|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8 oz 1% Mil Served withAll meals |  |  |  | **FRIDAY 1, 2023****3 oz Oven baked chicken**1/2c LS mashed potatoes/ 2oz LS Gravy 1c Tossed Salad w/ 2 TBSP FF ranch Dressing1c Vegetable Medley w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp margarine 1/2c Spiced Peaches  |
| **MONDAY 4, 2023****Turkey and cheese melt**(2 oz turkey, 1 oz Swiss cheese, 2 sl. ww bread)1c LS pureed broccoli soup4 LS WW Crackers1c California Blend Vegetables w/ 1 tsp unsalted butter 3/4c Vanilla Greek non fat yogurt1/2c Mandarin oranges  | **TUESDAY 5, 2023****4oz LS Baked Tilapia**1c Coleslaw w/ 2 TBSP Dressing 1/2c LS Brown Rice Pilaf 1/2c Brussels SproutsWheat Roll w/ 1 tsp Margarine 1/2c Tapioca Pudding | **WEDNESDAY 6, 2023****Chile Beans**(3/4c beans, 1 oz red Chile, .5 oz cheese)1/2c Spinach1/2c Roasted Zucchini 1 slice LF cornbread w/ 1 tsp unsalted butter 3/4c Apple slices | **THURSDAY 7, 2023****Chicken Fettuccine Alfredo**(3 oz diced chicken, 1 oz Light alfredo sauce, 1c fettuccine noodles)1c Italian blend vegetablesWheat roll w/ 1 tsp margarine1/2c SF Gelatin w/ 1/2c banana | **TUESDAY 5, 2023**3oz Lean Pork Chop1oz LS Gravy1/2c Parsley Potatoes1/2c Beets1c Tossed Salad w/ 2 TBSP FF Italian DressingGarlic KnotBartlett Pear |
| **MONDAY 11, 2023****Pepperoni Pizza**(.5oz pepperoni (7 slices) .5oz mozz. cheese, 1oz crust, 1oz NAS Marinara Sauce)1c garden salad w/ 2T FF Ranch dressing w/ 1/4 c garbanzo beans1/2c Nonfat vanilla yogurt1c strawberries | **TUESDAY 12, 2023****Beef Stew**(4 oz beef, 1/2c vegetables, 1 oz sauce)1/2c red steamed cabbage w/ 1/4c apples 1/2c Tossed salad w/ 1 TBSP FF Italian Dressing 6 LS WW Crackers 1 orange | **WEDNESDAY 13, 2023****BBQ Pulled Pork on a Bun**(3 oz pulled pork, 1 oz sauce, 1 bun)3/4c Pasta Salad (1/2c vegetables, 1/4c pasta)1c Chateau Blend Vegetables w/ 1tsp unsalted butter 1c Honeydew | **THURSDAY 14, 2023****3 oz Chicken Tenders** 1oz LS Country Gravy1/2c Red Roasted Potatoes1/2c Carrots w/ 1tsp unsalted butter 1 LF Cornbread 1 slice angel food cake, w/ 2 TBSP Cherry Topping | **FRIDAY 15, 2023****Green Chile cheese burger**(3 oz beef, .5oz cheese, 1 oz green Chile, 1 WW bun, 1/2c lettuce, 2 slices red tomato, 1 slices onion)1/3c NAS Baked French fries1c Winter Blend Vegetables w/ 1 tsp unsalted butter 3/4c Fruit cocktail |
| **MONDAY 18, 2023****8 oz Pork Posole**(1oz RC, 1/2c hominy, 3oz Pork)1/3c Roasted Zucchini1c Tossed salad w/ 2 TBSP FF Ranch Dressing1 6in WW Flour Tortilla 1/2c Mango | **TUESDAY 19, 2023****GC Cheese Chicken Sandwich**(1bun, 3oz chicken Breast, .5oz Cheese, 2 TBSP GC)1/2c Celery sticks1/2c baby carrots w/ 1 tsp margarine1oz Sun chips1/2c Peaches | **WEDNESDAY 20, 2023****Grilled Cheese Sandwich** (1 oz cheese, 2 ww slices wheat bread)1c LS tomato soup1c Capri Vegetables w/ 1 tsp margarine1 HB Egg5oz nonfat vanilla Greek yogurt1c Tropical fruit Salad in light syrup  | **THURSDAY 21, 2023****Christmas Dinner**2 oz Christmas Ham1/3c Sweet Potatoes w/ 1/3c Chopped pecans1/2c green beans w/ 1/4c red peppers w/ 1 tsp unsalted butter 1 WW roll 1c fruit salad w/ 5oz Nonfat vanilla yogurt 1 sugar cookie | **FRIDAY 22 2023****1 Chile relleno**(1oz Crust, 1oz Cheese, 1 pepper)1/2c LS pinto beans1c Mediterranean Blend w/ 1 tsp unsalted butter 1 6in. WW flour tortilla w/ 1 tsp unsalted butter 1 apple  |
| **MONDAY 25, 2023**Closed | **TUESDAY 26, 2023**Closed | **WEDNESDAY 27, 2023****Hot Dog**(1oz turkey frank, 1 WW bun, 1/2c LS Ranch Beans 1/3c Parsley Potatoes1/2c LS LF Broccoli Salad ½ c Blueberries in Crisp | **Thursday 28, 2023**Chicken Fajitas(3oz Chicken, 1/2c peppers and onion, 1 6in Flour Tortilla)1/2c Yellow Squash1/2c Black Beans1/2c Apricots | **Friday 29, 2023****Spaghetti with meat sauce**(1/2c Pasta, 5oz meat sauce (3oz meat, 2oz LS Marinara Sauce)1c Italian Blend Vegetables1c Tossed Salad w/ 2 TBSP FF Italian DressingBanana |

***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:****1** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 700 or more | 772.8 | 720.9 | 703.8 | 700.6 | 788.0 |
| % Carbohydrates from Calories | 45-55% | 49.7 | 49.3 | 53.5 | 49.1 | 54.5 |
| % Protein from Calories | 15-25% | 25.0 | 24.5 | 21.0 | 22.5 | 18.8 |
| % Fat from Calories | 25-35% | 25.3 | 26.2 | 25.4 | 28.4 | 26.7 |
| Saturated Fat | less than 8g | 7.2 | 7.6 | 7.4 | 7.8 | 5.5 |
| Fiber | 10g or more | 12.3 | 11.9 | 11.4 | 11.6 | 14.8 |
| Vitamin B-12 | .8ug or more | 1.5 | 2.3 | 2.6 | 2.1 | 2.0 |
| Vitamin A | 300ug RAE or more | 769.3 | 496.0 | 681.0 | 613.7 | 420.5 |
| Vitamin C | 30mg or more | 45.4 | 62.6 | 70.4 | 72.9 | 59.4 |
| Iron | 2.6mg or more | 5.0 | 4.8 | 4.5 | 3.5 | 59.2 |
| Calcium | 400mg or more | 458.3 | 617.3 | 522.0 | 612.5 | 458.4 |
| Sodium | less than 766mg | 764.0 | 747.8 | 766.1 | 763.8 | 660.1 |

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