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| All Meals Served with 8 oz. 2% Milk. |  |  | Thursday 1, 20243 oz. LS Baked Pork Chops1/2c LS Mashed Potatoes 2 oz LS Gravy1c California Blend Vegetables1 Wheat Roll w/ 1 tsp. MargarineOrange   | Friday 2, 20244oz LS Baked Fish2T Tartar Sauce1/2c Brussel Sprouts, w/ 1 tsp Margarine3/4c Wild Rice1c Coleslaw w/ 2 TBSP Dressing1 Wheat Roll w/1 tsp Margarinebanana |
| Monday 5, 20243/4c Chili Beans & Meat(3oz beef,2oz red chili,1/2c pinto beans)1/2c Carrots1 sl. Cornbread w/ 1tsp margarine1/2c Fruit cocktail | Tuesday 6, 2024Cobb Salad(2oz turkey,1 HB egg,1.5c lettuce, 1/4c tomato, 1/4c carrots, 1/4c Cucumber, 2 TBSP FF Ranch dressing)6 LS WW Crackers1c Fruit salad  | Wednesday 7, 2024Beef Tacos(2oz beef,,1/2c Lettuce and tomato, 1 6in Flour Tortillas, 2 TBSP Salsa )1c Capri Vegetables 1/2c LS Spanish Rice1/2c LS Pinto BeansFresh pear  | Thursday 8, 2024BBQ Pulled Pork Sandwich(3oz pulled pork, 1oz bbq sauce, 1 bun)1c Coleslaw w/ 2 TBSP Dressing1/2c Broccoli 1c Grapes | Friday 9, 20243oz Chicken Strips1/2c LS Mashed Potatoes w/2oz LS Gravy1/2c Zucchini1 Dinner Roll w/1 Tsp Margarine1/2c SF Gelatin  |
| Monday 12, 20242 Med Eggs (scrambled egg)`1/2c Sweet potatoes w/ 1/2c peppers and onionsWheat bread with 1 tsp margarine 1/2c Mandarin oranges and 1/2c Pineapple chunks1/2c Light Nonfat vanilla yogurt  | Tuesday 13, 20244oz Chicken Fried Chicken1/2c Spinach1c Pasta Salad(1/2c Pasta, 1/2c Vegetables)Wheat roll 1/2c SF gelatin w/ 1/2c Berries | Wednesday 14, 20243 oz. Meatloaf1/2c LS herb roasted Red potatoes1/2c Carrot Raisin salad1 WW Roll 1/2c diced peaches  | Thursday 15, 2024Chicken fajita(3oz chicken 1/2c peppers and onions,1 6in flour tortilla, 2 TBSP Salsa)1/2c Calabacitas1/2c LS Yellow Mexican Rice 1/2c Mixed Fruit  | Friday 16, 20241/2c Spaghetti w/ 5 oz. Meat Sauce(3oz ground beef, 2oz NAS marinara Sauce)1c Italian Blend Vegetables1 sl. Wheat roll w/ 1 tsp margarine |
| Monday 19, 2024CLOSED  | Tuesday 20, 20243 oz. Salisbury Steak1/2c LS Mashed Potatoes w/ 2oz LS Gravy1/2c Green Beans1 Roll w/ Margarine1 Apple  | Wednesday 21, 20241c Green Chile Pork Stew(3oz Pork, 1oz GC, 1/2c potatoes)1 6in flour Tortilla1c Vegetable Medley w/ 1 tsp margarine3/4c Apricots  | Thursday 22, 2024Orange Chicken(3oz Chicken, 1oz Sauce)1/2c Brown Rice1c Stir Fry Vegetable1 Vegetable Egg Roll1/2c Spiced Peaches  | Friday 23, 2024Pork Tamale(2oz pork,1oz red chili,2oz masa)1/2c Pinto Beans1c Winter blend vegetables w/ 1 tsp margarine1 6in Flour tortilla1c Tropical Fruit Salad  |
| Monday 26, 2024BBQ Chicken(3oz Chicken breast, 1oz Sauce)1/2c Pinto Beans1c Yellow Squash and NAS Diced tomatoesWheat roll w/ 1 tsp margarine1c Fruit Salad | Tuesday 27, 2024Green Chili Cheeseburger(3oz beef,1/2oz cheese,1/2c Lettuce, 2 slices, tomatoes, 1 slice onion, 1 bun)1/2c Potato Wedges1/2c Beets1 Banana | Wednesday 28, 20243oz LS Baked Fishw/ lemon Wedge and 2 TBSP Tartar Sauce 1/2c Wild Rice1c California blend Vegetables Wheat rollw/1 tsp Margarine1/2c Pineapple  | Thursday 29, 20244oz Chicken Fried Steak1/2c LS Mashed Potatoes w/2oz LS Gravy1/2c Mixed Vegetables Wheat Roll w/ 1 tsp Margarine1/2c Applesauce |  |

***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:****1** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** |
| Calories | 700 or more | 703.4 | 734.7 | 736.9 | 771.9 | 742.7 |
| % Carbohydrates from Calories | 45-55% | 45.9 | 48.8 | 47.8 | 53.8 | 51.0 |
| % Protein from Calories | 15-25% | 24.3 | 21.8 | 21.1 | 20.5 | 23.9 |
| % Fat from Calories | 25-35% | 29.7 | 29.4 | 31.0 | 25.7 | 25.2 |
| Saturated Fat | less than 8g | 7.8 | 8.0 | 8.0 | 8.0 | 7.6 |
| Fiber | 10g or more | 10.7 | 11.5 | 10.2 | 12.6 | 11.2 |
| Vitamin B-12 | .8ug or more | 2.3 | 5.9 | 2.3 | 2.2 | 2.7 |
| Vitamin A | 300ug RAE or more | 312.9 | 517.5 | 561.7 | 309.3 | 300.2 |
| Vitamin C | 30mg or more | 94.0 | 31.7 | 63.8 | 37.7 | 33.8 |
| Iron | 2.6mg or more | 3.2 | 5.2 | 5.3 | 4.7 | 4.8 |
| Calcium | 400mg or more | 451.3 | 454.1 | 473.0 | 431.5 | 451.0 |
| Sodium | less than 766mg | 605.2 | 676.9 | 711.7 | 631.7 | 756.5 |

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 approved on January 22, 2024