|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 EARLY COOKS 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***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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

Constance Rudnicki MS, RDN, LD