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| **All Meals Served With 8 oz.**  **1% Low Fat Milk** |  | **Wednesday 1**  **3 oz. Pork Chops**  **1/2 c Mashed Potatoes W/**  **1 oz. Low Sodium Gravy**  **1/2c Beets**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Apple Sauce** | **Thursday 2**  **3 oz. Chicken Fried Steak**  **1/2 c Mashed Potatoes W/**  **1 oz. Low Sodium Gravy**  **1/2c Corn & ½ c Red Pepper**  **1c Salad w/ 1T Low Fat Dressing**  **1 WW Roll w/ 1 tsp. Margarine**  **1Sl Pineapple Upside-Down Cake** | **Friday 3**  **3 oz. Salmon Steak**  **1/2c Fried Potatoes**  **1/2c Spinach, ½ c Mushrooms and Onions**  **1c Salad w/ 1T Low Fat Dressing**  **1 sl. Garlic Bread**  **1/2c Fruit Cocktail Cake** |
| **Monday 6**  **Red Chicken Enchiladas**  **(3 oz. Chicken, 1oz. Cheese, 1/4c Red Chile, 2 oz. Corn Tortillas)**  **1/2c Lettuce, Tomato & Onions**  **1/2c LS Spanish Rice**  **1/2c LS Pinto Beans**  **2 oz Wacky Cake** | **Tuesday 7**  **3 oz. Salisbury Steak W/**  **1 oz. Low Sodium Gravy**  **1 med. Baked Potato**  **1/2c Peas & Carrots**  **1 WW Roll w/ 1 tsp. Margarine**  **1c Salad w/ 1T Low Fat Dressing**  **1/2c Peaches** | **Wednesday 8**  **3 oz. Popcorn Shrimp**  **1 TBSP Tarter Sauce**  **7 French Fries**  **1/2c Coleslaw w/ 1TBSP Dressing**  **1/2c Broccoli Salad**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Strawberries on**  **1 sl. Angel Food Cake** | **Thursday 9**  **4oz. Meatloaf**  **1/2c Mashed Potatoes/**  **1 oz. Low Sodium Gravy**  **1/2c Mixed Veggies**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Mandarin Oranges** | **Friday 10**  **Chef Salad**  **(0.5oz LS Ham, 1oz Turkey, 1oz LS Cheese, 1c Lettuce & Tomato,**  **2T Low Fat Dressing)**  **6 LS WW Crackers**  **1 Boiled Egg**  **2 oz Lemon Bar** |
| **Monday 13**  **Fish Sandwich**  **(3 oz. Fish, 1 Bun, 1/2c Lett, Tom & Onion) w/ 1 TBSP Tarter Sauce**  **1/2c Roasted Potatoes**  **1/2c Coleslaw w/ 1 TBSP Dressing**  **1 SF PB Cookie** | **Tuesday 14**  **Unstuffed Cabbage**  **(W/1/4c Rice, 3 oz. Ground Beef,**  **1/2c Cabbage)**  **1/2c Mixed Vegetables**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Spice Apples** | **Wednesday 15**  **1/2c Spaghetti W/**  **4 oz. Meat Sauce**  **1/2c Green Beans**  **1c Salad w/ 1T Low Fat Dressing**  **1 sl. Garlic Bread**  **1/2c Pears** | **Thursday 16**  **Beef Fajitas**  **(3oz Beef, 1/4c Peppers & Onion, 1 Tortilla), 1 oz LS Cheese**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1c Salad w/1T Low Fat Dressing**  **1/2c Pineapple** | **Friday 17**  **3 oz. BBQ Chicken 1 TBSP BBQ Sauce**  **1/2c Chuck Wagon Corn**  **1/2c NAS Baked Beans**  **1c Green Salad w/**  **1 T Low Fat Dressing**  **1 sl. Cornbread w/ 1 tsp. Margarine**  **1/2c Peaches** |
| **Monday 20**  **Beef Tacos**  **(3 oz. Beef, 1/2c Lett, Tom & Onion, 2 Corn Tortillas), 1 oz LS Salsa**  **1/2c Spanish Rice**  **1 c Pinto Beans**  **1 Chocolate Chip Cookie** | **Tuesday 21**  **Roast Beef Sandwich**  **(3oz LS LF Beef, 0.5 LF oz Cheese, 1/2c Lettuce, Tomato, 2 sl Bread)**  **1/2c Tomato & Onion Salad**  **1 oz. Potato Chip**  **1 c Grapes** | **Wednesday 22**  **Chef Salad**  **(0.5oz LS Ham, 1oz Turkey, 1oz LF Cheese, 1c Lettuce & Tomato,**  **2T Low Fat Dressing)**  **6 LS WW Crackers**  **1 Boiled Egg**  **1 Orange** | **Thursday 23**  **2 oz. Low Sodium Baked Ham**  **1/2c SKINNY CHEESY POTATO CASSROLE Potatoes (1 oz LS Cheese)**  **1c Green Beans**  **1 Wheat Roll w/ 1 tsp. Margarine**  **1 c Apricots** | **Friday 24**  **Closed**  **For**  **Christmas!!!** |
| **Monday 27**  **3oz Pepper Steak w/2oz Gravy**  **4oz Mashed Potatoes**  **4oz Peas and Carrots**  **1WW Roll**  **4oz Fruit Cocktail**  **1 Sugar Cookie** | **Tuesday 28**  **Turkey Sandwich**  **(3 oz. Turkey 1/2c Lettuce, Tomato, 2 sl. Bread)**  **1/2c Green Beans**  **1 oz. Potato Chip**  **1 Granola Bar**  **1 Apple** | **Wednesday 29**  **Loaded Pizza**  **(1oz Beef, 1oz Cheese, 1oz Low Sodium Sausage, 1oz Sauce, 1/4c Veggies, 1oz Crust)**  **1c Salad w/1 T Low Fat Dressing**  **1 SF Brownie** | **Thursday 30**  **6 oz Red Beef Enchiladas**  **(3 oz. Beef, 1oz. Cheese, 1/4c Red Chile, 2 oz. Corn Tortillas)**  **1/2c Lettuce, Tomato &Onions**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 sl. Wacky Cake** | **Friday 31**  **3 oz. Baked Chicken**  **1 med. Baked Potato**  **1/2c Mixed Veggies**  **1c Salad w/ 2T Low Fat Dressing**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Apples in 1/4c Crisp** |

***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:** | **Days in Week:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 766.2 | 788.6 | 833 | 771 | 793 |
| % Carbohydrates from Calories | 45-55% | 50.1% | 51.0% | 47.2% | 48.0% | 52.4% |
| % Protein from Calories | 15-25% | 20.8% | 19.7% | 23.0% | 22.1% | 20.9% |
| % Fat from Calories | 25-35% | 29.1% | 29.2% | 29.8% | 30.0% | 26.7% |
| Saturated Fat | less than 8g | 6.6g | 8.0g | 7.9g | 7.4g | 7.1g |
| Fiber | 10g or more | 10.0g | 10.9g | 12.5g | 13.5g | 12.8g |
| Vitamin B-12 | .8ug or more | 2.6ug | 2.0ug | 3.1ug | 2.6ug | 2.3ug |
| Vitamin A | 300ug RAE or more | 678.8ug | 675.0.7ug | 527.6ug | 639.2ug | 810ug |
| Vitamin C | 30mg or more | 58.4mg | 40mg | 44.7mg | 43.8mg | 43mg |
| Iron | 2.6mg or more | 6.2mg | 5.2mg | 5.5mg | 6.1mg | 6.0mg |
| Calcium | 400mg or more | 492.3mg | 528mg | 546.5mg | 551.1mg | 526.3mg |
| Sodium | less than 766mg | 760mg | 763mg | 658mg | 757mg | 760mg |

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.

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