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| **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 Tomato  Wheat Roll w/ 1tsp Margarine  1c 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 dressing  1/2c w/ 1 tsp margarine  6 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 Calabacitas  Banana | **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 tomatoes  3/4c Mixed Fruit |
| **MONDAY 8, 2024**  4oz Meatloaf /w 2oz LS Gravy  1/2c Sweet potatoes w/ 1 tsp margarine and 1 tsp chives  1/2c Broccoli  1 Biscuit w/ 1 tsp Margarine  1/2c Fruit Cocktail | **TUESDAY 9, 2024**  BBQ Chicken On a Bun  (3oz Chicken, 1oz Sauce, 1 Bun)  1/2c LS 3 bean salad  1/2c Collard greens w/ garlic  1oz Sun Chips  1 Pear | **WEDNESDAY 10, 2024**  3/4c Hamburger mac  (3oz Ground beef, 1/4c tomatoes, 1/2c Penne Pasta)  1c Italian Blend Vegetable  1/2c Strawberries  1/2c SF Gelatin | **THURSDAY 11, 2024**  3oz LS Herbed Chicken Breast  1/2c Lemon Herb Orzo  1/2c LS Cucumber and tomato salad (non-creamy)  1/2c asparagus  1 Wheat roll w/ 1 tsp margarine  1/2c 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 rice  1c 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 Catfish  3/4c 5 Way mixed Vegetables  1c Coleslaw w/ 2 TBSP Dressing  Wheat 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 butter  1 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 Rice  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Wheat 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 onions  1/2c Plums in 1/4c Cobbler  1/2c 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 Dressing  1/2c LS Ranch Beans  1/2c 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 yogurt  4 Graham Crackers | **WEDNESDAY 24, 2024**  Green Chili Enchiladas  (3oz Chicken, 1oz Cheese,  1oz Green Chili, 2 Corn Tortillas)  1c Capri vegetables  1/2c LS Spanish Rice  3/4c Diced Mango | **THURSDAY 25, 2024**  Beef & Papas  (3oz Ground Beef, 1/2c Potato)  1-8 in Flour Tortilla  2 TBSP Salsa  1/2c Zucchini  1/2c 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 medley  1/2c 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. Margarine  1c Garden blend vegetables  Orange | **TUESDAY 30, 2024**  Beef Soft Tacos  (3oz Beef, 1 6in Flour tortilla,, 1/2c lettuce and tomato, 2 TBSP Salsa)  1c Island Blend  Vegetables  1/2c Clilantro Lime brown rice  1c Fruit Salad | **WEDNESDAY 31, 2024**  1c Posole w/Pork  (3oz Pork, 1oz Red Chile,  1/2c Hominy)  1c Beets and Carrots  1 6in Flour Tortilla  1/2c Blueberries in 1/4c Crisp | **Menu Subject**  **To Change** | **All Meals Served with 1% Milk as Available.** |

**NUTRIENT TABLE**

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|  | 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.

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