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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