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|  |  | **WEDNESDAY FEBRUARY 1** 8oz Beef stew(3oz Beef, 1/2c Vegetables)1/2c Cabbage w/ 1 tsp Margarine Whole Wheat roll w/ 1 tsp margarine1/2c Diced Peaches  | **THURSDAY FEBRUARY 2** 3oz Chicken Tenders1/2c Mashed Potatoes2oz LS Country(Pepper) Gravy1/2c Okra2oz Cornbread1/2c Apples in Cobbler  | **FRIDAY FEBRUARY 3**Frito Pie(1oz Corn Chips, 2oz Red chile sauce, 3oz Ground Beef,1/2c Lettuce and tomato, .5oz Cheese, 1/4c Onions)1/2c LS Pinto Beans1c Tossed Saad w/ 2 TBSP Light Dressing1/2c Diced Mango  |
| **MONDAY FEBRUARY 6**3oz Salisbury Steak1c Broccoli w/ Red pepper strips 1/2c LS Rice Pilaf w/ 1tsp margarine3/4c Fruit Cocktail1/2c Tossed Salad w/ 1 TBSP Light Dressing2oz cornbread w/ 1tsp margarine | **TUESDAY FEBRUARY 7**4oz LS Cod w/1 tsp Mrs. Dash10 NAS French Fries 1c Coleslaw w/ 2 TBSP Dressing1c Zucchini w/ Diced Tomatoes 1oz Tatar SauceWheat roll w/ 1 tsp margarine1/2c Berries in Cobbler | **WEDNESDAY FEBRUARY 8**8oz Green chili Chicken Soup(3oz Chicken, 1oz GC, 1/2c Potatoes)1c Calabacitas 1c Tossed Salad w/ 2 TSP Light DressingWW roll w/ 1 tsp margarine1c Mixed Fruit | **THURSDAY FEBRUARY 9**3oz Braised Pork Chops 1c Brown Rice w/ 1/2c Mushrooms 1/2c LS Stewed Tomatoes Whole wheat Roll w/ 1 tsp margarine1c Grapes1/2c LF Lemon Pudding | **FRIDAY FEBRUARY 10**3oz Grilled Chicken Breast w/ 2oz LS Gravy 1/2c Carrots w/ 1 tsp Parsley1c Buttered New Potatoes WW Roll w/ 1 tsp margarine1c Fruit Salad |
| **MONDAY FEBRUARY 13**3oz LS Tilapia, 1/2tsp Mrs Dash, 1oz Tartar Sauce, 1/2c Brown/Wild Rice, w 1/4c Spinach1c Broccoli and Cauliflower Whole Wheat roll w/ 1 tsp Margarine1 chocolate chip cookie  | **TUESDAY FEBRUARY 14**3oz Chicken Drumstick12c Thin Spaghetti1c Asian Vegetables w/ 1 tsp margarineWW Roll w/ 1 tsp Margarine1c Apricots  | **WEDNESDAY FEBRUARY 15**8oz Red chile Pork Posole(2oz Red chile Sauce, 1/2c Hominy, 3oz Pork)1c Tossed Salad w/ 2 TBSP Light Dressing1 6in Flour Tortilla1/2c Tropical Fruit salad  | **THURSDAY FEBRUARY 16**4oz Chicken Cordon Bleu(2oz Chicken, 1oz LS Ham, .5oz Cheese)1c Tossed Salad w/ 2TBSP Light Dressing1c Asparagus w/ Mushrooms½ Baked Potato w/ 1 tsp Margarine1/2c Spiced Apples  | **FRIDAY FEBRUARY 17**Green Chile Cheeseburger(1bun, 1oz GC, 3oz Patty, .5oz Cheese, 1/2c Lettuce, 2 slices tomato, 1 slice onion)1/2c Okra 1c Cucumber salad1 Banana |
| **MONDAY FEBRUARY 20** BBQ chicken Sandwich(3oz Chicken, 1oz LS BBQ Sauce, 1 bun)1c Tossed Salad w/ 2 TBSP Light Dressing1/2c LS Ranch Beans3/4c Green Beans w. 1 tsp margarine 1c Watermelon  | **TUESDAY FEBRUARY 21**8 oz Tater tot Casserole(3oz Beef, 1/2c County Blend Vegetables, 1/4c Tater tots)1c Tossed salad w/ 2 TBSP Light DressingWW Roll w/ 1 tsp Margarine1/2c Strawberries  | **WEDNESDAY FEBRUARY 22**3oz Canned Tuna w/ 1/4c Mango Salsa1/2c LS Rice Pilaf1c Capri Vegetables w/ 1tsp margarine6 LS WW Crackers 1c Mandarin Oranges  | **THURSDAY FEBRUARY 23**Spaghetti and Meatballs(1/2c Spaghetti, 3oz Meatballs, 2oz NAS Marinara Sauce) 1/2c Tossed Salad w 1 TBSP Light dressing1c Italian blend Vegetables w/ 1 tsp margarine Breadstick1c Honeydew melon  | **FRIDAY FEBRUARY 24**Chicken parmesan(3oz Chicken, 1 tsp parm cheese, 2oz NAS Marinara Sauce, .5oz Mozzarella Cheese, 1 bun)1c 5 way vegetables w/ 1 tsp margarine 1c Tossed Salad w/ 1 TSP Light dressing1/2c SF Gelatin |
| **MONDAY FEBRUARY 27**Hot Open Faced TurkeySandwich(1 slice wheat bread, 3oz LS Turkey Breast )1/2c Mashed Potatoes w/2oz LS Gravy1/2c Roasted Beets and Carrots 3/4c Tomatoes & onion Salad 1c Peaches  | **TUESDAY FEBRUARY 28**3oz Meatloaf1/2c Scalloped Potatoes1/2c Spinach w/ 1/2c Pearl onions w/ 1 tsp margarine1c Tossed Salad w/ 2 TBSP light DressingWW roll w/ 1 tsp Margarine1/2c Cherry Cobbler |   |   |  |

***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 | 745.2 | 731.1 | 733.5 | 700.9 | 831.2 |
| % Carbohydrates from Calories | 45-55% | 49.3 | 54.7 | 48.3 | 52.3 | 55.0 |
| % Protein from Calories | 15-25% | 20.6 | 19.0 | 23.5 | 21.7 | 20.1 |
| % Fat from Calories | 25-35% | 30.1 | 26.2 | 28.2 | 26.0 | 25.0 |
| Saturated Fat | less than 8g | 6.6 | 5.5 | 7.8 | 5.4 | 6.1 |
| Fiber | 10g or more | 11.3 | 10.1 | 10.7 | 10.6 | 10.4 |
| Vitamin B-12 | .8ug or more | 2.8 | 1.9 | 2.4 | 2.0 | 2.2 |
| Vitamin A | 300ug RAE or more | 640.8 | 498.7 | 609.0 | 661.2 | 970.3 |
| Vitamin C | 30mg or more | 45.9 | 54.3 | 52.3 | 118.8 | 33.5 |
| Iron | 2.6mg or more | 5.0 | 4.4 | 4.9 | 5.0 | 6.3 |
| Calcium | 400mg or more | 570.2 | 453.9 | 521.0 | 496.3 | 557.6 |
| Sodium | less than 766mg | 751.3 | 746.9 | 765.9 | 762.8 | 746.7 |

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