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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.

 Constance Rudnicki MS, RDN, LD