|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | 1 TACO BURGER(3oz Patty, 1/2c Lettuce, 2 slices tomato)1/2c LS Three Beans Salad 1/2c LS Roasted MEXICAN Zucchini1c CANTALOUPE  | 21c Chicken and Pasta(3oz Chicken, 1/4c Pasta, ½ spinach, sun dried tomatoes)1c TOSSED SALAD w/ 2 TBSP Light Italian Dressing1/2c ITALIAN GREEN BEANSGARLIC BREAD3/4c Fruit Salad | 3ROAST BEEF(3 OZ ROAST BEEF, 2 OZ LS GRAVY)4 OZ BUTTERED NEW POTATOES (use Margarine)4 OZ LS ROASTED BROCCOLI SPEARSWW ROLL8 OZ GRAPES | 4  FRIED FISH3 OZ FRIED CATFISH,1 OZ TARTAR SAUCE4 OZ PINTO BEANS8 OZ COLE SLAW2 TBSP DRESSING1 OZ CORNBREAD1 SL SF ANGEL FOOD CAKE/1 OZ CHERRIES, 1 TBSP WHIPPED TOPPING |
| 76oz 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 chips1/2c Peaches | 8BEEF TACOS(3 OZ BEEF, .5oz CHEESE2 CORN TORTILLAS2 OZ LETTUCE, 2 OZ DICEDTOMATOES)1c Cilantro Lime Slaw4 OZ LS PINTO BEANS4 OZ KICKN RICE4 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 VEGETABLES1/2c Brown Rice 1 OZ PICO DE GALLO½c Lemon Pudding | 10 FISH NUGGETS3 OZ FISH NUGGETS4 OZ CORN4 OZ SPINACHCORNBREAD8oz DICED MANGO/PINEAPPLE/FRESHMINT | 11 MEATLOAF4 OZ MEATLOAF6 OZ BRUSSELS SPROUTS1 MED BAKED POTATOE/1 TSP MARAGRINE1c TOSSED SALAD w/ 2 TBSP Light Italian DressingWW ROLL4 OZ CHERRY COBBLER |
| 14 SALISBURY STEAK3 OZ BEEF PATTY2 OZ LS BROWN GRAVY1/2c Egg noodles4 OZ MUSHROOMS1/2c asparagusWW ROLL4 OZ BLUEBERRY CRISP | 15 CHICKEN TACOS(3 OZ CHICKEN, .5 OZ CHEESE, 2 CORN TORTILLAS, 4OZ LETTUCE & TOMATOE)¾ C CALACACITAS,4 OZ GC4 OZ LS PINTO BEANS4 OZ Mixed Fruit  | 16 CHICKEN STRIPS3 OZ CHICKEN STRIPS4 OZ CREAMED POTATOESw/ 2oz LS Brown Gravy4 OZ LS OKRA/TOMATOES/ONIONSWW ROLL1/2c SF Gelatin w/ 2 TBSP whipped Topping | 17BBQ BONANZA(3 OZ Pork , 1 OZ BBQ SAUCE)1/2C LS BAKED BEANS1/2c Green Beans1 OZ CORNBREAD8 OZ WATERMELON | 18 3oz BAKED FISH1/2c GLAZED CARROTS1/2c ROSEMARY/ROASTED RED POTATOES1c 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 |
| 21HAM 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  | 22SMOTHERED 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 BEANS1c 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 Crackers4 OZ MANDARIN ORANGES | 24 BBQ PULLED Beef (3 OZ Lean LS Beef Brisket 1OZ BBQSAUCE)8 OZ LS PASTA SALAD(4oz PASTA, 4OZ VEGETABLES)4OZ LS CUCUMBER saladWW ROLL w/ 1 tsp unsalted butter 4 OZ Diced peaches  | 25 CHICKEN FRIED STEAK3 OZ CHICKEN FRY2 OZ LS PEPPERED GRAVY4 OZ MUSTARD GREENS4 OZ LS 3 BEAN SALADWW ROLL w/ 1 tsp unsalted butter 6OZ STRAWBERRIES &2oz BANANAS |
| 28 TRAILBLAZER3 OZ BEEF PATTY 2 OZ AU JUS8OZ CALIFORNIA NORMANDY4 OZ LS RANCH STYLE BEANSWW ROLL1/2 c Pineapple  | 29PEPPERONI PIZZA(1oz crust, 7 slices pepperoni, 1oz Pizza sauce, .5oz Mozzarella cheese2oz plain CHICKEN WINGS1c TOSSED SALAD w/ 2 TBSP Light Italian Dressing4 LS WW crackers1 Banana  | 30GREEEN 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 BEANS1/2c Zucchini 1/2c TOSSED SALAD w/ 1 TBSP Light Italian Dressing4 OZ Diced mango  | 31MEATBALL SUB(3oz turkey meatballs, 1 hot dog bun, 1oz Marinara Sauce, ) 1/2c TOSSED SALAD w/ 1 TBSP Light Italian Dressing1/2c GREEN BEANS10 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.

 Constance Rudnicki MS, RDN, LD