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| **MONDAY 3, 2022****CLOSED****New Years Day Observance** | **TUESDAY 4, 2022****8 oz Beef and Macaroni****(3oz Beef, 1/2c Macaroni,** **1oz Tomato Sauce)****1c Italian Vegetables****8 Animal Crackers** **1/2c Low Fat Pudding (anything but chocolate)** **½ c Fruit Cocktail** | **WEDNESDAY 5, 2022****Beef & Papas****(3oz Ground Beef, 1/2c Potato)****1/2c Pinto Beans** **1oz Salsa****1/2c Mixed Vegetables w 1 tsp Margarine****1 Tortilla****½ c gelatin w 2 TBSP Light Whipped Topping**  | **THURSDAY 6, 2022****Tamale****(3oz Pork, 1oz. Masa, 2T Red Chile)****1/2c Chuck Wagon Blend****1c Pinto Beans****1 Orange** | **FRIDAY 7, 2022****Chile Cheese Dog****(1oz. LS Hot Dog, 2oz. Chile Meat Sauce,** **1 Hot Dog Bun,** **1/2c Peppers/Onions)** **1/2c California Blend****1/2 c Applesauce** |
| **MONDAY 10, 2022****Beef & Bean Burrito****(3 oz. Beef, 1/2c Beans,** **1 Tortilla)****1c Calabacitas****1T Light Sour Cream****1 Peanut Butter Cookie** | **TUESDAY 11, 2022****Sloppy Joes****(3oz Beef, 1oz Sauce, 1 Bun)****1/2c (~7 items) Potato Wedges****1/2c Sliced Tomato****1/4c Jalapenos****1c Broccoli****1/2c Low Fat Pudding-no chcolate** | **WEDNESDAY 12, 2022****Posole w/Pork****(3oz Pork, 1oz Red Chile,** **1/2c Hominy)****1c Calabacitas****1/2c Cucumber & Tomato Salad****1 Flour Tortilla w/** **1 tsp. Margarine****1/2c Peaches** | **THURSDAY 13, 2022****1 Chicken Fajita** **(3 oz. Chicken, 1 oz. LS Cheese,** **1/2c Peppers & Onions,** **1 Flour Tortilla)****1/2c Spanish Rice****1c Mixed Vegetables w 1 tsp Margarine****2T LS Salsa****1/2c Mixed Fruit** | **FRIDAY 14, 2022** **Tuna Salad Sandwich****(4oz Tuna Salad, 1 Wheat Bun)** **1oz Chips****1/2c Lettuce, Tomato****1/2c Macaroni Salad****1 Orange** |
| **MONDAY 17, 2022****Closed****Martin Luther King Jr.****Day** | **TUESDAY 18, 2022****BBQ Pulled Pork on a Bun****(3oz Pork, 1oz BBQ Sauce,****1 Bun)****1/2c Broccoli****1c Peas and Carrots****1 Oatmeal Raisin Cookie** **1/2 c Applesauce** | **WEDNESDAY 19, 2022****Frito Pie****(3oz. Beef, 1oz. LS Cheese,** **1 oz. Lightly salted Fritos, 1 oz. Sauce, ½ c beans, ½ Lettuce,)****1c California Blend Veg.****1 Granola Bar** | **THURSDAY 20, 2022****8oz Ham and Beans****(2 oz. Low Sodium Ham, 1/4c Sauce,** **1c Beans)****1 cup Green / Red Peppers & Onions****1 Slice of Cornbread w/** **1 tsp. Margarine****1c Diced Pears** | **FRIDAY 21, 2022****Fish Sandwich****(3oz Fish Portion, 1 Bun, 1 TBSP Tartar Sauce)****1/2c Scalloped Potato****1c Island Blend Vegetables** **1/2c Mandarin Oranges** |
| **MONDAY 24, 2022****Chicken & Vegetables****(4 oz. Chicken w/** **1/2c Vegetables)****1/2c Steamed Rice****1/2c Carrots w 1 tsp Margarine** **½ c Baked Sliced apples w/ 3 Cinnamon Graham Crackers**  | **TUESDAY 25, 2022****Beef Soft Tacos****(3oz Beef, 1oz Low Fat Cheese,** **2 Flour Tortillas, 2 slices of tomato)****1/2c Mixed Vegetable****1/2c Peppers and Onions****1c LS Refried Beans****1 LS Salsa packet****1/2c Mixed Fruit** | **WEDNESDAY 26, 2022****4 oz. Sweet and Sour Chicken****1c Steamed Brown Rice****1c Oriental Veggies****1 fortune cookie** **1/2c Apricots** | **THURSDAY 27, 2022** **Beef Stew****(3oz Beef, 1oz Sauce****1/2c Potato and Vegetables)****1/2c Steamed Rice****1c Beets** **1 Biscuit w/ 1 tsp. Margarine****1 cup fruit salad**  | **FRIDAY 28, 2022****Turkey Sandwich****(3oz LS Roasted Turkey Breast , 2 Sl. Bread)****1c Lettuce & Tomato****1/2c 3 bean salad****1 tsp Mustard, 1/2TBSP Mayonnaise****3/4c Watermelon** |
| **MONDAY 31, 2022** **10 oz LS Potato Chowder** **(1/2c Potatoes, 0.5 oz.LS Cheese,** **2.5oz LS Diced Ham, 1 oz. Corn, .25 c celery** **1 Wheat rollw 1 LS TBSP Margarine****1c Green Beans w/ 1 TBSP LS Margarine****1/2 c Mango &1/2 c Strawberries in 4oz Greek Vanilla Nonfat yogurt**  | **Menu Subject****To Change** | **All Meals Served with 1%** **Milk as Available.** |  |  |

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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 |  | Days in Week:4 | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 700 or more | 715 | 774.3 | 734.0 | 726.6 | 720 |
| % Carbohydrates from Calories | 45-55% | 51.4 | 46.8 | 52.4 | 50.4 | 54.4 |
| % Protein from Calories | 15-25% | 23.3 | 22.0 | 21.7 | 24.5 | 17.5 |
| % Fat from Calories | 25-35% | 25.3 | 31.2 | 25.9 | 25.1 | 28.0 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 6.9 | 6.1 | 5.3 |
| Fiber | 10g or more | 12.7 | 10.2 | 11.1 | 10.0 | 12.4 |
| Vitamin B-12 | .8ug or more | 3.1 | 2.3 | 2.2 | 2.3 | 1.9 |
| Vitamin A | 300ug RAE or more | 298.1 | 338.3 | 724.4 | 610.0 | 421.1 |
| Vitamin C | 30mg or more | 45.0 | 65.7 | 53.3 | 48.5 | 74.6 |
| Iron | 2.6mg or more | 6.0 | 4.9 | 4.8 | 5.6 | 3.1 |
| Calcium | 400mg or more | 474.4 | 489.0 | 550.2 | 475.1 | 563.1 |
| Sodium | less than 766mg | 742.0 | 759.2 | 753.8 | 761.3 | 755 |

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