|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8 oz 1% Mil Served with  All 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 Dressing  1c 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 soup  4 LS WW Crackers  1c California Blend Vegetables w/ 1 tsp unsalted butter  3/4c Vanilla Greek non fat yogurt  1/2c Mandarin oranges | **TUESDAY 5, 2023**  **4oz LS Baked Tilapia**  1c Coleslaw w/ 2 TBSP Dressing  1/2c LS Brown Rice Pilaf  1/2c Brussels Sprouts  Wheat 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 Spinach  1/2c 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 vegetables  Wheat roll w/ 1 tsp margarine  1/2c SF Gelatin w/ 1/2c banana | **TUESDAY 5, 2023**  3oz Lean Pork Chop  1oz LS Gravy  1/2c Parsley Potatoes  1/2c Beets  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Garlic Knot  Bartlett 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 beans  1/2c Nonfat vanilla yogurt  1c 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 Gravy  1/2c Red Roasted Potatoes  1/2c 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 fries  1c 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 Zucchini  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  1 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 sticks  1/2c baby carrots w/ 1 tsp margarine  1oz Sun chips  1/2c Peaches | **WEDNESDAY 20, 2023**  **Grilled Cheese Sandwich**  (1 oz cheese, 2 ww slices wheat bread)  1c LS tomato soup  1c Capri Vegetables w/ 1 tsp margarine  1 HB Egg  5oz nonfat vanilla Greek yogurt  1c Tropical fruit Salad in light syrup | **THURSDAY 21, 2023**  **Christmas Dinner**  2 oz Christmas Ham  1/3c Sweet Potatoes w/ 1/3c Chopped pecans  1/2c 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 beans  1c 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 Potatoes  1/2c 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 Squash  1/2c Black Beans  1/2c Apricots | **Friday 29, 2023**  **Spaghetti with meat sauce**  (1/2c Pasta, 5oz meat sauce (3oz meat, 2oz LS Marinara Sauce)  1c Italian Blend Vegetables  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Banana |

***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