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| --- | --- | --- | --- | --- |
|  |  | **WEDNESDAY 1, 2021**  3oz Grilled Chicken Breast  ½ c Rice Pilaf  1C California Blend Vegetables  1 Roll w/ tsp. Margarine  1 c Fruit Salad | **THURSDAY 2, 2021**  4oz Beef Tips w/ 1oz Gravy  ½ C Egg Noodles  3/4 c Succotash  1 Roll w/ tsp. Margarine  1 Oatmeal Raisin Cookie  ¼ c Raisins | **FRIDAY 3, 2021**  Ham & Cheese Sandwich, 1oz LS Ham, 1oz LF Swiss Cheese, ½ C Lettuce & Tomato  ¾ c Tomato Soup w/ 1 tsp half and half  ½ C Apple Crisp  ½ c nonfat vanilla yogurt  3/4 c salad w/ 1 TBSP LF Dressing |
| **MONDAY 6, 2021**  Sloppy Joe, 3oz Ground Beef, 1oz Sauce, 1 Whole Bun  ½ C Potato Salad  1C Carrots & Broccoli  1 C Pears | **TUESDAY 7, 2021**  Beef Stew, 3oz Beef, 1C Carrots, Onion, Celery, & Potato, ¼ C Sauce  1 Roll w/ tsp. Margarine  1 SL Brownie | **WEDNESDAY 8, 2021**  3oz Baked Pork Chop  ½ C Stuffing  ½ c Spinach, ½ c Mushrooms  1 Roll w/ tsp. Margarine  1 C Applesauce | **THURSDAY 9, 2021**  Pizza, 3oz Meat, 1oz Cheese, 1oz NAS Sauce, 1oz Cauliflower Crust  1 C Salad w 1 TBSP LF Dressing  ½ c LS Croutons  1 C Green Beans  1 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 Dressing  6 WW LS Crackers  Cherry 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 & Corn  1c Peaches & Strawberries  **1% Milk** | **TUESDAY 14, 2021**  Meatball Sandwich, 3oz beef, 0.5 oz Cheese, 1oz LS Sauce, 1 Bun  1 C Cucumber & Tomato Salad  1oz Sun chips  **1 c Mixed Fruit**  **1% Milk** | **WEDNESDAY 15, 2021**  Chicken Strips, 3oz LS Chicken  ½ C Mashed Potatoes w/ 1oz LS Gravy  ½ C Carrots & Peas  1 Roll w/ tsp. Margarine  1 C Blueberries w/ 4oz Nonfat vanilla yogurt  **1% Milk** | **THURSDAY 16, 2021**  Baked Ham, 2oz LS Ham  ½ C Baked Broccoli Potato w/ 1 oz LS cheese,  1 C Green Beans  1 Roll w/ tsp. Margarine  ½ 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 Cheese  1/2c Cup Spanish Rice  1 Orange  1 c Roasted Vegetables  **1% Milk** |
| **MONDAY 20, 2021**  3oz Beef & ½ C Cabbage  ½ C Parsley Potatoes  ½ C Spinach  1 Roll w/ tsp. Margarine  ¼ C Cottage Cheese w/ Peaches  **1% Milk** | **TUESDAY 21, 2021**  Tator Tot Casserole, 3oz Beef in 1 oz LS Sauce, ½ Cup Mixed ,Vegetables  ½ C Beets  1 Roll w/ tsp. Margarine  ½ C Jell-O w/ ½ c Mandarin Oranges  **1% Milk** | **WEDNESDAY 22, 2021**  Pork Tamale 3oz Pork, 2oz LS Red Chile Sauce, ½ C Masa  ½ C Roasted Corn  3/4 C LS Black Beans  1 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 Pasta  1 C Chuckwagon Vegetables  1 Garlic Breadstick  1 C Grapes  **1% Milk** | **TUESDAY 28, 2021**  2 Chicken Tacos, 2oz Chicken, 1oz Cheese, 2 Corn Tortillas, ½ C Lettuce & Tomatoes, 1oz Salsa  ½ C Pinto Beans  ½ C Zucchini & Corn  1 Sugar Cookie  **1% Milk** | **WEDNESDAY 29, 2021**  3oz BBQ Riblet- 1 TBSP BBQ SAUCE, 3 oz Lean Riblet  ½ C Macaroni & Cheese  1 C Salad w 1 TBSP LF Dressing  1 Roll w/ tsp. Margarine  1 C Fruit Salad  **1% Milk** | **THURSDAY 30, 2021**  Fideo con Carne, 3oz Beef, 1oz Sauce, ¼ C Noodles  ½ C Mixed Vegetables  1 C Salad w 1 TBSP LF Dressing  1 WW Tortilla  6 oz Orange & Pineapple Salad  **1% Milk** | **FRIDAY 31, 2021**  Chicken Noodle Soup, 3oz Chicken, ½ C Noodles, ½ C Carrots, Celery, & Onions, ½ C Sauce  1 C Salad w 1 TBSP LF Dressing  ½ C Cherry Cobbler  **1% Milk** |

***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:**  **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.

Constance Rudnicki MS, RDN, LD