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| --- | --- | --- | --- | --- |
| **MONDAY 1, 2021****3 oz. Pepper Steak**1c Bell Pepper, Onion, Stewed & Tomatoes1/2c Rice1 Roll w/ 1 tsp. Margarine1/2c Pineapple Tidbits | **TUESDAY 2, 2021****Macaroni & Cheese****(1 oz. Cheese, 1/2c Macaroni)**2 oz. Low Sodium Ham Steak1c Brussel Sprouts & Carrots1 Roll w/ 1 tsp. Margarine1/2c Strawberries | **WEDNESDAY 3, 2021****1 Waffle w/ 1oz. Syrup**3 oz. Eggs1 oz. Low Sodium Sausage1c Hash Browns & Onions1 Orange | **THURSDAY 4, 2021****3 oz. Breaded Fish**1/2c Cowboy Beans1/2c Coleslaw1 sl. Cornbread w/ 1 tsp. Margarine1/2c Tropical Fruit | **FRIDAY 5, 2021****3 oz. Baked Chicken**1 Baked Potato1c Lima Beans1c Salad w/ 2T Low Fat Dressing1 Roll w/ 1 tsp. Margarine1 Rice Crispy Treat |
| **2934281****MONDAY 8, 2021****Posole**(3 oz. Pork, 1/4c Red Chile, 1/2c Hominy)1c Salad w/ 2T Low Fat Dressing1 sl. Cornbread w/ 1 tsp. Margarine1 sl. Cake | **TUESDAY 9, 2021** **Chicken & Noodles**(3 oz. Chicken, 1 oz. Sauce, 1/2c Noodles)1c Corn & Black Beans1 Roll w/ 1 tsp. Margarine1 Banana | **WEDNESDAY 10, 2021****Shepherd’s Pie**(3 oz. Beef, 1 oz. Sauce, 1/2c Mashed Potato & Veggies)1/2c 5 Way Vegetables1 Roll w/ 1 tsp. Margarine1/2c Grapes1 Oatmeal Cookie | **THURSDAY 11, 2021****Green Chile Chicken Enchilada**(3 oz. Chicken, 1 oz. Cheese, 1/4c Green Chile, 2 Corn Tortillas)1/2c Pinto Beans1/2c Shredded Lettuce & Tomato1 Tortilla1/2c Fruit Cocktail  | **FRIDAY 12, 2021****Beef Stroganoff**(3 oz. Beef, 1 oz. Sauce, 1/2c Noodles)1/2c Beets1c Salad w/ 2T Low Fat Dressing1 Roll w/ 1 tsp. Margarine1 Apple |
| **MONDAY 15, 2021****4 oz. BBQ Chicken Wings****(1 TBSP BBQ Sauce)**1/2c Steak Fries1/2c California Vegetables1 Roll w/ 1 tsp. Margarine1/2c SF Strawberry Ice Cream | **TUESDAY 16, 2021****Philly Cheese Steak Sandwich**(3 oz. Beef, 1 oz Cheese, 1 Bun)1/2c Peppers & Onion1/2c Coleslaw1 Orange | **WEDNESDAY 17, 2021****Nacho Supreme**(3 oz. Beef, 1 oz. Cheese, 1c Lettuce, Tomato & Jalapenos, 1T Sour Cream, 1 oz. Tortilla Chips)1/2c Jell-O1 cup Pears | **THURSDAY 18, 2021****Diced Ham & Beans**(2 oz. Low Sodium Ham, 3/4c Beans)1c Spinach & Onion1 sl. Cornbread w/ 1 tsp. Margarine1 Apple | **FRIDAY 19, 2021****Open Faced Turkey Sandwich**(3 oz. Turkey, 1 oz. Low Sodium Gravy, 1 Sl. Bread)1/2c Tater Tots1/2c Green Beans1 Banana |
| **MONDAY 22, 2021****Tuna W/Rice & Peas**(3oz. Tuna, 1 c Rice, 1/4c Peas)1/2c Stewed Tomato & Onion1c Salad w/ 2T Low Fat Dressing1 Roll w/ 1 tsp. Margarine1/2c Pineapple in 1/2c Pudding | **TUESDAY 23, 2021****3 oz. Pork Cutlet**1/2c Wild Rice1c California Blend Vegetables 1 Roll w/ 1 tsp. Margarine1 Apple | **WEDNESDAY 24, 2021****3 oz. Oven Roasted Turkey Breast**1/2c Stuffing & 1 oz Sodium Gravy1c Corn 1/2c Cucumber & Onion Salad 3/4c Melon | **THURSDAY 25, 2021****THANKSGIVING HOLIDAY** | **FRIDAY 26, 2021****THANKSGIVING HOLIDAY** |
| **MONDAY 29, 2021****Chicken Pot Pie**(3 oz. Chicken, 1 oz. Sauce, 1/2c Mixed Vegetables, 1 oz. Crust)1c Salad w/ 2T Low Fat Dressing1 Roll w/ 1 tsp. Margarine1/2c Berries in 1/2c Yogurt | **TUESDAY 30, 2021****Beef & Broccoli**(3 oz. Beef, 1 oz Sauce, 1/2c Broccoli)1/2c Beefy Noodles1c Salad w/ 2T Low Fat Dressing1 Breadstick w/ 1 tsp. Margarine1/2c Tropical Fruit  |   |  | **All Meals Served With****1c 2% Low-Fat Milk** |

***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:****5** | **Days in Week:****3** | **Days in Week:****2** |
| Calories | 700 or more | 701.5 | 729 | 706 | 738 | 703.5 |
| % Carbohydrates from Calories | 45-55% | 49.7% | 49.6% | 50.8 | 53.4% | 48.1% |
| % Protein from Calories | 15-25% | 23.5% | 25.2% | 22.6 | 21.7 | 25.1% |
| % Fat from Calories | 25-35% | 26.9% | 25.2% | 26.6 | 25% | 26.8% |
| Saturated Fat | less than 8g | 5.9g | 6.4g | 8 | 7.0 | 5.6g |
| Fiber | 10g or more | 10.9g | 12.2g | 11.2 | 10.5 | 13.6g |
| Vitamin B-12 | .8ug or more | 2.1ug | 2.4ug | 2.22.3 | 2.7 | 2.7ug |
| Vitamin A | 300ug RAE or more | 531.9ug | 588.9ug | 409 | 354 | 931.5ug |
| Vitamin C | 30mg or more | 92.9mg | 57.2mg | 42 | 43 | 79.6mg |
| Iron | 2.6mg or more | 6.2mg | 5.9mg | 3.9 | 3.8 | 6.1mg |
| Calcium | 400mg or more | 497.6mg | 476.3mg | 554 | 447 | 489.7mg |
| Sodium | less than 766mg | 682.8mg | 530.7mg | 724 | 725 | 498.2mg |

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