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| **8 oz. 2% milk served with meals as available** |  |  | **THURSDAY, FEBRUARY 1**  3oz Roast Turkey  w/ 1oz LS gravy, 1/4c Onions  1/2c parsley potatoes  1/2c Cabbage, carrots, w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  Wheat Roll w/ 1 tsp margarine  1/2c Fruit Salad | **FRIDAY, FEBRUARY 2**  **CLOSED** |
| **MONDAY, FEBRUARY 5**  2oz Kielbasa w/ 1/2c peppers and onions  1/2c steamed Red Cabbage  1 slice LF Cornbread  1/2c LS Tomato and Cucumber salad  1/2c Greek Nonfat Vanilla Yogurt  1/2c Mandarin Oranges | **TUESDAY, FEBRUARY 6**  Navajo Taco  (2oz Beef, .5oz cheese, 1oz Fry Bread, 1/2c Pinto Beans, 1/2c Lettuce, 1/2c Tomatoes, 1/4c Onon)  1c Zucchini and Squash  1/2c Spiced Peaches | **WEDNESDAY, FEBRUARY 7**  BBQ Chicken  (3oz Chicken breast, 1 oz BBQ Sauce)  1/2c Yams  1/2c Roasted Brussel Sprouts  Wheat Roll  1 Fresh Pear | **THURSDAY, FEBRUARY 8**  3/4c Beef Goulash  (3oz beef, 1/2c macaroni)  1/2c Broccoli & Cauliflower  WW Roll w/ 1 tsp margarine  1c Tossed Salad  w/ 2 TBSP Ranch Dressing  1/2c Apple slices | **FRIDAY, FEBRUARY 9**  **CLOSED** |
| **MONDAY, FEBRUARY 12**  Hamburger  (1 bun, 3oz patty, 1/2c lettuce, 1 slices tomato, 1 slice onion)  3/4c Green Beans  1/2c LS Cowboy beans  1/2c Banana w/ 1/2c SF Gelatin w/ 1 TBSP FF whipped topping | **TUESDAY, FEBRUARY 13**  5oz Porcupine Meatballs  (3oz beef, 1/4c rice, 1oz marinara sauce)  3/4c Broccoli  1c Tossed Salad w/  2 TBSP FF Ranch Dressing  4 LS WW Crackers  Orange | **WEDNESDAY, FEBRUARY 14**  3oz Pork Roast  1/2c LS Brown Rice Pilaf  1c Chateau Blend Vegetables  1c Tossed Salad  w/ 2 TBSP FF Italian Dressing  Wheat roll  1/2c Mixed Fruit | **THURSDAY, FEBRUARY 15**  Hamburger, Veggie Pizza  (1oz Crust, 1oz Mozz. Cheese, 2oz beef,1/3c peppers and onion, 1/4c tomatoes, .5oz sauce)  1c Tossed Salad w/  2 TBSP FF Ranch Dressing  1c Pineapple | **FRIDAY, FEBRUARY 16**  **CLOSED** |
| **MONDAY, FEBRUARY 19**  **CLOSED**  **PRESIDENTS’ DAY** | **TUESDAY, FEBRUARY 20**  3oz Baked chicken  2oz LS Gravy  1/2c Mushrooms  1/2c Brown Rice w/ 1/2c Spinach w/ 1 tsp margarine  Wheat Roll w/ 1 tsp margarine  1c Fruit Salad | **WEDNESDAY, FEBRUARY 21**  Tuna Salad Sandwich  (1/2c tuna salad, 3oz light tuna), 1/2c lettuce, 2 slices tomato, 2 slices wheat bread)  1/2c NAS Baked French Fries  1/2c Carrots w/ 1 tsp margarine  1/2c Tossed Salad w/  1 TBSP FF Italian Dressing  1/2c Pears | **THURSDAY, FEBRUARY 22**  Green Chili Chicken Enchiladas  (3oz chicken, 1oz green chili, 1oz cheese, 2 corn tortillas, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1/2c Vegetable Medley w/ 1 tsp margarine  1/2c mandarin oranges | **FRIDAY, FEBRUARY 23**  **CLOSED** |
| **MONDAY, FEBRUARY 26**  3oz Meatloaf  w/ 1oz LS gravy  1/2c LS Mashed potatoes  3/4c Beets  Wheat Roll  1c Tossed Salad w/  2 TBSP FF Ranch Dressing  1/2c Grapes | **TUESDAY, FEBRUARY 27**  Nacho Supreme  (1oz ground beef, 1oz tortilla chips, 2 TBSP Green Chili, 2 slices Jalapeno, .5oz cheese, 1TBSP salsa, 1TBSP green onion, 1 TBSP Light sour cream)  1/2c LS Pinto beans  1c Tossed Salad w/  2 TBSP FF Italian Dressing  1/2c SF Gelatin w/ 1/2c Strawberries | **WEDNESDAY, FEBRUARY 28**  Sweet & Sour Pork  (3oz Pork, 1oz sauce/vegetables)  1c Brown Rice  1c Asian Veggies  Vegetable Egg roll  1/2c Fruit Cocktail | **THURSDAY, FEBRUARY 29**  Chili Cornbread Bake  (3oz Beef, 2oz Cornbread topping, 2oz Tomatoes/GC Sauce)  1c Capri Vegetables  1/2c Tossed Salad w/ 1 TBSP FF ranch Dressing  4 LS WW Crackers  1/2c Tropical 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:**  **1** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **3** | **Days in Week:**  **4** |
| Calories | 700 or more | 745.9 | 703.8 | 702.6 | 737.4 | 704.4 |
| % Carbohydrates from Calories | 45-55% | 49.6 | 49.7 | 52.8 | 48.5 | 55.2 |
| % Protein from Calories | 15-25% | 22.1 | 23.0 | 21.9 | 24.9 | 18.6 |
| % Fat from Calories | 25-35% | 28.3 | 27.3 | 25.4 | 26.6 | 26.1 |
| Saturated Fat | less than 8g | 7.3 | 8.0 | 8.0 | 7.4 | 8.0 |
| Fiber | 10g or more | 12.3 | 12.7 | 12.2 | 12.3 | 10.7 |
| Vitamin B-12 | .8ug or more | 2.1 | 2.7 | 2.7 | 2.3 | 2.5 |
| Vitamin A | 300ug RAE or more | 1037.3 | 397.7 | 583.9 | 779.7 | 401.0 |
| Vitamin C | 30mg or more | 69.0 | 79.5 | 76.2 | 33.1 | 50.1 |
| Iron | 2.6mg or more | 5.0 | 4.9 | 5.3 | 5.7 | 4.9 |
| Calcium | 400mg or more | 450.8 | 505.8 | 493.0 | 535.0 | 463.8 |
| Sodium | less than 766mg | 752.7 | 721.9 | 762.8 | 735.6 | 755.1 |

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.

Constance Rudnicki MS, RDN, LD Approved on 1/5/2024