|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY 1, 2024**CLOSEDHappy New Year! | **TUESDAY 2, 2024**Diced Chicken Salad1c Chicken Salad (3oz Chicken, 1/2c walnuts, celery, grapes)1/2c Carrots1c LS Vegetable Soup 1c Grapes1 WW Roll | **WEDNESDAY 3, 2024**3oz Meatloaf1/2c LS Mashed potatoes w/2oz LS gravy1/2c 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 margarine1/2c non-fat Vanilla Greek yogurt1/2c 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 salad1c 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 Rice1c Coleslaw w/ 2 TBSP Dressing 1 WW Roll1/2c 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 Beans1 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 dressing1 6in WW Tortilla1/2c SF gelatin w/ 1/2c Berries (not strawberries) | **FRIDAY 12, 2024**CLOSED |
| **MONDAY 15, 2024**3oz Roast beef1c Carrots and cabbage1 WW Roll w/ 1 tsp margarine1c Fresh Pear  | **TUESDAY 16, 2024**4oz LS Herbed Cod2 TBSP Tartar Sauce1/2c Potato wedges1/2c Italian Greeb BeansWheat roll w/ 1 tsp margarineBanana  | **WEDNESDAY 17, 2024**3/4c LS Fideo con Carne(1/3c Pasta, 3oz Beef, 1/4c LS Broth, 1/8c onion, potato) 1c Capri Vegetables1c Tossed Salad w/ 2 TBSP FF Italian Dressing6 in flour Tortilla1/2c 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 chips1/2c 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 salad1/2c Beets1/2c Mandarin oranges1/2c Greek nonfat vanilla yogurt   | **WEDNESDAY 24, 2024**5oz Carne Adovada(3oz Pork, 2oz RC)1/2c LS Spanish rice1c Vegetable Medley w/ 1 tsp margarine1 6in WW Tortilla1/2c Spiced Pears | **THURSDAY 25, 2024**6oz Chicken &Noodles(3oz Diced Chicken, 1/2c Noodles, 1oz Sauce)1c Tossed Salad w/ 2 TBSP FF Ranch dressing1 Wheat roll w/ 1 tsp unsalted butter3/4c Applesauce | **FRIDAY 26, 2024**CLOSED |
| **MONDAY 29, 2024**1/2c Tossed Salad w/ 1 TBSP FF Ranch Dressing8oz Beef Stew(3oz Beef, 1/2c vegetables)3/4c Red cabbage w/ red onions6 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 peans1/2c No added salt Stewed tomatoes1/2c 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 dressing1c Chateau blend vegetablesWheat roll w/ 1 tsp margarine1/2c peaches in SF cobbler |   | **NOTE:**2% Milk served at meals  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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.

 Constanc Rudnicki MS, RDN, LD