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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 Onions1/2c parsley potatoes1/2c Cabbage, carrots, w/ 1 tsp margarine1c Tossed Salad w/ 2 TBSP FF Ranch DressingWheat Roll w/ 1 tsp margarine1/2c Fruit Salad | **FRIDAY, FEBRUARY 2****CLOSED** |
| **MONDAY, FEBRUARY 5**2oz Kielbasa w/ 1/2c peppers and onions1/2c steamed Red Cabbage1 slice LF Cornbread1/2c LS Tomato and Cucumber salad 1/2c Greek Nonfat Vanilla Yogurt1/2c 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 Yams1/2c Roasted Brussel SproutsWheat Roll1 Fresh Pear | **THURSDAY, FEBRUARY 8**3/4c Beef Goulash(3oz beef, 1/2c macaroni)1/2c Broccoli & CauliflowerWW Roll w/ 1 tsp margarine1c Tossed Saladw/ 2 TBSP Ranch Dressing1/2c 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 beans1/2c 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 Broccoli1c Tossed Salad w/2 TBSP FF Ranch Dressing4 LS WW Crackers Orange  | **WEDNESDAY, FEBRUARY 14**3oz Pork Roast 1/2c LS Brown Rice Pilaf1c Chateau Blend Vegetables1c Tossed Saladw/ 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 Dressing1c Pineapple | **FRIDAY, FEBRUARY 16****CLOSED** |
| **MONDAY, FEBRUARY 19****CLOSED****PRESIDENTS’ DAY** | **TUESDAY, FEBRUARY 20** 3oz Baked chicken2oz LS Gravy1/2c Mushrooms1/2c Brown Rice w/ 1/2c Spinach w/ 1 tsp margarineWheat Roll w/ 1 tsp margarine1c 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 margarine1/2c Tossed Salad w/1 TBSP FF Italian Dressing1/2c 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 Beans1/2c LS Spanish Rice1/2c Vegetable Medley w/ 1 tsp margarine 1/2c mandarin oranges  | **FRIDAY, FEBRUARY 23****CLOSED** |
| **MONDAY, FEBRUARY 26**3oz Meatloaf w/ 1oz LS gravy1/2c LS Mashed potatoes3/4c Beets Wheat Roll 1c Tossed Salad w/2 TBSP FF Ranch Dressing1/2c 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 beans1c Tossed Salad w/ 2 TBSP FF Italian Dressing1/2c SF Gelatin w/ 1/2c Strawberries  | **WEDNESDAY, FEBRUARY 28**Sweet & Sour Pork(3oz Pork, 1oz sauce/vegetables)1c Brown Rice1c Asian VeggiesVegetable Egg roll 1/2c Fruit Cocktail  | **THURSDAY, FEBRUARY 29**Chili Cornbread Bake(3oz Beef, 2oz Cornbread topping, 2oz Tomatoes/GC Sauce)1c Capri Vegetables1/2c 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