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| MONDAY 1, 2024CENTER CLOSED HAPPY NEW YEAR!! | TUESDAY 2, 20243oz Country Fried Steak2oz LS Country Gravy1/2c Mashed Potatoes3/4c Green Beans1 Wheat Roll w/1 tsp Margarine1/2c Applesauce | WEDNESDAY 3, 2024Pork Tamale(3oz pork,2oz red chile,1/4c masa)1/2c LS Pinto Beans1/2c Zucchini w/ 1/2c NAS Diced Tomatoes4 graham crackers1/2c Diced Mango | THURSDAY 4, 2024Spaghetti(3oz ground Beef,2oz NAS Marinara Sauce,1/2c noodles)1c Italian Blend Vegetables1c Tossed salad w/ 2 TBSP FF Dressing1 Garlic Bread1/2c Sliced Peaches | FRIDAY 5, 20243oz LS Herbed Baked Fish2T Tartar Sauce1/2c Wild Rice1c Coleslaw w/ 2 TBSP Dressing1/2c Broccoli w/ 1 tsp margarine 1 Wheat Roll w/ 1 tsp Margarine1/2c Greek nonfat vanilla yogurt 1/2c Berries  |
| MONDAY 8, 2024Sloppy Joes(3oz beef,2oz sauce,1 bun, 1/2c Peppers and onions)1/2c LS Parsley Potatoes1/2c Carrots w/ 1 tsp margarine 1/2c Sherbet | TUESDAY 9, 2024Sweet & Sour Pork(3oz Pork, 1/2c peppers, onions, pineapple)3/4c Brown Rice1c Stir Fry Veggies1 Vegetable Egg Roll3/4c Mandarin Oranges  | WEDNESDAY 10, 2024BBQ Chicken(3oz Chicken breast, 1oz BBQ Sauce)1/2c Collard greens w/ garlic1/2c NAS Stewed Tomatoes1 sl LF Cornbread w/ 1 tsp margarine1/2c Fruit Cocktail  | THURSDAY 11, 20243oz Pork chop1/2c Lemon Herb Orzo1c California Blend Vegetables w/ 1 tsp margarine Wheat roll w/ 1 tsp margarineOrange | FRIDAY 12, 2024Chicken Taco(3oz Chicken, 2 TBSP Salsa, 1/2c Lettuce and tomato, 1 6in Flour Tortilla)1c Capri Vegetables w/ 1 tsp margarine 1/2c LS Spanish RiceBanana |
| MONDAY 15, 20243oz Catfish1/2c Asparagus1/2c LF LS Broccoli Salad 2 TBSP Tartar SauceWheat Roll 1c Strawberry 1 slice SF Angel Food Cake | TUESDAY 16, 20242oz Polish Sausage1/2c Diced Potatoes3/4c Red Cabbage and onions1 Wheat Roll w / 1 tsp Margarine1/2c Greek Vanilla Nonfat Yogurt | WEDNESDAY 17, 2024Chicken Fajitas(3oz chicken, 1/2c peppers & onion, 1 6in flour tortilla1/2c Tomato and onion salad1/2c LS Pinto Beans1/2c Apricots  | THURSDAY 18, 20243oz Salisbury Steak2oz LS Gravy1/2c Penne Pasta w/ 1 tsp margarine w/1/2cSpinach1/2c Beets1 Wheat Roll Fresh Pear | FRIDAY 19, 20243oz Chicken Strips1oz LS Country Gravy1/2c LS Okra w/ tomatoes and onions1/2c LS Roasted Herb  Potatoes Wheat roll w/ 1 tsp margarine1c Fruit Salad  |
| MONDAY 22, 2024Frito Pie(3oz beef, 2oz RC, 1oz corn chips)1/2c LS Pinto Beans1/2c Yellow Squash1c Tropical Fruit Salad  | TUESDAY 23, 2024GC Cheese Chicken Sandwich(3oz Chicken, 1 bun, 1oz GC, .5oz Cheese)1/2c Cauliflower1/2c Three Bean Salad1oz Sun Chips1/2c Plums  | WEDNESDAY 24, 20244oz Meatloaf1/2c Sweet Potatoes 1c Chateau Blend Vegetables 1 Wheat Roll w/ 1 tsp margarine 1/2c SF Gelatin  | THURSDAY 25, 2024Orange Chicken(3oz Chicken, 1oz Sauce)1/2c Brown Rice 1c Asian vegetablesVegetable Egg Roll  1/2c Spiced Peaches  | FRIDAY 26, 2024Beef Macaroni(3oz beef,1/2c mac, 1/4c Tomatoes)1/2c Roasted Brussel Sprouts1/2c NAS French Style Green Beans4 LS WW Crackers 1c Strawberries and banana |
| MONDAY 29, 2024Chicken salad Sandwich(3oz chicken, 1/4c Celery, grapes, walnuts, cranberries, wheat bread, 1/2c Lettuce, 2 slices tomato)1c Malibu Vegetables w/ 1 tsp margarine1/2c Pineapple Chunks  | TUESDAY 30, 2024Chile Relleno(1oz cheese, 1 green chile, 1oz Breading, 2oz Green chile sauce)1/2c Black beans w/ 1/4c Red pepper 1/2c LS Spanish Rice 1c Vegetable Medley w/ 1 tsp margarine 1/2c Mixed Fruit  | WEDNESDAY 31, 2024 Cheeseburger(3oz beef, 1 bun, 1oz GC, 1/2c Lettuce, 2 slices tomato, 1 slice onion)1/2c NAS Baked French Fries 1/2c Cucumber and tomato salad1c Grapes |  | 2% Low Fat Milk Served With Meals |

 ***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: |  | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 700 or more | 710.2 | 769.5 | 706.8 | 737.4 | 700.8 |
| % Carbohydrates from Calories | 45-55% | 47.8 | 51.3 | 7.5 | 50.2 | 51.2 |
| % Protein from Calories | 15-25% | 21.6 | 23.5 | 20.3 | 22.8 | 21.4 |
| % Fat from Calories | 25-35% | 30.6 | 25.2 | 32.2 | 27.0 | 27.4 |
| Saturated Fat | less than 8g | 7.9 | 7.5 | 7.8 | 7.9 | 7.9 |
| Fiber | 10g or more | 10.6 | 10.0 | 10.1 | 11.4 | 11.8 |
| Vitamin B-12 | .8ug or more | 2.6 | 2.4 | 2.3 | 2.7 | 2.1 |
| Vitamin A | 300ug RAE or more | 382.2 | 460.0 | 330.9 | 339.4 | 333.9 |
| Vitamin C | 30mg or more | 32.8 | 66.2 | 52.6 | 56.6 | 84.3 |
| Iron | 2.6mg or more | 4.0 | 5.1 | 4.9 | 5.3 | 4.4 |
| Calcium | 400mg or more | 449.1 | 477.2 | 465.5 | 442.5 | 468.3 |
| Sodium | less than 766mg | 711.2 | 741.1 | 764.4 | 628.9 | 478.8 |

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