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| Menu Subject to Change. | All Meals Served with 1%  Milk as Available. |  |  | FRIDAY 1, 2023  Chicken & Bean Burrito  (3 oz. Chicken, 1/4c LS Pinto Beans,  1 6 in WW Tortilla, 2 TBSP Salsa, 1 TBSP Sour Cream)  1/2c Calabacitas  1/2c Carrots  1/2c Apples in Cobbler |
| MONDAY 4, 2023  BBQ Pulled Pork on a Bun  (3oz. Pork, 1oz BBQ Sauce,  1 WW Bun)  1c Coleslaw w/ 2 TBSP Dressing  1/2c Broccoli w/ 1 tsp unsalted butter  1/2c Spiced Peaches | TUESDAY 5, 2023  Sausage and Mushroom Ragu  (3oz Turkey Sausage,  1/3c. Mushrooms, 1/3c NAS Marinara Sauce)  1/2c Penne Pasta  1c Italian Blend Vegetable w/ 1 tsp unsalted butter  1 Garlic Roll w/ 1 tsp unsalted butter  1 Orange | WEDNESDAY 6, 2023  Chicken & Vegetables  (3oz.Diced Chicken w/ 1/2c mixed veg)  1c Steamed Brown Rice  1c Chateau Blend Vegetables w/ 1 tsp unsalted butter  Banana | THURSDAY 7, 2023  8oz Ham and Beans  (2oz LS Ham, 1/2c Beans, 2oz Sauce)  1 cup Island Blend Vegetables w/ 1 tsp unsalted butter  1 Slice of LF Cornbread w/  1 tsp. unsalted butter | Thursday 8, 2023  Beef & Papas  (3oz Ground Beef, 1/4c diced Potato, 1 oz GC)  1/2c spinach w/ 1 tsp margarine  1/2c Chuck Wagon Vegetables w/ 1 tsp margarine  1 8 in Tortilla  1c tropical fruit salad |
| MONDAY 11, 2023  3oz LS Salisbury Steak  1/3c Mashed Potatoes w/ 1oz LS Gravy  1c Cauliflower and Carrots w/ 1 tsp margarine  Wheat roll  1/2c Vanilla nonfat yogurt  1 Pear | Tuesday 12, 2023  **Christmas Meal**  3 oz. Low Sodium Ham,  1 oz. Pineapple Glaze  1/2c Sweet Potatoes  1/4c Stuffing  1/2c Green Beans w/ 1/4c slivered almonds  Wheat roll  1 spice cupcake | WEDNESDAY 13, 2023  Hot Dog  (1oz Beef Hot Dog, Wheat Bun,  1/2c Macaroni Salad  1/2c LS 3-Bean Salad  1/2c Asparagus  1c Nonfat vanilla yogurt  1/2c Berries | Thursday 14, 2023  Green Chile Beef Stew  (3oz Beef, 1oz Sauce  1/2c Potato and Vegetables, 1oz Green Chile)  1/2c Beets  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  6 LS Wheat Crackers  3/4c Mandarin oranges | FRIDAY 15, 2023  3oz LS Herbed Chicken Breast  1/2c LS Herbed Red Potatoes  1/2c LS Cucumber and tomato salad (non-creamy)  1 Wheat roll w/ 1 tsp margarine  1/2c Applesauce |
| MONDAY 18, 2023  1c LS Potato Chowder  (1/3c Potatoes,  1/8c Corn, 1/8c Celery, 1/8c Carrots, 1oz LS Ham, 1/2c Red beans)  1 sl. LF Cornbread w/ 1 tsp. Margarine  1c California blend w/ 1 tsp margarine  1/2c Pineapple  1/2c Vanilla nonfat yogurt | TUESDAY 19, 2023  Beef Soft Tacos  (3oz Beef, .5oz Cheese,  2 6in Flour Tortilla**)**  1c Vegetable Medley  1 oz. Salsa  1/2c Peppers and Onions  1/2c Mixed Fruit | Wednesday 20, 2023  Tamale W/Red Chile  (3oz. Pork, 2oz. Red Chile  1 oz. Masa)  1c Quelites  (1/2c Spinach & 1/2c Beans w/ Onion)  1/3c LS Spanish Rice  1/2c Mango | Thursday 21, 2023  5oz Meat Ball Casserole  (3 oz. Meatballs w/ 1oz Marinara Sauce, 1oz. Cheese)  1/2c Roasted Cauliflower  1/2c NAS Stewed Tomatoes  1 sl. WW Bread w/  1 tsp. margarine  1/2c Fruit Cocktail | FRIDAY 22, 2023  3/4c Beef and Macaroni  (3oz Beef, 1/2c Macaroni,  1oz Tomato Sauce)  1c Capri Vegetables  4 Low Sodium WW Crackers  1/2c SF Gelatin w/ 1/2c bananas |
| MONDAY 25, 2023  Christmas Holiday  Closed | TUESDAY 26, 2023  Christmas Holiday  Closed | Wednesday 27, 2023  1c Maque Choux  (3oz Lower Sodium Chicken Sausage, 1/4c Onion,  1/4c R. Bell, 1/4c G. Bell, 1/4c Corn,  1oz Sauce)  1sl LF Cornbread, 1tsp Margarine  1/2c Peaches | Thursday 28, 2023  1c Posole w/Pork  (3oz Pork, 1oz Red Chile,  1/2c Hominy)  1c Garden Blend Veg. 1 tsp margarine  1 6 in Flour Tortilla w/ 1 tsp margarine  1 Pear | Friday 29, 2023  Chicken Wrap  (3oz Grilled LS Chicken Breast,  1/2c Lettuce and Tomato,  1oz. Cheese, 1 8 in WW Tortilla)  1/2c Roasted Brussel Sprouts  3/4c Pasta Salad  (1/4c, 1/2c Vegetables)  1/2c Chocolate pudding |

***Nutrient Table***

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| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week |
|  |  | **Days in Week:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 771.3 | 704.7 | 702.8 | 701.9 | 722.1 |
| % Carbohydrates from Calories | 45-55% | 49.9 | 52.1 | 50.7 | 49.1 | 49.9 |
| % Protein from Calories | 15-25% | 21.1 | 21.1 | 20.9 | 21.1 | 24.8 |
| % Fat from Calories | 25-35% | 29.0 | 26.8 | 28.4 | 29.9 | 25.3 |
| Saturated Fat | less than 8g | 7.7 | 7.6 | 6.0 | 7.9 | 6.7 |
| Fiber | 10g or more | 13.6 | 10.9 | 10.2 | 11.9 | 10.5 |
| Vitamin B-12 | .8ug or more | 1.1 | 1.8 | 2.5 | 2.7 | 1.7 |
| Vitamin A | 300ug RAE or more | 808.9 | 431.4 | 563.6 | 511.1 | 371.0 |
| Vitamin C | 30mg or more | 33.4 | 47.2 | 33.2 | 50.3 | 59.7 |
| Iron | 2.6mg or more | 4.5 | 5.0 | 4.4 | 6.5 | 4.2 |
| Calcium | 400mg or more | 449.7 | 493.6 | 513.7 | 590.2 | 541.7 |
| Sodium | less than 766mg | 659.3 | 759.3 | 762.3 | 743.7 | 721.9 |

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.

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