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|  |  | **WEDNESDAY 1, 2021**3oz Grilled Chicken Breast½ c Rice Pilaf1C California Blend Vegetables1 Roll w/ tsp. Margarine1 c Fruit Salad | **THURSDAY 2, 2021**4oz Beef Tips w/ 1oz Gravy½ C Egg Noodles3/4 c Succotash1 Roll w/ tsp. Margarine1 Oatmeal Raisin Cookie¼ c Raisins | **FRIDAY 3, 2021**Ham & Cheese Sandwich, 1oz LS Ham, 1oz LF Swiss Cheese, ½ C Lettuce & Tomato¾ c Tomato Soup w/ 1 tsp half and half½ C Apple Crisp½ c nonfat vanilla yogurt3/4 c salad w/ 1 TBSP LF Dressing |
| **MONDAY 6, 2021**Sloppy Joe, 3oz Ground Beef, 1oz Sauce, 1 Whole Bun½ C Potato Salad1C Carrots & Broccoli 1 C Pears | **TUESDAY 7, 2021**Beef Stew, 3oz Beef, 1C Carrots, Onion, Celery, & Potato, ¼ C Sauce1 Roll w/ tsp. Margarine1 SL Brownie | **WEDNESDAY 8, 2021**3oz Baked Pork Chop½ C Stuffing½ c Spinach, ½ c Mushrooms1 Roll w/ tsp. Margarine1 C Applesauce | **THURSDAY 9, 2021**Pizza, 3oz Meat, 1oz Cheese, 1oz NAS Sauce, 1oz Cauliflower Crust1 C Salad w 1 TBSP LF Dressing½ c LS Croutons1 C Green Beans1 Banana | **FRIDAY 10, 2021**Chef Salad, 1.5 c Lettuce, 2oz Turkey & 1 oz LS Ham, 2 slices of Bacon, 2 oz Tomatoes, 0.5 oz Carrots, 1 oz Red Onions, 2 oz Cucumbers, 0.5 oz Cheese w/ 2T LF Dressing6 WW LS CrackersCherry Jell-O w/ 1 c Pineapple |
| **MONDAY 13, 2021**Taco Salad, 3oz Ground Beef, 0.5 oz Cheese, ½ C Lettuce & Tomato, 1oz Salsa, 1 oz Tortilla chips ½ C Zucchini & Corn1c Peaches & Strawberries**1% Milk** | **TUESDAY 14, 2021**Meatball Sandwich, 3oz beef, 0.5 oz Cheese, 1oz LS Sauce, 1 Bun1 C Cucumber & Tomato Salad1oz Sun chips**1 c Mixed Fruit****1% Milk** | **WEDNESDAY 15, 2021**Chicken Strips, 3oz LS Chicken½ C Mashed Potatoes w/ 1oz LS Gravy ½ C Carrots & Peas1 Roll w/ tsp. Margarine1 C Blueberries w/ 4oz Nonfat vanilla yogurt**1% Milk** | **THURSDAY 16, 2021**Baked Ham, 2oz LS Ham½ C Baked Broccoli Potato w/ 1 oz LS cheese, 1 C Green Beans1 Roll w/ tsp. Margarine½ c Fruit Salad; ½ slice Vanilla Cake **1% Milk** | **FRIDAY 17, 2021**Smothered Bean & Cheese Burritos, 3 oz Pinto Beans, 2oz Sauce, 1 oz LS Cheese1/2c Cup Spanish Rice1 Orange1 c Roasted Vegetables **1% Milk** |
| **MONDAY 20, 2021**3oz Beef & ½ C Cabbage½ C Parsley Potatoes½ C Spinach1 Roll w/ tsp. Margarine¼ C Cottage Cheese w/ Peaches**1% Milk** | **TUESDAY 21, 2021**Tator Tot Casserole, 3oz Beef in 1 oz LS Sauce, ½ Cup Mixed ,Vegetables½ C Beets1 Roll w/ tsp. Margarine½ C Jell-O w/ ½ c Mandarin Oranges**1% Milk** | **WEDNESDAY 22, 2021**Pork Tamale 3oz Pork, 2oz LS Red Chile Sauce, ½ C Masa½ C Roasted Corn3/4 C LS Black Beans1 Peanut Butter Cookie**Banana****1% Milk** | **THURSDAY 23, 2021****CLOSED** | **FRIDAY 24, 2021****CLOSED** |
| **MONDAY 27, 2021**6 oz Goulash, 3oz Ground Beef, 1oz Sauce, ½ C Pasta1 C Chuckwagon Vegetables1 Garlic Breadstick1 C Grapes**1% Milk** | **TUESDAY 28, 2021**2 Chicken Tacos, 2oz Chicken, 1oz Cheese, 2 Corn Tortillas, ½ C Lettuce & Tomatoes, 1oz Salsa½ C Pinto Beans½ C Zucchini & Corn1 Sugar Cookie**1% Milk** | **WEDNESDAY 29, 2021**3oz BBQ Riblet- 1 TBSP BBQ SAUCE, 3 oz Lean Riblet½ C Macaroni & Cheese1 C Salad w 1 TBSP LF Dressing1 Roll w/ tsp. Margarine1 C Fruit Salad**1% Milk** | **THURSDAY 30, 2021**Fideo con Carne, 3oz Beef, 1oz Sauce, ¼ C Noodles½ C Mixed Vegetables1 C Salad w 1 TBSP LF Dressing1 WW Tortilla6 oz Orange & Pineapple Salad**1% Milk**  | **FRIDAY 31, 2021**Chicken Noodle Soup, 3oz Chicken, ½ C Noodles, ½ C Carrots, Celery, & Onions, ½ C Sauce1 C Salad w 1 TBSP LF Dressing½ C Cherry Cobbler**1% Milk** |

***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:****5** | **Days in Week:****5** | **Days in Week:****3** | **Days in Week:****5** |
| Calories | 700 or more | 807 | 700 | 759 | 717 | 768 |
| % Carbohydrates from Calories | 45-55% | 55.4 | 47.5 | 53.5 | 50.6 | 51.7 |
| % Protein from Calories | 15-25% | 20.0 | 23.7 | 19.1 | 23.0 | 22.4 |
| % Fat from Calories | 25-35% | 25 | 28.8 | 27.4 | 26.3 | 25.9 |
| Saturated Fat | less than 8g | 7.9 | 7.9 | 8.0 | 7.5 | 7.9 |
| Fiber | 10g or more | 10 | 10.0 | 10.9 | 12.9 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.1 | 2.9 | 2.3 | 2.8 | 2.7 |
| Vitamin A | 300ug RAE or more | 412 | 724.5 | 605.6 | 704 | 517.6 |
| Vitamin C | 30mg or more | 40 | 37.0 | 76 | 37.7 | 41 |
| Iron | 2.6mg or more | 4.9 | 5.8 | 4.77 | 5.9 | 4.9 |
| Calcium | 400mg or more | 585 | 475.4 | 572 | 455.5 | 523.7 |
| Sodium | less than 766mg | 766 | 765 | 709 | 747 | 700.3 |

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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