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| All Meals Served with 2 % Milk |  |  | Thursday February 1  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  3oz Beef Pot Roast  1/2c Roasted Potatoes  1/2c Carrots  WW Roll w/ 1 tsp margarine  1/2c Peaches | Friday February 2  GC Cheeseburger  (1oz GC, .5oz Cheese, 3oz beef, 1bun, 1/2c Lettuce, 2 slices tomato, 1 slice onion)  1c California Blend Vegetables  1/2c LS 3 Bean Salad  1/2 c Pineapple and mandarin oranges |
| Monday February 5  3oz LS Herb Pork Chops  1/2c LS Rice Pilaf  1/2c LS Seasoned Spinach  1/2c Green Beans  WW Roll w/ 1 tsp margarine  1/2c Pears | Tuesday February 6  Barbecue Chicken  (3oz Chicken, 1oz LS Barbecue Sauce)  1c Coleslaw w/ 2 TBSP Dressing  1/2c Okra  10 No added salt French Fries  1c Watermelon | Wednesday February 7  Carne Adovada  (3oz Pork, 2oz RC Sauced)  1/2c LS Pinto Beans  1c Zucchini w/ tomatoes  1 6 in flour Tortilla  1/2c Apricots | Thursday February 8  1c Tossed w/ 2 TBSP light Italian Dressing  3oz LS Oven Roasted Turkey Breast  1/4c Stuffing  1c Roasted Broccoli w Cauliflower  WW roll w/ 1 tsp margarine  1/2c Baked Apples | Friday February 9  Ham Cobb Salad  (1.5c lettuce, 1 HB egg, 1oz Turkey, 1oz LS Ham, 1/4c Cabbage, 1/3c cucumber, 10 cherry tomatoes, 8 baby carrots)  2 TBSP Light Ranch Dressing  1 garlic knot  1c Fruit Salad |
| Monday February 12  6oz Tuna Casserole  (3oz Tuna, 1/2c Bow tie pasta 1/4c peas and Carrots)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  6 LS WW Crackers  1c Mixed Fruit | Tuesday February13  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c Stuffed Bell Pepper Casserole  (1/4 pepper, 1/4c Wild Rice, 3oz Beef,.5oz Cheese)  Garlic Knot  1oz Brownie | Wednesday February 14  Beef Fajita  (3oz Beef, 1/2c peppers and onion, 1 6in flour tortilla)  1oz Salsa  3/4c LS Pinto Beans  1/2c LS Stewed Tomatoes  1/2c Diced Mango | Thursday February 15  3oz LS Oven baked chicken w/ 2oz LS Gravy  1/2c Au gratin potatoes  1/2c Roasted carrots w/ 1 tsp Chives  Wheat roll  1c Tropical fruit salad | Friday February 16  1/2c Tossed Salad w/ 1 TBSP Light Italian Dressing  Chicken Alfredo  (3oz Chicken, 2oz Light Alfredo sauce)  1/2c Fettuccine  1c Italian Blend Vegetables  Garlic Knot  1/2c SF Gelatin |
| Monday February 19  3oz Chicken Fried Steak  1/2c LS Mashed Potatoes, w/ 2oz LS Gravy  3/4c Collard greens w/ 1/4c Mushrooms  Wheat roll w/ 1 tsp margarine  Orange | Tuesday February 20  6oz Chicken Pot Pie  (3oz Chicken, 1oz crust, 1/2c carrots, celery, onions, green peas)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  WW Roll w/ 1 tsp margarine  1/2c Apple Crisp | Wednesday February 21  Beef Stroganoff  (3oz Beef, 1/2c Noodles, 1/4c Mushrooms, 2oz LS Gravy)  1c Capri Vegetables  1 Plain Breadstick  1c Fruit Cocktail | Thursday February 22  3oz LS Lemon Herb Chicken  1/2c LS Rice Pilaf  1/2c Roasted Brussel Sprouts  1/2c Beet and Onion Salad  Wheat roll w/ 1 tsp margarine  1c Grapes | Friday February 23  BBQ Rib Sandwich  (3oz Boneless pork rib, 1oz LS BBQ Sauce, 1 hamburger bun)  1/2c Potato Wedges  1c Pasta salad (1/2c pasta, 1/2c vegetables)  1/2c Cherry cobbler |
| Monday February 26  Pepper Steak  (1/2c Peppers and Onions, 3oz Beef)  1c Stir Fry Vegetables  1c Brown rice  1c Mandarin oranges | Tuesday February 27  Diced Chicken Salad  (5 Grape tomatoes, 3oz LS Diced Chicken,1c celery, beets, cabbage, carrots)  1 TBSP Toasted Sesame Dressing  3/4c Mango  6 LS WW Crackers | Wednesday February 28  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Spaghetti w/ Meat sauce  3/4c Spaghetti  5oz meat sauce (3oz ground beef, 2oz NAS marinara Sauce)  1c 5 way vegetable blend w/ 1 tsp margarine  1 Garlic bread  1 Fresh Pear | Thursday February 29  Hot Turkey Sandwich  (2 oz. Turkey, 1 sl. Wheat Bread, 1 oz LS Gravy )  1/2c Parsley Potatoes  1/2c Green Beans w/ 1 tsp margarine  1/2c LS LF Broccoli Salad  1/2c Berries w/ 6oz Light nonfat vanilla yogurt |  |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 722.2 | 745.8 | 753.5 | 768.3 | 711.4 |
| % Carbohydrates from Calories | 45-55% | 49.7 | 45.5 | 49.7 | 53.6 | 51.2 |
| % Protein from Calories | 15-25% | 21.6 | 23.2 | 22.7 | 20.6 | 22.3 |
| % Fat from Calories | 25-35% | 28.7 | 31.4 | 27.7 | 25.8 | 26.5 |
| Saturated Fat | less than 8g | 7.3 | 6.6 | 7.8 | 6.2 | 7.1 |
| Fiber | 10g or more | 12.1 | 10.7 | 10.1 | 10.4 | 11.2 |
| Vitamin B-12 | .8ug or more | 3.6 | 1.7 | 2.4 | 1.9 | 2.8 |
| Vitamin A | 300ug RAE or more | 804.9 | 603.4 | 480.5 | 411.2 | 405.0 |
| Vitamin C | 30mg or more | 54.3 | 79.9 | 68.1 | 52.0 | 76.2 |
| Iron | 2.6mg or more | 5.4 | 4.6 | 5.0 | 5.4 | 5.0 |
| Calcium | 400mg or more | 513.9 | 469.1 | 532.6 | 468.9 | 439.6 |
| Sodium | less than 766mg | 692.8 | 627.2 | 763.4 | 728.4 | 719.7 |

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 approved on January 17, 2024