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| --- | --- | --- | --- | --- |
| All Meals Served  with 8 oz. 2% Milk. |  |  | Thursday 1, 2024  3 oz. LS Baked Pork Chops  1/2c LS Mashed Potatoes  2 oz LS Gravy  1c California Blend Vegetables  1 Wheat Roll w/ 1 tsp. Margarine  Orange | Friday 2, 2024  4oz LS Baked Fish  2T Tartar Sauce  1/2c Brussel Sprouts, w/ 1 tsp Margarine  3/4c Wild Rice  1c Coleslaw w/ 2 TBSP Dressing  1 Wheat Roll w/1 tsp Margarine  banana |
| Monday 5, 2024  3/4c Chili Beans & Meat  (3oz beef,2oz red chili,1/2c pinto beans)  1/2c Carrots  1 sl. Cornbread w/ 1tsp margarine  1/2c Fruit cocktail | Tuesday 6, 2024  Cobb 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 Crackers  1c Fruit salad | Wednesday 7, 2024  Beef Tacos  (2oz beef,,1/2c Lettuce and tomato, 1 6in Flour Tortillas, 2 TBSP Salsa )  1c Capri Vegetables  1/2c LS Spanish Rice  1/2c LS Pinto Beans  Fresh pear | Thursday 8, 2024  BBQ Pulled Pork Sandwich  (3oz pulled pork, 1oz bbq sauce, 1 bun)  1c Coleslaw w/ 2 TBSP Dressing  1/2c Broccoli  1c Grapes | Friday 9, 2024  3oz Chicken Strips  1/2c LS Mashed Potatoes w/2oz LS Gravy  1/2c Zucchini  1 Dinner Roll w/1 Tsp Margarine  1/2c SF Gelatin |
| Monday 12, 2024  2 Med Eggs (scrambled egg)  `1/2c Sweet potatoes w/ 1/2c peppers and onions  Wheat bread with 1 tsp margarine  1/2c Mandarin oranges and 1/2c Pineapple chunks  1/2c Light Nonfat vanilla yogurt | Tuesday 13, 2024  4oz Chicken Fried Chicken  1/2c Spinach  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  Wheat roll  1/2c SF gelatin w/ 1/2c Berries | Wednesday 14, 2024  3 oz. Meatloaf  1/2c LS herb roasted Red potatoes  1/2c Carrot Raisin salad  1 WW Roll  1/2c diced peaches | Thursday 15, 2024  Chicken fajita  (3oz chicken 1/2c peppers and onions,1 6in flour tortilla, 2 TBSP Salsa)  1/2c Calabacitas  1/2c LS Yellow Mexican Rice  1/2c Mixed Fruit | Friday 16, 2024  1/2c Spaghetti w/ 5 oz. Meat Sauce  (3oz ground beef, 2oz NAS marinara Sauce)  1c Italian Blend Vegetables  1 sl. Wheat roll w/ 1 tsp margarine |
| Monday 19, 2024  CLOSED | Tuesday 20, 2024  3 oz. Salisbury Steak  1/2c LS Mashed Potatoes w/ 2oz LS Gravy  1/2c Green Beans  1 Roll w/ Margarine  1 Apple | Wednesday 21, 2024  1c Green Chile Pork Stew  (3oz Pork, 1oz GC, 1/2c potatoes)  1 6in flour Tortilla  1c Vegetable Medley w/ 1 tsp margarine  3/4c Apricots | Thursday 22, 2024  Orange Chicken  (3oz Chicken, 1oz Sauce)  1/2c Brown Rice  1c Stir Fry Vegetable  1 Vegetable Egg Roll  1/2c Spiced Peaches | Friday 23, 2024  Pork Tamale  (2oz pork,1oz red chili,2oz masa)  1/2c Pinto Beans  1c Winter blend vegetables w/ 1 tsp margarine  1 6in Flour tortilla  1c Tropical Fruit Salad |
| Monday 26, 2024  BBQ Chicken  (3oz Chicken breast, 1oz Sauce)  1/2c Pinto Beans  1c Yellow Squash and NAS Diced tomatoes  Wheat roll w/ 1 tsp margarine  1c Fruit Salad | Tuesday 27, 2024  Green Chili Cheeseburger  (3oz beef,1/2oz cheese,1/2c Lettuce, 2 slices, tomatoes, 1 slice onion, 1 bun)  1/2c Potato Wedges  1/2c Beets  1 Banana | Wednesday 28, 2024  3oz LS Baked Fish  w/ lemon Wedge and 2 TBSP Tartar Sauce  1/2c Wild Rice  1c California blend Vegetables  Wheat roll  w/1 tsp Margarine  1/2c Pineapple | Thursday 29, 2024  4oz Chicken Fried Steak  1/2c LS Mashed Potatoes w/2oz LS Gravy  1/2c Mixed Vegetables  Wheat Roll w/ 1 tsp Margarine  1/2c 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