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| MONDAY 1, 2024  CENTER CLOSED  HAPPY NEW YEAR!! | TUESDAY 2, 2024  3oz Country Fried Steak  2oz LS Country Gravy  1/2c Mashed Potatoes  3/4c Green Beans  1 Wheat Roll w/1 tsp Margarine  1/2c Applesauce | WEDNESDAY 3, 2024  Pork Tamale  (3oz pork,2oz red chile,1/4c masa)  1/2c LS Pinto Beans  1/2c Zucchini w/ 1/2c NAS Diced Tomatoes  4 graham crackers  1/2c Diced Mango | THURSDAY 4, 2024  Spaghetti  (3oz ground Beef,2oz NAS Marinara Sauce,1/2c noodles)  1c Italian Blend Vegetables  1c Tossed salad w/ 2 TBSP FF Dressing  1 Garlic Bread  1/2c Sliced Peaches | FRIDAY 5, 2024  3oz LS Herbed Baked Fish  2T Tartar Sauce  1/2c Wild Rice  1c Coleslaw w/ 2 TBSP Dressing  1/2c Broccoli w/ 1 tsp margarine  1 Wheat Roll w/ 1 tsp Margarine  1/2c Greek nonfat vanilla yogurt  1/2c Berries |
| MONDAY 8, 2024  Sloppy Joes  (3oz beef,2oz sauce,1 bun, 1/2c Peppers and onions)  1/2c LS Parsley Potatoes  1/2c Carrots w/ 1 tsp margarine  1/2c Sherbet | TUESDAY 9, 2024  Sweet & Sour Pork  (3oz Pork, 1/2c peppers, onions, pineapple)  3/4c Brown Rice  1c Stir Fry Veggies  1 Vegetable Egg Roll  3/4c Mandarin Oranges | WEDNESDAY 10, 2024  BBQ Chicken  (3oz Chicken breast, 1oz BBQ Sauce)  1/2c Collard greens w/ garlic  1/2c NAS Stewed Tomatoes  1 sl LF Cornbread w/ 1 tsp margarine  1/2c Fruit Cocktail | THURSDAY 11, 2024  3oz Pork chop  1/2c Lemon Herb Orzo  1c California Blend Vegetables w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  Orange | FRIDAY 12, 2024  Chicken 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 Rice  Banana |
| MONDAY 15, 2024  3oz Catfish  1/2c Asparagus  1/2c LF LS Broccoli Salad  2 TBSP Tartar Sauce  Wheat Roll  1c Strawberry 1 slice SF Angel Food Cake | TUESDAY 16, 2024  2oz Polish Sausage  1/2c Diced Potatoes  3/4c Red Cabbage and onions  1 Wheat Roll w / 1 tsp Margarine  1/2c Greek Vanilla Nonfat Yogurt | WEDNESDAY 17, 2024  Chicken Fajitas  (3oz chicken, 1/2c peppers & onion, 1 6in flour tortilla  1/2c Tomato and onion salad  1/2c LS Pinto Beans  1/2c Apricots | THURSDAY 18, 2024  3oz Salisbury Steak  2oz LS Gravy  1/2c Penne Pasta w/ 1 tsp margarine w/1/2c  Spinach  1/2c Beets  1 Wheat Roll  Fresh Pear | FRIDAY 19, 2024  3oz Chicken Strips  1oz LS Country Gravy  1/2c LS Okra w/ tomatoes and onions  1/2c LS Roasted Herb  Potatoes  Wheat roll w/ 1 tsp margarine  1c Fruit Salad |
| MONDAY 22, 2024  Frito Pie  (3oz beef, 2oz RC, 1oz corn chips)  1/2c LS Pinto Beans  1/2c Yellow Squash  1c Tropical Fruit Salad | TUESDAY 23, 2024  GC Cheese Chicken Sandwich  (3oz Chicken, 1 bun, 1oz GC, .5oz Cheese)  1/2c Cauliflower  1/2c Three Bean Salad  1oz Sun Chips  1/2c Plums | WEDNESDAY 24, 2024  4oz Meatloaf  1/2c Sweet Potatoes  1c Chateau Blend Vegetables  1 Wheat Roll w/ 1 tsp margarine  1/2c SF Gelatin | THURSDAY 25, 2024  Orange Chicken  (3oz Chicken, 1oz Sauce)  1/2c Brown Rice  1c Asian vegetables  Vegetable Egg Roll  1/2c Spiced Peaches | FRIDAY 26, 2024  Beef Macaroni  (3oz beef,1/2c mac, 1/4c Tomatoes)  1/2c Roasted Brussel Sprouts  1/2c NAS French Style Green Beans  4 LS WW Crackers  1c Strawberries and banana |
| MONDAY 29, 2024  Chicken salad Sandwich  (3oz chicken, 1/4c Celery, grapes, walnuts, cranberries, wheat bread, 1/2c Lettuce, 2 slices tomato)  1c Malibu Vegetables w/ 1 tsp margarine  1/2c Pineapple Chunks | TUESDAY 30, 2024  Chile 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 salad  1c 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