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| --- | --- | --- | --- | --- |
| **MONDAY 3, 2021****1 c Bran Flakes****1/2 Waffle with 1 TBSP Syrup****1 oz LS Grilled Ham****1/2c Chilled Peaches** | **TUESDAY 4, 2021****8 oz Malt-O-Meal****1 Wheat English Muffin with****1 oz Egg, 0.5 oz LS Cheese & 1 oz LF Turkey Sausage Patty****1 oz Green Chile****3/4 c LS hashbrowns w/ ½ c peppers and onions****½ c Mixed Fruit** | **WEDNESDAY 5, 2021****8 oz Cinnamon Multigrain Oatmeal****1 TBSP Raisins****1 Wheat Toast with 2TBSP Natural peanut butter w/ 1 TBSP SF Jelly****½ Grapefruit**  | **THURSDAY 6, 2021****Huevos Rancheros****(1-8in Wheat tortilla, 2 oz egg, 0.5 oz LS Cheese, 1 oz Chile)****with Egg, Cheese & Chile****1 c spinach, onions, and peppers** **1 oz Turkey Sausage Link****1 c LS V-8 Juice** **½ c Applesauce** | **FRIDAY 7, 2021****3/4c Cheerios** **1 slice WW French Toast****With 1 TBSP Syrup** **1 oz LS Bacon** **1 c Roasted Asparagus w lemon wedge** **1/2c Sliced Pears w/ 4 oz nonfat Greek vanilla yogurt**  |
| **MONDAY 10, 2021****WW Biscuit with****2 oz LF Country Gravy****1 oz LF Turkey Sausage Patty****3/4 c spinach****Orange** | **TUESDAY 11, 2021****8 oz Malt-O-Meal****Ham, Egg & Cheese****1 oz LS Ham, 1oz Egg, 1 oz LS Cheese****1 Petite Croissant****Apple** | **WEDNESDAY 12, 2021****8 oz Cinnamon Multigrain Oatmeal****1 TBSP Raisins****1 Wheat Toast with 2TBSP Natural peanut butter w/ 1 TBSP SF Jelly****½ Grapefruit**  | **THURSDAY 13, 2021****Huevos Rancheros****(1-8in Wheat tortilla, 2 oz egg, 0.5 oz LS Cheese, 1 oz Chile)****with Egg, Cheese & Chile****1 c spinach, onions, and peppers** **1 oz Turkey Sausage Link****1 c LS V-8 Juice** **½ c Applesauce** | **FRIDAY 14, 2021****3/4c Cheerios** **1 slice WW French Toast****With 1 TBSP Syrup** **1 oz LS Bacon** **1 c Roasted Asparagus w lemon wedge** **1/2c Sliced Pears w/ 4 oz nonfat Greek vanilla yogurt French Toast****With Syrup****Bacon****Sliced Pears** |
| **MONDAY 17, 2021****All Kitchens Closed** | **TUESDAY 18, 2021****8 oz Malt-O-Meal****1 Wheat English Muffin with****1 oz Egg, 0.5 oz LS Cheese & 1 oz LF Turkey Sausage Patty****1 oz Green Chile****3/4 c LS hashbrowns w/ ½ c peppers and onions****1 c Mixed Fruit** | **WEDNESDAY 19, 2021****8 oz Cinnamon Multigrain Oatmeal****1 TBSP Raisins****1 Wheat Toast with 2TBSP Natural peanut butter w/ 1 TBSP SF Jelly****½ Grapefruit**  | **THURSDAY 20, 2021****Huevos Rancheros****(1-8in Wheat tortilla, 2 oz egg, 0.5 oz LS Cheese, 1 oz Chile)****with Egg, Cheese & Chile****1 c spinach, onions, and peppers** **1 oz Turkey Sausage Link****1 c LS V-8 Juice** **½ c Applesauce** | **FRIDAY 21, 2021****3/4c Cheerios** **1 slice WW French Toast****With 1 TBSP Syrup** **1 oz LS Bacon** **1 c Roasted Asparagus w lemon wedge** **1/2c Sliced Pears w/ 4 oz nonfat Greek vanilla yogurt French Toast****With Syrup****Bacon****Sliced Pears** |
| **MONDAY 24, 2021****WW Biscuit with****1 oz LF Country Gravy****1 oz LF Turkey Sausage Patty****1 c spinach** **Orange** | **TUESDAY 25, 2021****8 oz Malt-O-Meal****Ham, Egg & Cheese****1 oz LS Ham, 1oz Egg, 1 oz LS Cheese** **1 Petite Croissant****Apple** | **WEDNESDAY 26, 2021****8 oz Cinnamon Multigrain Oatmeal****1 TBSP Raisins****1 Wheat Toast with 2TBSP Natural peanut butter w/ 1 TBSP SF Jelly****½ Grapefruit**  | **THURSDAY 27, 2021****Huevos Rancheros****(1-8in Wheat tortilla, 2 oz egg, 0.5 oz LS Cheese, 1 oz Chile)****with Egg, Cheese & Chile****1 c spinach, onions, and peppers** **1 oz Turkey Sausage Link****1 c LS V-8 Juice** **½ c Applesauce** | **FRIDAY 28, 2021****1 c Cheerios** **1 slice WW French Toast****With 1 TBSP Syrup and 1 tsp margarine** **1 oz LS Bacon** **1 c Roasted Asparagus w lemon wedge** **1/2c Sliced Pears w/ 4 oz nonfat Greek vanilla yogurt** **1 TBSP Margarine** |
| **MONDAY 31, 2021****Biscuit with****2 oz LF Country Gravy****1 oz LF Turkey Sausage Patty****3/4 c spinach** **Orange** |  |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 450 or more | 656 | 605.5 | 644.3 | 595.9 | 457.0 |
| % Carbohydrates from Calories | 45-55% | 55.1 | 51.951.8 | 55.9 | 52.6 | 44.6 |
| % Protein from Calories | 15-25% | 17.3 | 18.7 | 18.1 | 18.4 | 20.9 |
| % Fat from Calories | 25-35% | 27.6 | 29.4 | 25.9 | 28.9 | 34.5 |
| Saturated Fat | less than 8g | 7.9 | 7.8 | 8.0 | 7.7 | 6.1 |
| Fiber | 10g or more | 10.0 | 10.0 | 10.0 | 10.1 | 10.4 |
| Vitamin B-12 | .8ug or more | 3.5 | 1.9 | 2.0 | 1.9 | 1.5 |
| Vitamin A | 300ug RAE or more | 448.0 | 528.5 | 443.5 | 616.3 | 1042.0 |
| Vitamin C | 30mg or more | 72.3 | 60.2 | 68.8 | 60.5 | 73.8 |
| Iron | 2.6mg or more | 12.0 | 7.4 | 8.5 | 7.9 | 4.2 |
| Calcium | 400mg or more | 555.0 | 576.0 | 582.8 | 592.3 | 711.9 |
| Sodium | less than 766mg | 729.7 | 686.8 | 678.1 | 716.1 | 748.6 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the breakfast calorie level of 450 calories or more. 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