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| **MONDAY 1, 2024**  CLOSED  Happy New Year! | **TUESDAY 2, 2024**  Diced Chicken Salad  1c Chicken Salad (3oz Chicken, 1/2c walnuts, celery, grapes)  1/2c Carrots  1c LS Vegetable Soup  1c Grapes  1 WW Roll | **WEDNESDAY 3, 2024**  3oz Meatloaf  1/2c LS Mashed potatoes w/  2oz LS gravy  1/2c green beans w/ 1 tsp margarine  1 slice WW bread w/ 1 tsp unsalted butter  1/2c No sugar added sliced peaches | **THURSDAY 4, 2024**  Bean and Cheese Burrito  (1 8-in Flour tortilla  1/2c LS Pinto beans  .5oz shredded cheese,  2oz LS RC Chile sauce)  1c California Blend w/ 1 tsp margarine  1/2c non-fat Vanilla Greek yogurt  1/2c Strawberries | **FRIDAY 5, 2024**  CLOSED |
| **MONDAY 8, 2024**  BBQ Pork Sandwich  (3 oz pulled pork, 1 oz sauce, 1 bun)  1/2c tomato and Red onion salad  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1c Tropical fruit salad | **TUESDAY 9, 2024**  Beef Tips over Rice  (3oz Beef Tips, 1oz LS Gravy, 1/2c mushrooms) 1/2c Brown Rice  1c Coleslaw w/ 2 TBSP Dressing  1 WW Roll  1/2c Plums | **WEDNESDAY 10, 2024**  Loaded baked potato  (1 med potato, 1 tsp margarine, 21/2c Broccoli, .5oz Cheese,  1c Tossed Salad w/  2 TBSP FF Italian dressing w/ 1/2c Garbanzo Beans  1 WW Roll w/ 1 tsp unsalted butter  1/2c Apple slices  1/2c Greek nonfat vanilla yogurt | **THURSDAY 11, 2024**  1c RC Pork Posole  (3 oz diced pork, 1/2c hominy, 1 oz red Chile)  1c Tossed Salad w/  2 TBSP FF Ranch dressing  1 6in WW Tortilla  1/2c SF gelatin w/ 1/2c Berries (not strawberries) | **FRIDAY 12, 2024**  CLOSED |
| **MONDAY 15, 2024**  3oz Roast beef  1c Carrots and cabbage  1 WW Roll w/ 1 tsp margarine  1c Fresh Pear | **TUESDAY 16, 2024**  4oz LS Herbed Cod  2 TBSP Tartar Sauce  1/2c Potato wedges  1/2c Italian Greeb Beans  Wheat roll w/ 1 tsp margarine  Banana | **WEDNESDAY 17, 2024**  3/4c LS Fideo con Carne  (1/3c Pasta, 3oz Beef, 1/4c LS Broth, 1/8c onion, potato)  1c Capri Vegetables  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  6 in flour Tortilla  1/2c Pineapple Tidbits | **Thursday 18, 2024-**  Mexican Chicken Salad (Chicken Taco Salad)  (3oz Chicken seasoned with LS Taco seasoning, olive oil, lime juice, 1c romaine lettuce, 1/4c tomatoes, ½ avocado, 1/4c LS black beans, 1/8c corn, ½ green onion, 1/8c cilantro)  2 TBSP Cilantro Vinaigrette  (olive oil, lime juice, cilantro, black pepper, garlic clove, honey (no salt))  1oz Tortilla chips  1/2c Diced Mango | **FRIDAY 19, 2024**  CLOSED |
| **MONDAY 22, 2024**  Green Chili Chicken Enchiladas  (3 oz. Chicken,  1 oz. Green Chile,  1 oz. Cheese,  2 Corn Tortillas, 1/2c Lettuce and tomato)  **1/3c LS Pinto Beans**  3/4c Roasted Zucchini  1c Fruit salad | **TUESDAY 23, 2024**  Turkey Wrap  (2oz Turkey, 1/2c lettuce, 2 slices tomato, 1/4c Red onion, 1 tortilla wrap)  3/4c Creamy Cucumber and onion salad  1/2c Beets  1/2c Mandarin oranges  1/2c Greek nonfat vanilla yogurt | **WEDNESDAY 24, 2024**  5oz Carne Adovada  (3oz Pork, 2oz RC)  1/2c LS Spanish rice  1c Vegetable Medley w/ 1 tsp margarine  1 6in WW Tortilla  1/2c Spiced Pears | **THURSDAY 25, 2024**  6oz Chicken &Noodles  (3oz Diced Chicken, 1/2c Noodles, 1oz Sauce)  1c Tossed Salad w/  2 TBSP FF Ranch dressing  1 Wheat roll w/ 1 tsp unsalted butter  3/4c Applesauce | **FRIDAY 26, 2024**  CLOSED |
| **MONDAY 29, 2024**  1/2c Tossed Salad w/ 1 TBSP FF Ranch Dressing  8oz Beef Stew  (3oz Beef, 1/2c vegetables)  3/4c Red cabbage w/ red onions  6 LS WW Crackers  Orange | **TUESDAY 30, 2024**  Chili Relleno  (1 Green Chile, .5 oz. Cheese, 1 oz. Breading, 2oz GC Sauce)  1/2c LS Pinto peans  1/2c No added salt Stewed tomatoes  1/2c Spinach  1/2c Mixed Fruit  1/2c Greek nonfat vanilla yogurt | **WEDNESDAY 31, 2024**  Spaghetti  (3 oz meat, 1/2c spaghetti, 2 oz NAS marinara sauce)  1c Tossed Salad w/  2 TBSP FF Italian dressing  1c Chateau blend vegetables  Wheat roll w/ 1 tsp margarine  1/2c peaches in SF cobbler |  | **NOTE:**  2% Milk served at meals |

***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:**  **3** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **3** |
| Calories | 700 or more | 706.4 | 740.4 | 705.1 | 712.1 | 717.9 |
| % Carbohydrates from Calories | 45-55% | 49.6 | 53.7 | 45.2 | 50.8 | 53.1 |
| % Protein from Calories | 15-25% | 22.6 | 19.8 | 20.8 | 24.2 | 22.0 |
| % Fat from Calories | 25-35% | 27.6 | 26.5 | 34.0 | 25.0 | 25.0 |
| Saturated Fat | less than 8g | 8.0 | 7.4 | 8.0 | 7.9 | 8.0 |
| Fiber | 10g or more | 12.0 | 11.9 | 11.1 | 10.1 | 13.8 |
| Vitamin B-12 | .8ug or more | 2.1 | 2.4 | 2.7 | 1.9 | 3.6 |
| Vitamin A | 300ug RAE or more | 459.3 | 495.0 | 551.8 | 410.3 | 810.9 |
| Vitamin C | 30mg or more | 78.2 | 53.3 | 42.0 | 38.3 | 95.0 |
| Iron | 2.6mg or more | 4.1 | 5.2 | 3.8 | 3.4 | 6.1 |
| Calcium | 400mg or more | 555.4 | 477.6 | 455.1 | 523.5 | 544.6 |
| Sodium | less than 766mg | 765.0 | 754.2 | 572.9 | 755.3 | 640.1 |

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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