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| --- | --- | --- | --- | --- |
|  | **Tuesday Feb 1 2022**  **4 oz Quelites**  **1 c. Calabcitas w/ 1tsp Magarie**  **¾ c LS Black Beans**  **Flour Tortilla**  **1/2 c Plums** | **Wednesday Feb 2 2022**  **1 c GC LS Beef Stew**  **(3 oz Beef, ½ c Onions, potatoes, green Peas, Carrots, 1 oz Green Chile)**  **½ c Tossed Salad w/ 1 TBSP LF Dressing**  **6 LS WW Crackers**  **½ c Peaches** | **Thursday Feb 3 2022**  **Grilled Cheese**  **(2 slices of wheat bread, 1 oz Cheese) 1 TBSP Olive Oil**  **6 oz Tomato Soup**  **½ c 3 Bean Salad**  **½ c Pears**  **½ c Tossed Salad w/ 1 TBSP LF Dressing** | **Friday Feb 4 2022**  **8 oz LS Fideo**  **3/4c LS Beans**  **½ c Spinach Salad w/ 2 TBSP LF Dressing & 10 Cherry Tomatoes**  **1-Flour Tortilla** |
| **Monday Feb 7 2022**  **Chicken Patty Sandwich**  **1/2c Lettuce and Tomato**  **Lightly salted Potato Chips**  **1/2c Macaroni Salad**  **1c Strawberries** | **Tuesday Feb 8 2022**  **6 oz Lasagna**  **(3 oz Beef, ½ c Lasagna Noodles, 1 oz Cheese, 1 oz Sauce)**  **Garlic Bread**  **1c Greens Bean**  **1/2c Glazed Carrots**  **1-Sugar Cookie** | **Wednesday Feb 9 2022**  **4 oz Baked Chicken Nuggets**  **1 TBSP BBQ Sauce**  **1/2c NAS French Fries**  **3/4c Roasted Broccoli**  **1 Cornbread w/ 1 TBSP Honey**  **½ slices Chocolate Cake** | **Thursday Feb 10 2022**  **3 oz Meatloaf**  **½ c Mashed Potatoes w/2 LS oz Gravy**  **½ c Italian Flat Green Beans**  **Wheat Roll W/ 1 tsp Margarine**  **½ slice White Cake**  **1/2 c Grapes** | **Friday Feb 11 2022**  **8 oz Frito Pie**  **(4 oz Ground beef/Beans, ½ c lettuce and tomato, 1 oz Lightly Salted Fritos)**  **2 TBSP Salsa**  **1/2c spinach w/ ½ Mushrooms**  **1c Mango** |
| **Monday Feb 14 2022**  **Ham & Noodles**  **(3oz LS Lean Ham and ½c Egg Noodles)**  **1c 5 Way Vegetables**  **½ c Beets**  **½ c Pumpkin in Bread** | **Tuesday Feb 15 2022**  **Beef Taco**  **(1 flour tortilla, 3 oz Ground Beef, ½ c Lettuce and Tomato, 1 oz Cheese)**  **2 TBSP Salsa**  **8oz LS Ranch Beans**  **½ c LS Spanish Rice**  **1/2 c Gelatin with ½ c Dark Cherries** | **Wednesday Feb 16 2022**  **Ravioli w/ Meat Sauce**  **(1/2 c Ravioli, 2 oz Ground Meat, 1 oz LS Marinara Sauce**  **Garlic Bread**  **Roasted/Grilled ½ c Leeks, ½ c Cauliflower**  **½c LF SF Vanilla Pudding** | **Thursday Feb 17 2022**  **Chili Dog**  **(1 bun, 1 oz LS Hot Dog, 2 oz Chili Con Carne (no beans)**  **1/2c Red Skin Potatoes**  **3/4c Bermuda Vegetables**  **1 Sugar Cookie** | **Friday Feb 18 2022**  **4 oz Chicken Quarters**  **½c Roasted Brussel Sprouts w/ ½ c Pearl Onions**  **1 c Brown Rice**  **Wheat Roll**  **½ c Apple in Crisp** |
| **Monday Feb 21 2022**  **4 oz Salisbury Steak**  **1/2c Mashed Potatoes w/ 2oz LS Gravy**  **Peas**  **Wheat Roll**  **½ c Fruit Salad** | **Tuesday Feb 22 2022**  **Chicken Fajita**  **(3oz Chicken, ½ c peppers and 1/2c onions, ½ c Lettuce/Tomato)**  **4 oz Beet & Onion Salad**  **1 Flour Tortilla**  **½ c LS Chili Beans**  **1/2c Jell-O, ½ c Pineapple** | **Wednesday Feb 23 2022**  **Cheese Burger**  **(1 bun, 3oz Patty, .5oz Colby Cheese)**  **10 French Fries**  **1-Mustard Packet**  **4 oz Black Beans**  **4oz Corn and Cilantro Salad**  **Chocolate Chip Cookie** | **Thursday Feb 24 2022**  **6 oz GC Enchilada**  **(2 corn Tortillas, 1 oz GC, 3oz Chicken, ½ c Lettuce and tomato))**  **1/2c LS Pinto Beans**  **½ C Brown Rice**  **Oranges** | **Friday Feb 25 2022**  **8 oz LS Pork & Potato Soup**  **(3oz Pork, ½ c Potatoes)**  **6 LS Crackers**  **1c Calabacitas**  **1/2 c Chocolate Pudding** |
| **Monday Feb 28 2022**  **Meatball Sub**  **(1 hoagie bun, 3 oz Meatball, 2oz LS Marinara Sauce, ½ c peppers)**  **4oz Waffle Sweet Potato Fries**  **8 oz California Blend**  **1/2c Ambrosia Fruit Salad** |  |  |  |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 723.5 | 773.0 | 735.8 | 761.0 | 735.7 |
| % Carbohydrates from Calories | 45-55% | 53.5 | 49.0 | 50.7 | 48.8 | 53.1 |
| % Protein from Calories | 15-25% | 16.2 | 20.4 | 19.5 | 23.9 | 15.0 |
| % Fat from Calories | 25-35% | 30.3 | 30.6 | 29.7 | 27.3 | 31.9 |
| Saturated Fat | less than 8g | 6.7 | 7.0 | 7.7 | 8.0 | 6.2 |
| Fiber | 10g or more | 13.6 | 10.2 | 10.0 | 11.0 | 11.8 |
| Vitamin B-12 | .8ug or more | 1.8 | 2.3 | 2.0 | 2.1 | 1.8 |
| Vitamin A | 300ug RAE or more | 681.3 | 619.4 | 376.7 | 303.2 | 308.2 |
| Vitamin C | 30mg or more | 65.3 | 49.2 | 55.3 | 47.7 | 101.0 |
| Iron | 2.6mg or more | 6.1 | 5.6 | 5.2 | 5.3 | 5.5 |
| Calcium | 400mg or more | 559.8 | 519.0 | 477.0 | 492.4 | 235.6 |
| Sodium | less than 766mg | 764.7 | 747.6 | 693.7 | 644.9 | 748.8 |

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