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| **MONDAY 1, 2021**  **COOKS**  **CHOICE** | **TUESDAY 2, 2021**  **Frito Pie**  **(3 oz. Beef, 1 oz. Cheese,**  **1/2c Lettuce, Tomato, Onions, 1 oz. Red Chile, 1/2c Pinto Beans,**  **1 oz. Fritos)**  **1/2c Broccoli w/ ½ c Red Pepper**  **1 oz. Salsa**  **1 Ice Cream Sandwich** | **WEDNESDAY 3, 2021**  **4 oz. BBQ Chicken**  **1/2c Rice Pilaf**  **1c Peas & Carrots**  **1 Cheese Biscuit w/**  **1 tsp. Margarine**  **1/2c Tropical Fruit** | **THURSDAY 4, 2021**  **3 oz. Salisbury Steak with**  **1 oz. Low Sodium Brown Gravy**  **1/2c Egg Noodles w/ Chives, 1 tsp Margarine**  **1/2c Green Beans ½ c Onions**  **1 Yeast Roll**  **w/**  **1 tsp. Margarine**  **1/2c Peaches in 1/4c Crisp** | ***FRIDAY 5, 2021***  **3 oz. Cod w/ Mrs Dash Seasoning**  **2T Tartar Sauce**  **1/2c Dill Potatoes**  **1/2c Steamed Cabbage**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Oranges in 1/2c Jell-O** |
| **MONDAY 8, 2021**  **Meat Ball Sandwich**  **(3 oz. Meat Balls, 1 oz. L.S or NAS Sauce,**  **1 oz. Mozz. Cheese, 1 Bun)**  **1/2c Cucumber, Onion, & Tomato (NAS) Salad**  **1/2c Italian Vegetables**  **1/2c Baked French Fries**  **1/2c Chilled Plums** | **TUESDAY 9, 2021**  **3 oz. Baked Salmon**  **1c Wild Rice**  **2T Tartar Sauce**  **1c Cold Corn Salad w/ Peppers**  **1 Dinner Roll w/**  **1 tsp. Margarine**  **1 Peanut Butter Cookie** | **WEDNESDAY 10, 2021**  **Chili Cheese Dog**  **(2 oz. Beef Chili, 1 oz. Frank**  **0.5 oz LF, LS Cheese, 1 Bun, 1 oz. Onions)**  **1/2c Buttered Broccoli w/ Sesame Seeds**  **1/2c French Fry**  **1c Watermelon Chunks w/ Red Gapes** | ***THURSDAY 11, 2021***  **VETERNS**  **DAY**  **CLOSED** | ***FRIDAY 12, 2021***  **Sopapilla Burger**  **(3 oz. Beef, 0.5 oz L.S, LF Cheese, 1 oz. Green Chile, 1 Tortilla)**  **1c Lettuce, Tomato**  **1/2c Waffle Fry**  **1/2c L.S. Baked Beans**  **1/2c Cinnamon Apples** |
| **MONDAY 15, 2021**  **3 oz. Steak Fingers W/**  **1 oz. L.S. Pepper Gravy**  **1/2c Baked Sweet Potato**  **½ c California Vegetables**  **1 Wheat Dinner Roll**  **w/**  **1 tsp. Margarine**  **6 Animal Crackers**  **3/4c Apricots** | **TUESDAY 16, 2021**  **Ruben Sandwich**  **(2 oz. Corned Beef, 1 oz. Shredded LF L.S. Swiss Cheese, 1/2c L.S. Sauerkraut, 2 Sl. Reduced Calorie Rye Bread)**  **1/2c Carrot and Raisin Salad**  **1 oz. Baked Lays Potato Chips**  **1 sl. Spice Cupcake W/1 TBSP**  **Whip Cream Topping** | **WEDNESDAY 17, 2021**  **Nacho Supreme**  **(3 oz. Beef, 1 oz. LS LF Cheese Sauce,**  **1c Lettuce/ Tomato,**  **1 oz. L.S. Tortilla Chips)**  **1 oz. L.S. Salsa**  **1/2c LS LF Rice Pudding**  **¾ c Fresh Berry Fruit Salad (Assorted Blueberries, strawberries, rasp, blackberries)** | ***THURSDAY 18, 2021***  **3 oz. L.S. Turkey**  **1/2c Mashed Potato W/**  **1 oz. Low Sodium Gravy**  **1/4c LS Stuffing**  **4 oz Succotsash**  **1 Wheat Dinner Roll w/ 1 tsp. Margarine**  **1/2c Whole Cranberry Sauce**  **1 sl. Pumpkin Pie (1/2c Pumpkin) w/**  **1T LF Whip Cream** | ***FRIDAY 19, 2021***  **Chef Salad With**  **0.5 oz. Low Sodium Ham, 1. oz. Turkey**  **1 med. Diced Egg, 0.5 oz. LS LF Cheese, 1 oz tomato, 1oz Cucumber**  **1. c Boston or Bibb Lettuce/Tomato, 1T LF, LS Dressing (Vinaigrette)**  **1c BSalad??**  **1 orange**  **6 Wheat Crackers Pitted Dark Sweet Cherries in Tapioca Pudding** |
| **MONDAY 22, 2021**  **Chili Beans**  **(3 oz. Beef, 1 oz. Red Chile, 1/2c Beans)**  **1c Seasoned Spinach & Onion**  **1 sl. Cornbread w/ 1 tsp. Margarine**  **1/2c Pineapple Chunks** | **TUESDAY 23,2021**  **Green Chili Chicken Tamale**  **(3 oz. Chicken, 1 oz. Green Chile, 3 oz. Masa) (No Cheese)**  **1/2c L.S Pinto Beans**  **1c Roasted Vegetables**  **1 oz Salsa**  **1 sl. Green Chili Corn Bread**  **1/2c Tropical Fruit** | **WEDNESDAY 24, 2021**  **4 oz. Meat Loaf**  **1/2c Mashed Potato**  **W/1 oz. Pepper Gravy**  **1c Germany Blend Vegetable**  **1c salad w/ tomatoes, cucumbers, carrots, red cabbage, 1 TBSP Lite Salad Dressing**  **1 Wheat Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Fruit Jell-O** | ***THURSDAY 25, 2021***  **THANKSGIVING**  **CLOSED** | ***FRIDAY 26, 2021***  ***THANKSGIVING***  ***CLOSED*** |
| **Monday 29, 2021**  **3 oz. Cube Steak**  **1/4c Grilled Onions**  **1/2c Mashed Potatoes**  **1 oz. Low Sodium Brown Gravy**  **1c salad w/ tomatoes, cucumbers, carrots, red cabbage, 1 TBSP Lite Salad Dressing**  **1/2c Diced Carrots**  **1 Wheat Roll w/**  **1 tsp. Margarine**  **1/2c Fruit Cocktail** | **TUESDAY 30, 2021**  **Chicken Tacos**  **(3 oz. Chicken, 1 oz. L..S.Cheese, 1/2c Lettuce & Tomato, 2 Corn Tortillas)**  **1/2c Ranch Beans**  **1 oz. Salsa**  **1/2c Broccoli**  **1 Mini Danish** | **WEDNESDAY , 2021** | ***THURSDAY , 2021***  **Meal Donation**  **60 + $ 1.00**  **Non Seniors**  **$ 8.50** | ***FRIDAY , 2021***  **Milk Served Daily**  **Lunch Served**  **11:30 AM**  **To**  **1:00 PM** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week:**  **2** |
| Calories | 700 or more | 786 | 712.9 | 800 | 760 | 708 |
| % Carbohydrates from Calories | 45-55% | 51.3 | 50.2 | 52.1 | 53.4 | 50.6 |
| % Protein from Calories | 15-25% | 21.7 | 21.8 | 21.4 | 19.5 | 24.5 |
| % Fat from Calories | 25-35% | 27.0 | 27.9 | 26.4 | 27.2 | 25.0 |
| Saturated Fat | less than 8g | 7.5 | 8.0 | 8 | 7.6 | 7.0 |
| Fiber | 10g or more | 10 | 10.1 | 10.6 | 10.1 | 12.4 |
| Vitamin B-12 | .8ug or more | 2.5 | 1.4 | 1.7 | 2.8 | 1.5 |
| Vitamin A | 300ug RAE or more | 646 | 498.8 | 692 | 910 | 442.5 |
| Vitamin C | 30mg or more | 77 | 82 | 57 | 102 | 103 |
| Iron | 2.6mg or more | 5 | 4.7 | 5.1 | 6.1 | 4.2 |
| Calcium | 400mg or more | 495 | 535 | 581 | 545.4 | 487 |
| Sodium | less than 766mg | 745 | 712 | 751 | 746.5 | 686.5 |

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