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| --- | --- | --- | --- | --- |
| 1% Milk served at meals |  |  |  | Friday 1, 20233/4c Mexican Goulash(3oz Lean Beef, 1/4c Macaroni, 1oz GC, 1/8c tomatoes and corn)1c Tossed Salad w/2T FF Italian dressing6 LS WW crackers1/2c apple slices |
| Monday 4, 20233oz Salisbury Steak2oz LS gravy w/1/2c mushrooms1/2c Herbed Red Roasted Potatoes1/2c broccoli1WW roll1/2c Orange sections w/ ¼ tsp cinnamon  | Tuesday 5, 2023Stuffed Bell Peppers(3oz ground beef, 1/4c rice, ½ bell pepper)1c Mexican Salad w/1c Romain Lettuce, 5 cherry tomatoes, 1/8c Red onion, 1/4c corn, ¼ Avocado, .5oz Cotija Cheese, .5oz Tortilla chips2 TBSP Mexican Salad dressingWheat roll w/ 1 tsp unsalted butter 1/2c strawberries | Wednesday 6, 20232oz LS Ham 1/4c dressing3/4c sweet potatoes w/ 1/3c Chopped pecans1/2c asparagus1/2c cranberry sauce1 WW Roll1 slice pumpkin bread | Thursday 7, 20238oz Chicken and Dumpling(3 oz. Chicken, 1 oz. Sauce, 1/2c Dumplings)1/2c mustard greens1/2c glazed carrots1 slice WW bread w/1tsp margarine1/2c spiced peaches | Friday 8, 2023Chile & Pinto Beans(2oz RC, 3/4c Pinto beans) 1/2c cherry tomato and red onion salad 1 slice Mexican cornbread1 slice SF angel food cake, 1/2c apricots, 2T FF whipping cream |
| Monday 11, 20237oz Swiss Steak(3oz Salisbury steak , 4 oz onions)w/ 1oz au jus1c California blend1/2c LS Ranch Style beans1 WW Roll1/2c mixed fruit | Tuesday 12, 2023Spaghetti w/meat sauce(1/2c Wheat Spaghetti, 5oz Meat sauce (3oz Meat, 2oz NAS Marinara Sauce))1/2c lemon sauteed spinach1/2c LS Spanish cauliflower rice1c Tossed Salad w/ 2T FF Ranch Dressing1 slice whole wheat bread w/ 1 tsp unsalted butter 1/2c SF Gelatin w/ 1/2c banana  | Wednesday 13, 2023Seared Chicken w/ 1/4c strawberry salsa1/2c butter beans1/2c carrot coins1 WW Roll1c cantaloupe chunks | Thursday 14, 20232 oz. Kielbasa Sausage 1/2c Red Cabbage1/2c Herb Roasted Potatoes1/2c yellow squash and NAS Diced tomatoes1 slice WW bread w/ 1 tsp unsalted butter 1/2c Greek nonfat vanilla yogurt 3/4c pineapple tidbits | Friday 15, 20233oz Chicken Fried Steak1/2c LS mashed potatoes w/2oz LS pepper gravy1/2c green beans1 WW Roll½ slice pound cake, 1/2c sliced peaches w/2T FF whipping Toping  |
| Monday 18, 2023Green Chile Cheeseburger(3 oz. lean Beef, .5oz. Cheese, 2oz GC) 1 bun, 1/2c lettuce, 2 sliced tomato, 1 slice onion)1/2c LS LF Broccoli Salad 1/2c NAS Baked Beans1c strawberries | Tuesday 19, 2023Chicken Fajita (3oz Chicken, 1/2c Peppers and onion, 1 6 in flour tortilla, 2 TBSP salsa)1/2c corn w/1 tsp cilantro-lime butter1/2c Zucchini1/2c Mango and mint | Wednesday 20, 2023Beef Stew(3 oz. Beef, 1/8c Sauce,1/4c Carrots, 1/4c Potato)1/2c beets1 slice cornbread1 peanut butter cookie | Thursday 21, 20234oz Meatloaf1/2c Brussel sprouts1/2 baked sweet potato1C Tossed Salad w/2T FF Ranch dressing1 WW roll1/2c cherries in cobbler | Friday 22, 2023CLOSED |
| Monday 25, 2023CHRISTMASCLOSED | Tuesday 26, 2023CLOSED | Wednesday 27, 20233oz Baked Chicken1/2c parsley potatoes1/2c spinach1 WW Roll1c grapes | Thursday 28, 20233oz Roast Beef1/2c green beans & 1/4c pearl onions1/2c Vegetable Blend Medley1 WW roll1/2c mandarin oranges | Friday 29, 20233oz Fried Catfish w/ 2 TBSP Tartar sauce1/2c pinto beans1/2c Picnic Marinated Summer Slaw1 Cornbread1 hushpuppy1/2c peaches in SF cobbler |

***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:****1** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****3** |
| Calories | 700 or more | 739.7 | 822.9 | 706.8 | 768.1 | 747.6 |
| % Carbohydrates from Calories | 45-55% | 53.5 | 43.4 | 43.0 | 51.7 | 46.2 |
| % Protein from Calories | 15-25% | 19.2 | 18.4 | 24.1 | 22.0 | 20.1 |
| % Fat from Calories | 25-35% | 27.4 | 32.2 | 26.9 | 26.3 | 33.6 |
| Saturated Fat | less than 8g | 7.7 | 7.5 | 7.8 | 7.4 | 7.4 |
| Fiber | 10g or more | 13.1 | 13.5 | 10.8 | 12.3 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.9 | 2.3 | 2.5 | 3.0 | 2.6 |
| Vitamin A | 300ug RAE or more | 660.0 | 547.8 | 525.7 | 809.2 | 457.8 |
| Vitamin C | 30mg or more | 39.9 | 53.0 | 58.6 | 95.8 | 33.0 |
| Iron | 2.6mg or more | 6.5 | 5.9 | 5.4 | 5.6 | 5.5 |
| Calcium | 400mg or more | 415.0 | 511.7 | 478.3 | 599.0 | 516.1 |
| Sodium | less than 766mg | 760.1 | 766.6 | 766.0 | 707.8 | 691.8 |

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