|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1% Milk used in analysis****Light Italian Dressing used in analysis****LS =Low Sodium****NAS-No added Salt****SF=Sugar Free**  |  |  | Thursday December 1Green Chile cheeseburger(1oz GC, 1 patty, 1bun, .5 oz Cheese)1/2c lettuce, 2 slices tomato, 1 slice onion1c Peas and Carrots5 Onion Rings1/2c Sliced Apples | Friday December 2 3oz Orange Chicken(1oz sauce) w/ 2 TBSP Sesame Seeds1c Brown rice1c Oriental Vegetables1 Veggie Egg Roll1c Pineapple Chunks |
| Monday December 5 Veggie Pizza(1oz Crust, 1oz Sauce, 1oz Cheese, 1/2c peppers and onions, mushrooms, 2 slices Tomato)1c Tossed Salad w/ 2 TBSP Light DressingGarlic Knot w/ 1 tsp margarine1c Tropical fruit Salad | Tuesday December 6 Chopped BBQ Beef Sandwich(3oz Beef, 1oz LS BBQ sauce, 1bun)1c Green Beans1/2c Potato Wedges1/2c Peaches | Wednesday December 75oz Carne Adovada(3oz Pork, 2oz RC Sauce)1/2c LS Mexicorn1/2c LS Pinto Beans1 6in Flour tortilla1 Peanut butter cookie | Thursday December 8  3oz LS Baked Fish (Cod)1/2c succotash1c Coleslaw w/ 2 TBSP Dressing1/2c Rice PilafWW Roll w/ 1 tsp margarine2oz SF Brownie | Friday December 9 3oz Chicken Fried Steak1/2c Mashed Potatoes w/ 2oz LS Gravy1/2c Mixed VegetablesWW roll w/ 1 tsp margarine1c Pears  |
| Monday December 12 Spaghetti with Meat Sauce(3oz Beef, 2oz Sauce, 1/2c Pasta)Garlic Bread1/2c Baked Zucchini w/ Garlic1c Tossed Salad w/2 TBSP Light Dressing1/2c Apricots | Tuesday December 13 6oz Chicken Pot Pie(3oz Chicken, 1 oz Crust, 1/2c Vegetables)1/2c Beet and Onion SaladWW RollOrange  | Wednesday December 14 Beef Fajitas(3oz Beef, 1/2c Peppers and Onions)1c Yellow Squash and Red Peppers2oz Salsa1/2c Spanish Rice1 Oatmeal Cookie | Thursday December 15 Christmas Lunch2oz Glazed Ham1/2c Candied Sweet Potatoes w/ 1/3 chopped pecans (protein requirement) 1c California Blend VeggiesWW RollStrawberry Shortcake(1 biscuit, 1/2c Strawberries  | Friday December 163oz Baked Pork Chop1/2c Wild Rice1c Asparagus w/ mushrooms WW roll1/2c Plums  |
| Monday December 19 Swedish Meatballs(3oz Meatballs, 2oz Sauce)1/c Egg Noodles1c Cauliflower w/ Brussel sprouts 1c Tossed Salad w/ 1 TBSP Light DressingBreadstick1 Sugar Cookie  | Tuesday December 20  3oz LS Herbed Chicken1/2c Scalloped Potatoes1/2c Roasted Broccoli w/ 1/2c Red Pepper WW Roll1/2c Cherries in Cobbler | Wednesday December 21 Sweet and Sour Pork(3oz Pork, 3oz Sauce)1c Oriental Vegetables w/ 1/8 c Sesame Seeds1c Brown Rice1 Veggie Egg Roll1c Mandarin Oranges | Thursday December 22 4oz Salisbury Steak (3oz meat, 1oz Sauce)1c Capri Vegetables1/2c Mashed Potatoesw/ 2oz LS GravyCornbread w 1 tsp margarine2oz Spice Cake (no frosting)  | Friday December 23 Chicken Alfredo (3oz Chicken, 2oz alfredo Sauce, 1/2c Fettucine)1c Italian Vegetables w 1 tsp margarine1c Tossed Salad w/ 2 TBSP Light Dressing1 Chocolate Chip Cookie1c Fruit SaladWheat Roll w/ 1 tsp margarine |
| Monday December 26 CLOSED  | Tuesday December 27  Red chile Beef Enchiladas(1oz RC, 3oz Beef, 1oz Cheese, 2 corn tortilla, 1/2c Lettuce and tomato)1/3c LS Pinto Beans3/4c Calabacitas w/ 1 tsp margarine1/3c LS Spanish Rice | Wednesday December 28Chicken Tomato Bake(3oz Chicken, 1oz Sauce, 1oz Tomatoes)1/3c Seasoned herbed rice1 garlic Knot w/ 1 tsp margarine1c 5 way Vegetables w/ 1 tsp margarine1/2c SF Gelatin w/ 1/2c berries | Thursday December 29 BBQ Pork Sandwich(3oz Pork 1oz LS BBQ sauce, 1 bun)10 NAS French Fries1/2c Cucumber and Tomato Salad 1/2c Watermelon  | Friday December 30 Chicken Parm w 2oz LS Marinara Sauce, 1oz Mozzarella Cheese, and 2 TBSP parm Cheese) 1/2c Spaghetti1/2c LS Stewed Tomatoes1/2c Spinach w/ 1 tsp margarine1/2c Tossed Salad w/ 1 TBSP Light Dressing1/2c Mixed Fruit  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****2** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** |
| Calories | 700 or more | 841.9 | 819.3 | 719.3 | 832.7 | 746.1 |
| % Carbohydrates from Calories | 45-55% | 53.3 | 52.8 | 45.8 | 52.6 | 50.7 |
| % Protein from Calories | 15-25% | 21.3 | 20.6 | 20.8 | 20.0 | 23.9 |
| % Fat from Calories | 25-35% | 25.4 | 26.6 | 33.4 | 27.3 | 25.4 |
| Saturated Fat | less than 8g | 6.9 | 7.1 | 7.4 | 7.0 | 7.7 |
| Fiber | 10g or more | 10.2 | 10.1 | 10.0 | 10.0 | 10.4 |
| Vitamin B-12 | .8ug or more | 2.6 | 1.8 | 2.4 | 1.9 | 1.9 |
| Vitamin A | 300ug RAE or more | 645.8 | 349.3 | 397.3 | 508.2 | 874.0 |
| Vitamin C | 30mg or more | 44.2 | 34.0 | 59.8 | 88.1 | 79.1 |
| Iron | 2.6mg or more | 5.7 | 5.4 | 5.2 | 5.3 | 5.6 |
| Calcium | 400mg or more | 555.1 | 460.8 | 445.1 | 524.7 | 571.3 |
| Sodium | less than 766mg | 763.0 | 744.0 | 761.5 | 760.6 | 746.8 |

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