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| Menu Subject to Change. | All Meals Served with 1% Milk as Available. |  |  | FRIDAY 1, 2023Chicken & Bean Burrito(3 oz. Chicken, 1/4c LS Pinto Beans, 1 6 in WW Tortilla, 2 TBSP Salsa, 1 TBSP Sour Cream)1/2c Calabacitas1/2c Carrots1/2c Apples in Cobbler |
| MONDAY 4, 2023BBQ Pulled Pork on a Bun(3oz. Pork, 1oz BBQ Sauce, 1 WW Bun)1c Coleslaw w/ 2 TBSP Dressing1/2c Broccoli w/ 1 tsp unsalted butter 1/2c Spiced Peaches | TUESDAY 5, 2023Sausage and Mushroom Ragu (3oz Turkey Sausage, 1/3c. Mushrooms, 1/3c NAS Marinara Sauce)1/2c Penne Pasta1c Italian Blend Vegetable w/ 1 tsp unsalted butter 1 Garlic Roll w/ 1 tsp unsalted butter 1 Orange | WEDNESDAY 6, 2023Chicken & Vegetables(3oz.Diced Chicken w/ 1/2c mixed veg)1c Steamed Brown Rice1c Chateau Blend Vegetables w/ 1 tsp unsalted butter Banana | THURSDAY 7, 20238oz 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, 2023Beef & Papas(3oz Ground Beef, 1/4c diced Potato, 1 oz GC)1/2c spinach w/ 1 tsp margarine1/2c Chuck Wagon Vegetables w/ 1 tsp margarine1 8 in Tortilla1c tropical fruit salad |
| MONDAY 11, 20233oz LS Salisbury Steak1/3c Mashed Potatoes w/ 1oz LS Gravy1c Cauliflower and Carrots w/ 1 tsp margarineWheat roll 1/2c Vanilla nonfat yogurt 1 Pear | Tuesday 12, 2023**Christmas Meal**3 oz. Low Sodium Ham, 1 oz. Pineapple Glaze1/2c Sweet Potatoes 1/4c Stuffing1/2c Green Beans w/ 1/4c slivered almondsWheat roll1 spice cupcake  | WEDNESDAY 13, 2023Hot Dog (1oz Beef Hot Dog, Wheat Bun, 1/2c Macaroni Salad1/2c LS 3-Bean Salad1/2c Asparagus1c Nonfat vanilla yogurt 1/2c Berries | Thursday 14, 2023Green Chile Beef Stew(3oz Beef, 1oz Sauce1/2c Potato and Vegetables, 1oz Green Chile)1/2c Beets1c Tossed salad w/ 2 TBSP FF Ranch Dressing6 LS Wheat Crackers3/4c Mandarin oranges | FRIDAY 15, 20233oz LS Herbed Chicken Breast1/2c LS Herbed Red Potatoes1/2c LS Cucumber and tomato salad (non-creamy)1 Wheat roll w/ 1 tsp margarine1/2c Applesauce |
| MONDAY 18, 20231c 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. Margarine1c California blend w/ 1 tsp margarine 1/2c Pineapple 1/2c Vanilla nonfat yogurt | TUESDAY 19, 2023Beef Soft Tacos(3oz Beef, .5oz Cheese, 2 6in Flour Tortilla**)**1c Vegetable Medley1 oz. Salsa1/2c Peppers and Onions1/2c Mixed Fruit | Wednesday 20, 2023Tamale W/Red Chile(3oz. Pork, 2oz. Red Chile1 oz. Masa)1c Quelites(1/2c Spinach & 1/2c Beans w/ Onion)1/3c LS Spanish Rice1/2c Mango  | Thursday 21, 20235oz Meat Ball Casserole(3 oz. Meatballs w/ 1oz Marinara Sauce, 1oz. Cheese)1/2c Roasted Cauliflower 1/2c NAS Stewed Tomatoes1 sl. WW Bread w/ 1 tsp. margarine 1/2c Fruit Cocktail  | FRIDAY 22, 20233/4c Beef and Macaroni(3oz Beef, 1/2c Macaroni, 1oz Tomato Sauce)1c Capri Vegetables 4 Low Sodium WW Crackers1/2c SF Gelatin w/ 1/2c bananas |
| MONDAY 25, 2023Christmas HolidayClosed | TUESDAY 26, 2023Christmas HolidayClosed | Wednesday 27, 20231c 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 Margarine1/2c Peaches  | Thursday 28, 20231c 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, 2023Chicken Wrap(3oz Grilled LS Chicken Breast,1/2c Lettuce and Tomato,1oz. Cheese, 1 8 in WW Tortilla)1/2c Roasted Brussel Sprouts3/4c 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.

 Constance Rudnicki MS, RDN, LD