|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY 1, 2024****New Years Day****Closed.** | **TUESDAY 2, 2024**8 oz Shepards Pie (3oz Beef, 1/2c Peas,1/4c Mashed Potato)1c Green Beans /w NAS Diced TomatoWheat Roll w/ 1tsp Margarine1c Fruit Salad | **WEDNESDAY 3, 2024**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 dressing1/2c w/ 1 tsp margarine6 in WW Tortilla 1 Orange | **THURSDAY 4, 2024**Beef & Bean Burrito(2 oz. Beef, 1/3c LS Pinto Beans, 1 8in WW Tortilla, 2 TBSP Salsa, 1 TBSP Sour Cream)1c CalabacitasBanana | **FRIDAY 5, 2024**Chile Cheese Dog(1oz Hot Dog, 3oz. Chile Meat Sauce, .5oz. Cheese, 1 Hot Dog Bun, 1/4c Peppers/Onions)1/2c NAS stewed tomatoes3/4c Mixed Fruit |
| **MONDAY 8, 2024**4oz Meatloaf /w 2oz LS Gravy1/2c Sweet potatoes w/ 1 tsp margarine and 1 tsp chives 1/2c Broccoli 1 Biscuit w/ 1 tsp Margarine1/2c Fruit Cocktail  | **TUESDAY 9, 2024**BBQ Chicken On a Bun(3oz Chicken, 1oz Sauce, 1 Bun)1/2c LS 3 bean salad1/2c Collard greens w/ garlic 1oz Sun Chips1 Pear | **WEDNESDAY 10, 2024**3/4c Hamburger mac(3oz Ground beef, 1/4c tomatoes, 1/2c Penne Pasta)1c Italian Blend Vegetable1/2c Strawberries 1/2c SF Gelatin | **THURSDAY 11, 2024**3oz LS Herbed Chicken Breast1/2c Lemon Herb Orzo1/2c LS Cucumber and tomato salad (non-creamy)1/2c asparagus 1 Wheat roll w/ 1 tsp margarine1/2c Applesauce | **FRIDAY 12, 2024**Red Chile Beef Enchilada(3oz Beef, 1oz Cheese, 1oz Red Chili, 2 Corn Tortillas, 1/2c lettuce and tomato)1/2c LS Spanish rice1c Chateau blend vegetables w/ 1 tsp margarine 1c Tropical fruit salad |
| **MONDAY 15, 2024****Closed****Martin Luther King Jr.****Day** | **TUESDAY 16, 2024**3oz Breaded Catfish3/4c 5 Way mixed Vegetables1c Coleslaw w/ 2 TBSP DressingWheat roll 1/2c mandarin oranges  | **WEDNESDAY 17, 2024**5 oz Meat Ball Casserole(3 oz. Meatballs w/ 1oz Marinara Sauce, .5oz. Cheese)1c Green Beans with Onions w/ 1 tsp unsalted butter1 wheat Roll w/ 1 tsp. unsalted butter 3/4c Diced Pears 1 Slice SF Angel Food cake  | **THURSDAY 18, 2024**Chicken & Vegetables(3oz. Diced Chicken w/ 1/4c Sauce w/ Mixed Vegetables)1/2c Brown Rice1c Tossed Salad w/ 2 TBSP FF Italian DressingWheat roll w/ 1 tsp unsalted butter 1c Berries w/ 2 TBSP Whipped topping | **FRIDAY 19, 2024**1c LS Lentil Soup(1/2c Lentils, 1/2c carrots and celery)3/4c Red Cabbage and onions1/2c Plums in 1/4c Cobbler1/2c Greek nonfat vanilla yogurt Wheat roll w/ 1 tsp unsalted butter  |
| **MONDAY 22, 2024**GC Cheeseburger (3oz Patty, 1/2oz Cheese, 1oz Green Chile, 1 WW Bun)1c Coleslaw w/ 2 TBSP Dressing1/2c LS Ranch Beans1/2c Spiced Peaches | **TUESDAY 23, 2024**Tamale W/Red Chile (2oz. Pork, 1oz Red Chile, 1/3c masa)1c Quelites (Spinach & Beans w/ Onion)4oz Greek nonfat vanilla yogurt4 Graham Crackers  | **WEDNESDAY 24, 2024**Green Chili Enchiladas(3oz Chicken, 1oz Cheese, 1oz Green Chili, 2 Corn Tortillas)1c Capri vegetables1/2c LS Spanish Rice3/4c Diced Mango | **THURSDAY 25, 2024**Beef & Papas(3oz Ground Beef, 1/2c Potato)1-8 in Flour Tortilla2 TBSP Salsa1/2c Zucchini1/2c Pineapple  | **FRIDAY 26, 2024**Hot Turkey “Sandwich”(2oz Turkey w/1oz Low Sodium Gravy, 1 Slice WW Bread)1/2c Penne Pasta w/ 1 tsp margarine, 1/4c spinach 1c Vegetable medley1/2c Greek Vanilla Nonfat Yogurt  |
| **MONDAY 29, 2024**1c LS Potato Chowder (1/3c Potatoes, .1/8c Corn, 1/8c Celery, 1/8c Carrots, 2oz LS Ham, 1/2c Red beans )1 sl. LF Cornbread w/ 1 tsp. Margarine1c Garden blend vegetablesOrange  | **TUESDAY 30, 2024**Beef Soft Tacos(3oz Beef, 1 6in Flour tortilla,, 1/2c lettuce and tomato, 2 TBSP Salsa)1c Island Blend Vegetables1/2c Clilantro Lime brown rice1c Fruit Salad   | **WEDNESDAY 31, 2024**1c Posole w/Pork(3oz Pork, 1oz Red Chile, 1/2c Hominy)1c Beets and Carrots1 6in Flour Tortilla 1/2c Blueberries in 1/4c Crisp  | **Menu Subject****To Change** | **All Meals Served with 1% Milk as Available.** |

**NUTRIENT TABLE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
| Days in Week |  | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 700 or more | 711.6 | 733.9 | 714.9 | 719.2 | 856.9 |
| % Carbohydrates from Calories | 45-55% | 51.3 | 49.9 | 54.3 | 49.4 | 54.4 |
| % Protein from Calories | 15-25% | 20.0 | 22.6 | 18.5 | 25.0 | 17.2 |
| % Fat from Calories | 25-35% | 28.7 | 27.5 | 27.2 | 25.5 | 28.5 |
| Saturated Fat | less than 8g | 8.0 | 7.5 | 7.9 | 6.6 | 7.1 |
| Fiber | 10g or more | 11.6 | 10.3 | 12.5 | 11.3 | 12.2 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.5 | 2.1 | 2.6 | 2.1 |
| Vitamin A | 300ug RAE or more | 392.7 | 382.0 | 433.8 | 541.0 | 474.7 |
| Vitamin C | 30mg or more | 67.7 | 43.9 | 41.3 | 31.3 | 48.7 |
| Iron | 2.6mg or more | 4.7 | 4.9 | 4.3 | 6.3 | 5.8 |
| Calcium | 400mg or more | 483.3 | 500.4 | 519.3 | 610.6 | 486.9 |
| Sodium | less than 766mg | 704.0 | 657.0 | 727.9 | 754.5 | 763.2 |

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