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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