup  4 LS WW Crackers  1/2c sliced pears |
| **Feb 26**  Swedish Meatballs  3oz meatballs 1oz LS Gravy  1/2c mushrooms  1/2c Brown Rice w/ 1 oz LS gravy  1/2c Vegetable Medley w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP FF Ranch dressing  3/4c Tropical Fruit Salad | **Feb 27**  Chicken Rotini  (4oz diced chick  1oz Light Alfredo Sauce  3/4c rotini, 2oz green chile)  1c California blend veggies w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1/2c SF Gelatin | **Feb 28**  1c Vegetarian Bean Chili  (3/4c pinto, black, red, 1/4c Tomatoes)  1/2c Brussel Sprouts  1/2c Spinach  1 6in Flour Tortilla  1/2c Fruit Salad  1/2c Light Vanilla nonfat yogurt | **Feb 29**  3/4c GC Chicken Enchiladas  3oz chicken, 1oz gc, 2 corn tortilla, 1oz shredded cheese, 3/4c lettuce and tomato)  1/2c LS Spanish Rice  1c Zucchini and LS Diced Tomatoes  1/2c Apricots |  |

**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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 | 755.1 | 710.0 | 701.3 | 703.1 | 700.1 |
| % Carbohydrates from Calories | 45-55% | 49.6 | 47.8 | 50.1 | 50.7 | 51.8 |
| % Protein from Calories | 15-25% | 24.4 | 23.7 | 21.5 | 21.6 | 23.2 |
| % Fat from Calories | 25-35% | 26.0 | 28.4 | 28.4 | 27.8 | 25.0 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g | 11.2 | 10.0 | 10.1 | 11.4 | 11.4 |
| Vitamin B-12 | .8ug | 11.4 | 2.7 | 1.9 | 2.6 | 2.2 |
| Vitamin A | 300ug RAE | 542.5 | 307.5 | 384.7 | 429.5 | 648.0 |
| Vitamin C | 30mg | 37.7 | 68.6 | 39.2 | 56.7 | 51.2 |
| Iron | 2.6mg | 5.7 | 4.6 | 4.2 | 5.2 | 5.5 |
| Calcium | 400mg | 442.0 | 480.7 | 519.7 | 512.3 | 550.6 |
| Sodium | less than 766mg | 394.8 | 571.2 | 748.7 | 760.6 | 686.7 |

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