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| --- | --- | --- | --- | --- |
|  |  | **WEDNESDAY 1, 2023****1% Milk** **Cinnamon Multigrain Oatmeal****(1 cup oatmeal, w/ 1 tsp Cinnamon)****1 wheat Toast with 1 tsp Margarine****½ Grapefruit** | **THURSDAY 2, 2023****Huevos Rancheros****with Egg, Cheese & Chile****(1 wheat tortilla, 2 egg, 0.5oz LS Cheese, 2 oz Green Chile),** **1 oz reduced fat Sausage Link****8 oz LS V-8 Juice****1/2c pinto beans****1/2 c Tropical Fruit Salad** | **FRIDAY 3, 2023****Breakfast Burrito with****Egg, Bacon, Cheese, Chili****And Hash browns****(1 Wheat tortilla, 1 egg, 1 slices of LS Bacon, 0.5oz Cheese, 2 oz Green chile, 1/2c Hashbrowns)****1/2c Pineapple** |
| **MONDAY 6, 2023****1 c Bran Flakes****½ 7in Waffle with 1 TBSP Syrup****1oz LS Grilled Ham****1/2c Chilled Peaches** | **TUESDAY 7, 2023****6 oz Malt-O-Meal****1 oz Chia Seeds****English Muffin with****1 Egg, 1 oz Reduced Fat Sausage & 1 oz Cheese****1 oz Green Chile****1/2c Mixed Fruit** | **WEDNESDAY 8, 2023****1 c Multigrain Oatmeal****1 Scrambled Eggs****1/2c Red & Sweet Potatoes****1/2c Peppers & Onions****2 slice Canadian Bacon****Orange** | **THURSDAY 9, 2023****2 Pancakes with****1 TBSP Syrup & 1 TBSP Margarine****½ c Potatoes with****1/2c Peppers & Onions****Apple** | **FRIDAY 10, 2023****1c Cheerios** **1 sl French Toast****With 1 TBSP Syrup****2 slices LS Bacon****1/2 c Sliced Pears** |
| **MONDAY 13, 2023****1% Milk** **Biscuit with****2oz LS Country Gravy****1 oz Reduced Fat Sausage Patty****4oz Cooked Spinach w/ 1/2c onions****1 Orange** | **TUESDAY 14, 2023****1% milk** **6 oz Malt-O-Meal****1 oz Chia Seeds****Ham, Egg & Cheese****Croissant****(1 croissant, 1 oz LS Ham, 0.5 oz LS Cheese, 1 Egg)****Apple** | **WEDNESDAY 15, 2023****1% milk** **Cinnamon Multigrain Oatmeal****(1 cup oatmeal, w/ 1 tsp Cinnamon)****1/4c Raisins****1 wheat Toast with 1 tsp Margarine****½ Grapefruit** | **THURSDAY 16, 2023****1% milk** **Huevos Rancheros****with Egg, Cheese & Chile****(1 wheat tortilla, 1 egg, 0.5oz LS Cheese, 1 oz Green Chile),** **1 oz reduced fat Sausage Link****8 oz LS V-8 Juice****1 c Tropical Fruit Salad** | **FRIDAY 17, 2023****Breakfast Burrito with****Egg, Bacon, Cheese, Chili****And Hash browns****(1 Wheat tortilla, 1 egg, 2 slices of LS Bacon, 0.5oz Cheese, 1 oz Green chile, 1/2c Hashbrowns)****1 c Pineapple** |
| **MONDAY 20, 2023****1 c Bran Flakes****½ 7in Waffle with 1 TBSP Syrup****1oz LS Grilled Ham****1/2c Chilled Peaches** | **TUESDAY 21, 2023****6 oz Malt-O-Meal****1 oz Chia Seeds****English Muffin with****1 Egg, 1 oz Reduced Fat Sausage & 1 oz Cheese****1 oz Green Chile****1/2c Mixed Fruit** | **WEDNESDAY 22, 2023****1 c Multigrain Oatmeal****1 Scrambled Eggs****1/2c Red & Sweet Potatoes****1/2c Peppers & Onions****2 slice Canadian Bacon****Orange** | **THURSDAY 23, 2023****2 Pancakes with****1 TBSP Syrup & 1 TBSP Margarine****½ c Potatoes with****1/2c Peppers & Onions****Apple** | **FRIDAY 24, 2023****1c Cheerios** **1 sl French Toast****With 1 TBSP Syrup****2 slices LS Bacon****1/2 c Sliced Pears** |
| **MONDAY 27, 2023****1% Milk** **WW Biscuit with****2oz LS Country Gravy****1 oz Reduced Fat Sausage Patty****4oz Cooked Spinach w/ 1/2c onions****1 Orange** | **TUESDAY 28, 2023****6 oz Malt-O-Meal****.5oz Chia Seeds****Ham, Egg & Cheese****Croissant****(1 croissant, 1 oz LS Ham, 0.5 oz Cheese, 1 Egg)****Apple** |  |  |  |

***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:****3** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 601.5 | 636.4 | 653.9 | 636.4 | 608.8 |
| % Carbohydrates from Calories | 45-55% | 53.9 | 54.9 | 54.6 | 54.9 | 48.8 |
| % Protein from Calories | 15-25% | 18.0 | 16.5 | 16.8 | 16.5 | 18.4 |
| % Fat from Calories | 25-35% | 28.1 | 28.5 | 28.6 | 28.5 | 32.8 |
| Saturated Fat | less than 8g | 7.9 | 7.3 | 8.0 | 7.3 | 7.8 |
| Fiber | 10g or more | 10.6 | 10.0 | 10.3 | 10.0 | 10.5 |
| Vitamin B-12 | .8ug or more | 1.8 | 3.6 | 1.6 | 3.6 | 1.6 |
| Vitamin A | 300ug RAE or more | 326.8 | 376.9 | 359.0 | 376.9 | 495.6 |
| Vitamin C | 30mg or more | 69.3 | 66.3 | 61.7 | 66.3 | 43.3 |
| Iron | 2.6mg or more | 3.6 | 12.9 | 6.9 | 12.9 | 9.4 |
| Calcium | 400mg or more | 503.8 | 552.9 | 595.0 | 552.9 | 650.0 |
| Sodium | less than 766mg | 681.1 | 743.2 | 684.1 | 743.2 | 755.2 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the Breakfast calorie level of 450. 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