|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 3, 2022**  **3 oz. Chicken**  **1/2c Scalloped Potato**  **1c Green Beans w/Onions**  **1 Sl. Wheat breadl w/ 1 tsp. Margarine**  **¾ c Strawberries** | **Tuesday 4, 2022**  **Frito Pie**  **(3 oz. Beef, 1 oz Red Chile,**  **1 oz. Lightly salted Fritos)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **8 Baby Carrots w 1 TBSP Light Ranch Dressing**  **1/2c Applesauce** | **Wednesday 5, 2022**  **4 oz. Pork Carne Adovada**  **(3oz Pork, 2 oz Sauce)**  **1c Yellow Squash w/Onion**  **1/2c LS Spanish Rice**  **1 Flour Tortilla**  **1/2c Fruit Cocktail** | **Thursday 6, 2022**  **Chicken A La King**  **(3 oz. Chicken, 1oz. Sauce,**  **1/2c Veggies)**  **1/2c Steam Brown Rice**  **1 cup broccoli w/ diced red pepper**  **1 Chive biscuit w/ 1 tsp. Margarine**  **1/2c Cherry Crisp** | **Friday 7, 2022**  **4 oz BBQ Lean Beef Brisket**  **(3oz Brisket, 2 TBSP Barbecue Sauce)**  **½ c LS Baked Beans**  **½ c Chuckwagon Blend**  **½ c Carrot Raisin Salad**  **Cornbread w 1 tsp Margarine**  **½ c Grapes** |
| **Monday 10, 2022**  **Chili Cheese Dog**  **(1 oz. LS Frank, 2 oz. Beef Red Chili, 0.5oz. LF Cheese, 1 Bun)**  **1/2c Baby Carrot**  **1/2c Capri Vegetables**  **1/2c Sliced Apples** | **Tuesday 11, 2022**  **5 oz. Swedish Meat Ball**  **(3 oz Meatball, 2 oz sauce)**  **1/2c Egg Noodle**  **1/2 c Lima Beans & Corn**  **½ c asparagus w 1/3c slivered almonds**  **1tsp Margarine**  **1/2c Pears** | **Wednesday 12, 2022**  **3 oz. Baked Chicken Nuggets**  **1 TBSP BBQ Sauce**  **1/2c Beets**  **1/2c Mixed Vegetable w/ 1 tsp margarine**  **1/2c Peaches w/ 8 animal crackers** | **Thursday 13, 2022**  **Meat & Bean Burrito**  **(3 oz. Beef, 1 oz Red Chile,**  **1/2c Beans, 1 10in Tortilla)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Spanish Rice**  **1/2c Apple Sauce** | **Friday 14, 2022**  **8 oz (LS Manhattan Clam Chowder)**  **(3 oz. Clams, ½ c potatoes,)**  **1/2c Brussel Sprout**  **1/2c Tossed Salad w/**  **1T Low Fat Dressing**  **6 LS Crackers**  **1/2c SF LF Pudding** |
| **Monday 17, 2022**  **SENIOR CENTER CLOSED**  **MARTIN LUTHER KING**  **BIRTHDAY** | **Tuesday 18, 2022**  **Ham & Cheese Sandwich**  **(2 oz. Low Sodium Ham,**  **1 oz. LS Swiss Cheese, 2 sl. Light Wheat Bread)**  **1 1/2c LS Tomato Soup**  **1 oz. LS Potato Chips**  **1/2c Kiwi w ½ c SF Gelatin**  **1% Milk\*\*\*** | **Wednesday 19, 2022**  **Red Chile Cheese Enchiladas**  **(2oz. LF Cheese, 2 oz. Red Chile,**  **2 Corn Tortillas)**  **1/2c LS Pinto Beans**  **1c Lettuce & Tomato**  **1/2c LS Spinach Rice**  **¾ c Dark Cherries w 4oz Nonfat Vanilla yogurt**  **1% Milk\*\*\*** | **Thursday 20, 2022**  **Spinach Quiche**  **(2 med. Cholesterol free Eggs, 1/2c Spinach,1/3 c onions, 1/3 c LS Pine Nuts**  **1/2c Sweet Potatoes**  **1 Garlic Bread**  **3/4c Baked Apples**  **1% MILK\*\*\*** | **Friday 21, 2022**  **3 oz. Fish Stick w/**  **2T Tartar Sauce**  **1/2c Wild Rice**  **1/2c Coleslaw w/ 1 TBSP LF Dressing**  **¾ c Green Beans**  **1/2c SF LF Ice Cream**  **1% Milk \*\*\*** |
| **Monday 24, 2022**  **Stuffed Potato w/3 oz Lean Beef Strips**  **2 TBSP LF Sour Cream, 1 TBSP Chives**  **1 oz Green Chili**  **½ c 5 way vegetable**  **Cinnamon Peaches w/ 4 graham crackers** | **Tuesday 25, 2022**  **3 oz. Baked Chicken Wings**  **1/2c Potato Salad**  **8 Carrots Stix and 4 Celery sticks w/**  **2T LF Ranch**  **1 Wheat roll w/**  **1 tsp. Margarine**  **1/2c SF Pudding** | **Wednesday 26 2022**  **4 oz. Beef Pattie w/ 1/4c Onions**  **1/2c Mashed Potato w/**  **2 oz Low Sodium Gravy**  **1c Country Blend**  **1 wheat roll w/ 1 tsp. Margarine**  **1c Apricots** | **Thursday 27, 2022**  **BBQ Ribs Sandwich**  **(3 oz. Lean Pork, 1 oz. BBQ Sauce,**  **1 Bun)**  **1c Chuck Wagon Blend**  **¾ c LS Baked Beans**  **1/2c Baked Apples** | **Friday 28, 2022**  **Crab Salad Sandwich**  **(3 oz. Crab Salad, 1/2c Lettuce & Tomato, 1 Wheat Bun)**  **1/2c Cucumber Salad**  **1 oz. Lightly Salted Potato Chips**  **1c Pears** |
| **Monday 31, 2022**  **6 oz LS LF Chile Macaroni**  **(3 oz. Beef, 1 oz Red Chile,**  **1/2c Macaroni, 1 oz LF Cheese)**  **¾ c Tossed Salad w/ 2 TBSP Light Dressing w/ 4 LS Saltines**  **1 c Bermdua Vegetables**  **1/2c Plums** |  |  |  | **8 oz-2% Milk Served With Meals**  **Occasionally We Must**  **Substitute Food Items**  **We Are Sorry For The**  **Inconvenience** |

***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 | 700 or more | 729.4 | 706 | 799.7 | 790.6 | 706.8 |
| % Carbohydrates from Calories | 45-55% | 50.9 | 47.1 | 48.3 | 51.7 | 49.3 |
| % Protein from Calories | 15-25% | 24.1 | 23.1 | 18.3 | 19.5 | 23.5 |
| % Fat from Calories | 25-35% | 25.0 | 29.7 | 33.5 | 28.8 | 27.3 |
| Saturated Fat | less than 8g | 6.5 | 7.6 | 6.7 | 7.8 | 8.0 |
| Fiber | 10g or more | 10.3 | 10.8 | 11.8 | 10.4 | 10.8 |
| Vitamin B-12 | .8ug or more | 2.3 | 4.4 | 1.9 | 2.9 | 3.6 |
| Vitamin A | 300ug RAE or more | 539 | 467.6 | 567.3 | 427.1 | 475.0 |
| Vitamin C | 30mg or more | 56.4 | 25.3 | 41.2 | 37.0 | 33.2 |
| Iron | 2.6mg or more | 4.7 | 5.2 | 4.9 | 3.8 | 6.3 |
| Calcium | 400mg or more | 526.3 | 506.7 | 591.4 | 469.9 | 450.7 |
| Sodium | less than 766mg | 625.3 | 730.6 | 689.5 | 757.6 | 646.4 |

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