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| **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***

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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:****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