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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***

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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:****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