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| --- | --- | --- | --- | --- |
| **1% Milk used in nutritional analysis****Kraft Light dressing used in analysis unless otherwise specified** | **Tuesday November 1** **Chicken Fajitas****(3oz Chicken, 1 6in Flour tortilla, 1/2c Peppers/Onions)****1/2c LS refried Beans****1c Zucchini and Corn****1/2c Apples in Crisp**  | **Wednesday November 2** **Egg Salad Sandwich on croissant****(3oz Egg Salad (1 egg), 1 croissant)****1/2c 3 bean Salad, 1/2c White Beans** **5 cherry tomatoes, 8 baby carrots** **2 slices of pickle****Strawberry Shortcake****(1/2c Strawberries, 1 biscuit)**  | **Thursday November 3** **3oz Grilled Chicken Breast** **1/2c Garlic Noodles****1c Green Beans w/ Radishes****Wheat roll** **banana** | **Friday November 4** **1/2c Cheese Ravioli****1/2c LS Marinara Sauce w/ 1/2c Garbanzo Beans****1c Winter Blend Vegetables** **Garlic Bread****1/2c LF Vanilla pudding** |
| **Monday November 7** **Ham and Cheese Sandwich****(2oz LS Ham, 1oz Swiss Cheese, 2 slices wheat bread, 1/2c lettuce, 2 slices tomato)****1oz Sun Chips** **1c Cucumber and Tomato Salad** | **Tuesday November 8** **Carne Adovada Burrito****(6in flour tortilla, 4oz pork 1oz Red chile sauce)** **1/2c Pinto Beans****1c Chuckwagon Vegetables w/ 1 tsp margarine** **1/2c Peaches** | **Wednesday November 9** **3oz LS Roasted Turkey****1/4c LS Bread Stuffing****1/2c Asparagus****1c Tossed Salad w/ 2 TBSP Light Dressing, & 1/4c Plain Croutons** **1/2c Tapioca Pudding** **1c Grapes** | **Thursday November 10** **Chicken Alfredo****(3oz Chicken, 1oz Alfredo Sauce, 1/2c Fettucine)****1c Italian Blend Vegetables w 1 tsp margarine** **Wheat roll w/ 1 tsp margarine****1/2c Apricots**  | **Friday November 11** **CLOSED**  |
| **Monday November 14** **4oz BBQ Pork Patty****(3oz Pork Patty, 2oz LS BBQ sauce)****1/2c LS Baked Beans****1/2c Spinach****1oz Cornbread w 1 tsp margarine** **1/2c Watermelon** | **Tuesday November 15****Beef Tips w/Noodles****(3oz Beef Tips, 2oz LS Gravy)****1/2c Egg Noodles****1c Mixed Vegetables****Biscuit****1/2c Plums** | **Wednesday November 16****8oz Pork posole w/ red chile****(3oz Pork, 1/2c Posole, 2oz Red Chile)****1/2c Zucchini****1 6in flour tortilla****1/2c Cherries in Cobbler** | **Thursday November 17****3oz Turkey Breast****1/2c Mashed Potatoes****w/ 2oz LS Gravy****1c Salad w/ 2 TBSP light Dressing****1/2c Pumpkin in Pie**  | **Friday November 18****6oz Tuna Noodle casserole****(3oz Tuna, 1/4c Noodles, 1c Peas and Carrots)****6 Cinnamon Graham crackers****1c Tropical Fruit**  |
| **Monday November 21****Breaded Chicken Sandwich****(3oz Chicken, 1 WW bun, 1/2c Lettuce, 2 slices tomato)****1c Broccoli Salad****1oz Sun Chips****1c Pears**  | **Tuesday November 22****3oz Pork Chop****1/2c LS Rice Pilaf****1c California Blend Vegetables****1c Pineapple****Wheat Roll w/ 1 tsp margarine**  | **Wednesday November 23****CLOSING EARLYCOOKS CHOICE?** | **Thursday November 24****CLOSED**  | **Friday November 25****CLOSED** |
| **Monday November 28** **Chicken Tempura w/ 1oz Orange Sauce, 2oz Tempura****1/2c Brown Rice****1c Asian Vegetables****1 Fortune Cookie****1/2c Mandarin Oranges** | **Tuesday November 29****BBQ Beef Sandwich****(3oz Round Beef, 1oz LS BBQ sauce, 1bun)****1/2c Ranch Beans****1c Coleslaw w/ 2 TBSP Dressing****1/2c Beets w 1 tsp margarine****1 Oatmeal Cookie****1c Strawberries and Banana**  | **Wednesday November 30****Fish Sandwich****(3oz Fish, 1 WW bun)****2 TBSP Tartar Sauce****1c Prince Edward Vegetables w/ 2 tsp Margarine****1 Hushpuppy****Apple** |  |  |

***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:****4** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****2** | **Days in Week:****3** |
| Calories | 700 or more | 818.6 | 706.1 | 719.7 | 857.2 | 788.0 |
| % Carbohydrates from Calories | 45-55% | 52.3 | 51.1 | 53.2 | 55.8 | 52.3 |
| % Protein from Calories | 15-25% | 19.4 | 23.7 | 21.5 | 17.1 | 22.0 |
| % Fat from Calories | 25-35% | 28.3 | 25.2 | 25.3 | 27.1 | 25.7 |
| Saturated Fat | less than 8g | 7.4 | 6.3 | 6.4 | 7.4 | 4.9 |
| Fiber | 10g or more | 12.8 | 10.0 | 11.0 | 10.7 | 10.7 |
| Vitamin B-12 | .8ug or more | 1.6 | 1.8 | 2.2 | 1.5 | 2.3 |
| Vitamin A | 300ug RAE or more | 395.0 | 427.2 | 732.2 | 301.2 | 1310.8 |
| Vitamin C | 30mg or more | 49.2 | 40.7 | 39.1 | 77.0 | 55.6 |
| Iron | 2.6mg or more | 5.9 | 4.2 | 5.2 | 3.4 | 6.5 |
| Calcium | 400mg or more | 508.4 | 541.5 | 513.8 | 462.1 | 459.5 |
| Sodium | less than 766mg | 720.5 | 762.8 | 718.9 | 728.7 | 764.1 |

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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