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| --- | --- | --- | --- | --- |
|  | 1  TACO BURGER  (3oz Patty, 1/2c Lettuce, 2 slices tomato)  1/2c LS Three Beans Salad  1/2c LS Roasted MEXICAN Zucchini  1c CANTALOUPE | 2  1c Chicken and Pasta  (3oz Chicken, 1/4c Pasta, ½ spinach, sun dried tomatoes)  1c TOSSED SALAD w/ 2 TBSP Light Italian Dressing  1/2c ITALIAN GREEN BEANS  GARLIC BREAD  3/4c Fruit Salad | 3  ROAST BEEF  (3 OZ ROAST BEEF,  2 OZ LS GRAVY)  4 OZ BUTTERED NEW POTATOES (use Margarine)  4 OZ LS ROASTED BROCCOLI SPEARS  WW ROLL  8 OZ GRAPES | 4  FRIED FISH  3 OZ FRIED CATFISH,  1 OZ TARTAR SAUCE  4 OZ PINTO BEANS  8 OZ COLE SLAW  2 TBSP DRESSING  1 OZ CORNBREAD  1 SL SF ANGEL FOOD CAKE/  1 OZ CHERRIES,  1 TBSP  WHIPPED TOPPING |
| 7  6oz CHICKEN SALAD  (3oz Chicken, 3oz CELERY, GREEN ONIONS,GRAPES, WALNUTS, GREEN BELL PEPPER, RED BELL, dried cranberries, and plain Greek yogurt 2 slices wheat bread )  1c cucumber and tomato salad (non-creamy)  1oz Sun chips  1/2c Peaches | 8  BEEF TACOS  (3 OZ BEEF, .5oz CHEESE  2 CORN TORTILLAS  2 OZ LETTUCE, 2 OZ DICED  TOMATOES)  1c Cilantro Lime Slaw  4 OZ LS PINTO BEANS  4 OZ KICKN RICE  4 OZ SF GELATIN/  1/2c APRICOTS | 9  CHICKEN FAJITAS  (1 6 in FLOUR TORTILLAS, 3OZ CHICKEN,  4 OZ PEPPERS & ONIONS,  .5OZ CHEESE)  8 OZ CAPRI VEGETABLES  1/2c Brown Rice  1 OZ PICO DE GALLO  ½c Lemon Pudding | 10  FISH NUGGETS  3 OZ FISH NUGGETS  4 OZ CORN  4 OZ SPINACH  CORNBREAD  8oz DICED MANGO/PINEAPPLE/FRESH  MINT | 11  MEATLOAF  4 OZ MEATLOAF  6 OZ BRUSSELS SPROUTS  1 MED BAKED POTATOE/  1 TSP MARAGRINE  1c TOSSED SALAD w/ 2 TBSP Light Italian Dressing  WW ROLL  4 OZ CHERRY COBBLER |
| 14  SALISBURY STEAK  3 OZ BEEF PATTY  2 OZ LS BROWN GRAVY  1/2c Egg noodles  4 OZ MUSHROOMS  1/2c asparagus  WW ROLL  4 OZ BLUEBERRY CRISP | 15  CHICKEN TACOS  (3 OZ CHICKEN, .5 OZ CHEESE, 2 CORN TORTILLAS, 4OZ LETTUCE  & TOMATOE)  ¾ C CALACACITAS,4 OZ GC  4 OZ LS PINTO BEANS  4 OZ Mixed Fruit | 16  CHICKEN STRIPS  3 OZ CHICKEN STRIPS  4 OZ CREAMED POTATOES  w/ 2oz LS Brown Gravy  4 OZ LS OKRA/  TOMATOES/ONIONS  WW ROLL  1/2c SF Gelatin w/ 2 TBSP whipped Topping | 17  BBQ BONANZA  (3 OZ Pork , 1 OZ BBQ SAUCE)  1/2C LS BAKED BEANS  1/2c Green Beans  1 OZ CORNBREAD  8 OZ WATERMELON | 18  3oz BAKED FISH  1/2c GLAZED CARROTS  1/2c ROSEMARY/ROASTED RED POTATOES  1c SPINACH SALAD  (6 OZ BABY SPINACH.  1/4c SLICED RED ONION,  1/4c SLICED STRAWBERRIES,1/4c chopped PECANs, 1/2c Blackberries)  1/2 svg LEMON BARS |
| 21  HAM SANDWICH  (2 OZ LS HAM,  2 SLICES WHEAT BREAD,  4 OZ LETTUCE, 1/4c ONIONS, 2 OZ TOMATOES,  4 OZ CALABacitas  4 OZ BERRIES  4oz /NONFAT  VANILLA GREEK YOGURT | 22  SMOTHERED BURRITO  (3oz Ground Beef, 1/2c Diced Potatoes, 1oz GC,)  1/4 C LS Green Chile Sauce, 1 6 in flour tortilla)  3/4 C LS PINTO BEANS  1c Winter Vegetables w/ 1 tsp unsalted butter  1c Tropical Fruit Salad | 23  CHICKEN STIR FRY  (3 OZ CHICKEN, .5oz SAUCE,  1/4c ORIENTAL CABBAGE, 1/4c BROCCOLI, 1/4c RED PEPPER 1/4c GREEN ONION)  4 OZ BROWN RICE w/ 1 tsp unsalted butter  4 LS WW Crackers  4 OZ MANDARIN ORANGES | 24  BBQ PULLED Beef  (3 OZ Lean LS Beef Brisket 1OZ BBQ  SAUCE)  8 OZ LS PASTA SALAD  (4oz PASTA, 4OZ VEGETABLES)  4OZ LS CUCUMBER salad  WW ROLL w/ 1 tsp unsalted butter  4 OZ Diced peaches | 25  CHICKEN FRIED STEAK  3 OZ CHICKEN FRY  2 OZ LS PEPPERED GRAVY  4 OZ MUSTARD GREENS  4 OZ LS 3 BEAN SALAD  WW ROLL w/ 1 tsp unsalted butter  6OZ STRAWBERRIES &  2oz BANANAS |
| 28  TRAILBLAZER  3 OZ BEEF PATTY 2 OZ AU JUS  8OZ CALIFORNIA NORMANDY  4 OZ LS RANCH STYLE BEANS  WW ROLL  1/2 c Pineapple | 29  PEPPERONI PIZZA  (1oz crust, 7 slices pepperoni, 1oz Pizza sauce, .5oz Mozzarella cheese  2oz plain CHICKEN WINGS  1c TOSSED SALAD w/ 2 TBSP Light Italian Dressing  4 LS WW crackers  1 Banana | 30  GREEEN CHILI CHICKEN ENCHILADAS  (3 OZ CHICKEN, 1 OZ GC,  2 CORN TORTILLA,  2 OZ LS ECHILADA SAUCE,  .5 OZ CHEESE, 1/2c Lettuce and tomato)  4 OZ LS PINTO BEANS  1/2c Zucchini  1/2c TOSSED SALAD w/ 1 TBSP Light Italian Dressing  4 OZ Diced mango | 31  MEATBALL SUB  (3oz turkey meatballs, 1 hot dog bun, 1oz Marinara Sauce, )  1/2c TOSSED SALAD w/ 1 TBSP Light Italian Dressing  1/2c GREEN BEANS  10 No added Salt Baked French fries  1/2c Spiced Peaches |  |

***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:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 830.8 | 856.1 | 730.9 | 704.5 | 732.0 |
| % Carbohydrates from Calories | 45-55% | 49.2 | 54.1 | 46.2 | 51.0 | 50.5 |
| % Protein from Calories | 15-25% | 18.9 | 20.9 | 23.0 | 24.3 | 23.8 |
| % Fat from Calories | 25-35% | 31.9 | 25.0 | 30.7 | 24.8 | 25.8 |
| Saturated Fat | less than 8g | 8.0 | 7.4 | 7.8 | 7.4 | 7.3 |
| Fiber | 10g or more | 11.2 | 12.3 | 10.7 | 11.6 | 103.9 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.2 | 2.3 | 2.6 | 2.4 |
| Vitamin A | 300ug RAE or more | 498.3 | 530.1 | 330.9 | 314.8 | 476.3 |
| Vitamin C | 30mg or more | 64.6 | 69.1 | 40.7 | 67.2 | 35.6 |
| Iron | 2.6mg or more | 5.5 | 6.7 | 5.0 | 5.2 | 5.3 |
| Calcium | 400mg or more | 529.6 | 554.2 | 518.1 | 490.3 | 527.5 |
| Sodium | less than 766mg | 756.2 | 766.6 | 696.3 | 739.3 | 764.7 |

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.

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