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| **Monday, January 2nd****1/2c Spinach Salad w/ Egg****3oz. Sweet and Sour Meatballs****1/2c Peas & Carrots****1 Dinner Roll****1/2c Apricots** | **Tuesday, January 3rd****1/2c Pineapple Cole Slaw****5oz Baked Fish****1 Whole Wheat Roll****1/2c Dill Potatoes****1/2c Seasoned Spinach****1 Apple** | **Wednesday, January 4th****1/2c Caesar Salad****1c Cheese Ravioli w/ 3oz Cheese****1/2c Baby Carrots****1 sl. Toasted Bread****1 Banana** | **Thursday, January 5th****1/2c Cabbage****1 svg. Beef Caldillo w/ 3 oz Meat & 5 oz Vegetables****1/2c Pinto Beans****1 Flour Tortilla****1/2c Pineapple** | **Friday, January 6th****1/2c Beet & Onion Salad****1/2c Chicken, Cranberry, & Pecan Salad w/ 3oz. meat****1/2c Sliced Tomatoes** **1 Whole Wheat Roll****1c Mandarin Oranges****1 Oatmeal Raisin Cookie** |
| **Monday, January 9th****1/2c Garden Salad****3oz Chile Relleno** **1/2c Spanish Rice****1/2c Pinto Beans****1 pc Apple Crisp** | **Tuesday, January 10th****1/2c Pea Salad****3oz. Chicken Fried Steak****1/2c Mashed Potatoes****1/2c Mixed Vegetables****1 Whole Wheat Roll****1 Pear** | **Wednesday, January 11th****1/2c Garden Salad****1 svg. Meat Loaf w/ 3 oz. meat****1/2c Mashed Potatoes****1/2c Brussel Sprouts****1 Whole Wheat Roll****2 Tangerines**  | **Thursday, January 12th****1/2c Lettuce & Tomato****1 svg. Green Enchilada****1/2c Spanish Rice****1/2c Pinto Beans****1 Chocolate Chip Cookie** | **Friday, January 13th****1/2c Pineapple Cole Slaw****3 oz. Breaded Fish****2 Corn Tortillas****1/2c Rice Pilaf****1/2c Asparagus****1/2c Tropical Fruit** |
| **Monday, January 16th****CLOSED** | **Tuesday, January 17th****1/2c Garden Salad****8oz. Pepper Steak w/ 3oz. Beef and 5oz. Vegetables****1/2c Rice****1/2c Green Beans****1 Orange****1 pc. Cake** | **Wednesday, January 18th****1/2c Carrot Raisin Salad****1c Cabbage Roll Casserole w/ 3oz. beef, 3oz. cabbage, 2oz. rice****1/2c Roasted Potatoes****1 Whole Wheat Roll****1/2c Broccoli****1/2c Pears**  | **Thursday, January 19th****1/2c Beet & Onion Salad****1 1/2c Chef Salad w/ 3oz. Turkey, 5oz. lettuce, 2oz. egg, 2oz. tomato & onion****1 Whole Wheat Roll****1 sl Pumpkin Bread****1/2c Mixed Fruit**  | **Friday, January 20th****1/2c Spinach Salad w/ Egg****1 itm Salmon Patty w/ 3oz meat****1/2c Dill Potatoes****1/2c Peas****1 Dinner Roll****1 pc Applesauce Cake** |
| **Monday, January 23rd****1/2c Tossed Salad****1 svg. Steak Ranchero w/ 3oz Meat****1 itm. Baked Potato****1/2c Baby Carrots****1 Dinner Roll****1 Apple** | **Tuesday, January 24th****1/2c Caesar Salad****7oz. Spinach Lasagna w/ 3 oz. Cheese****1/2c Italian Vegetables****1 sl Bread****1/2c Jello w/ Fruit****1/2c Tropical Fruit** | **Wednesday, January 25th****1/2c Pineapple Cole Slaw****3oz. Breaded Fish****1/2c Dill Potatoes****1/2c Sliced Carrots****1 Whole Wheat Roll****1 Banana** | **Thursday, January 26th** **1/2c Spinach Salad w/ Egg****1 svg. Oven Baked Chicken w/ 3oz. Meat****1/3c Poultry Stuffing****1/2c Mixed Vegetables****1 Whole Wheat Roll****1 svg. Cake** | **Friday, January 27th****1/2c Garden Salad****3/4c Picadillo w/ 3 oz. meat & 3oz. vegetables****3/4c Sopa****1/2c Pinto Beans****1 Tortilla****1 Peanut Butter Cookie** |
| **Monday, January 30th****1/2c Lettuce & Tomato****1 svg. Chicken Fajita w/ 3oz. Meat****1/2c Pinto Beans****1 svg. Pico de Gallo w/ avocado****1c Yogurt w/ fruit****1 Banana** | **Tuesday, January 31st****1/2c Applesauce****1 svg Hot Roast Beef Sandwich w/ 3oz. meat & 1 sl. Bread****1/2c Mashed Potatoes****1/2c Cauliflower****1 sl. Pumpkin Bread** |  |  |  |

***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:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 705 | 751 | 857 | 769 | 914 |
| % Carbohydrates from Calories | 45-55% | 55% | 53.9% | 50.3% | 53.1% | 50.8% |
| % Protein from Calories | 15-25% | 19.7% | 18.7% | 21% | 20% | 24% |
| % Fat from Calories | 25-35% | 25.4% | 27.4% | 28.6% | 26.9% | 25.3% |
| Saturated Fat | less than 8g | 6.01g | 7.97g | 7.74g | 7.29g | 6.9g |
| Fiber | 10g or more | 11.68g | 12.41g | 12.31g | 11.74g | 10.69g |
| Vitamin B-12 | .8ug or more | 2.15ug | 2.26g | 3.63ug | 1.98ug | 3.23ug |
| Vitamin A | 300ug RAE or more | 466ug | 448ug | 601ug | 547ug | 352ug |
| Vitamin C | 30mg or more | 70mg | 72mg | 105mg | 74mg | 82mg |
| Iron | 2.6mg or more | 5.2mg | 5.2mg | 7.3mg | 6.1mg | 4.4mg |
| Calcium | 400mg or more | 485mg | 564mg | 587mg | 502mg | 679mg |
| Sodium | less than 766mg | 711mg | 750mg | 707mg | 762mg | 478mg |

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, RD, LD