|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1% Milk served at meals |  |  | 1.  Open Faced Turkey Sandwich  (3oz Turkey, 1 slice wheat bread, 2oz LS Gravy)  1/2c Parslied Potatoes  1c Mediterranean Vegies w/ 2 tsp margarine  1c Mandarin Oranges  1/2c Sorbet | 2.  1c Green Chili Chicken Enchiladas  (2 corn tortillas, 3oz Chicken, 1oz GC, 1oz Cheese, 1/2c Lettuce and tomato)  1/2c Lemon Sauteed Spinach  1/2c Spanish Style Cauliflower Rice  3/4c Fruit Salad  1/2c Light vanilla yogurt |
| 5.  BBQ Pork Sandwich  (1bun, 3oz Pork, 1oz BBQ sauce)  1/2c LS Three Bean Salad  1/2c Broccoli Spears  Banana | 6.  1c Stuffed Bell Pepper Soup  (3oz Beef, 1/8c White rice, 1/2c bell pepper)  1c Garden Salad w/ 2 TBSP FF Ranch Dressing  Wheat roll  1/2c SF Gelatin | 7.  Chicken Fajita  (3oz Chicken, 1/2c Peppers and onions, 1 6in Flour Tortilla, 2 TBSP Salsa)  1c Zucchini & NAS Diced Tomatoes  1/2c Mango & Mint | 8.  3oz Chicken Fried Steak  1/2c Creamed Potatoes & 2oz LS Peppered Gravy  3/4c Green Beans  1c Garden Salad w/ 2 TBSP FF Italian Dressing  1/2c Spiced Peaches | 9.  3/4c Chili & Pinto Beans  (3oz Beef, 1/2c pinto beans)  1/2c Tomato Cherry Medley  Mexican Cornbread  1/2c Fruit Cocktail |
| 12.  1c Beef & Macaroni Soup  (3oz Beef, 1/4c Pasta, 1/4c Mixed Vegetables)  1/2c Spinach  6 LS WW Crackers  1/2c Apricots in 1/4c Cobbler | 13.  3oz Chicken Strips  2oz LS Country Gravy  1/2c Butter Beans  1/2c Carrot Coins  WW Roll w/ 1 tsp unsalted butter  1/2c Applesauce | 14.  Beef Tacos  (3oz beef, 1 6in Flour Tortilla, 1/2c Lettuce and tomato, 2 TBSP Salsa)  1/2c LS Pinto Beans  1c Capri Vegetables  Churros  Orange | 15.  2oz Kielbasa & 1/4c Cabbage  1c Yellow Squash & Tomatoes  WW Bread  1/2c Pineapple & 1/2c Light vanilla nonfat yogurt | 16.  3oz LS Lemon Herb Cod  1oz LS Cucumber Dill Sauce  1/2c Roasted Herbed Red Potatoes  1/2c Asparagus  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  Wheat roll  1/2c mixed fruit |
| 19.  [This Photo](https://helenabaillio.wordpress.com/2010/02/15/its-presidents-day-write-your-letter-to-mr-president-and-celebrate/) by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/3.0/) | 20  1c Beef Taco Soup  (3oz beef, 1/2c kidney beans, hominy, diced tomatoes)  1c Mexican Salad  2 TBSP Dressing  (1c lettuce,5 cherry tomatos, 1/8c corn,1/8 red onion, 1/2c black beans, 1oz Corn Chips, .5oz cheese)  2 TBSP Pico De Gallo  Wheat roll  1/2c mandarin oranges | 21.  3oz Chicken & 2oz LS Brown Gravy  1/2c LS Brown Rice Pilaf  1c Winter Blend Vegetables  WW Roll  1 slice Lemon Pound Cake | 22.  4oz Meatloaf  1/2c Roasted Brussels Sprout  1/2c Sweet Potatoes  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  WW Roll  1c Tropical Fruit Salad | 23.  3oz Fried Catfish  2 TBSP Tartar Sauce  1/2c LS Black eyed peas  1/2c Picnic Marinated Summer Slaw  Wheat roll  1 Fresh Pear |
| 26.  Chicken N Dumplings  (3oz Chicken, 1/2c Dumplings, 1oz Sauce)  1/2c English Peas  1/2c Glazed Carrots  Wheat roll w/ 1 tsp margarine  1/2c Warm Apple Slices | 27.  1c LS Beef Stew  (3oz Beef, 1/2c Vegetables)  1/2c Cabbage  1/2c Beets  1 slice LF Cornbread w/ 1 tsp unsalted butter  1 slice SF Angel Food Cake w/ 1/2c Strawberries | 28.  BBQ Chicken  (3oz Chicken, 1oz BBQ Sauce)  1/2c Fried Okra  1/2c Red Beans  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  WW Roll w/ 1 tsp unsalted butter  1/2c Fruit Salad | 29.  Mushroom Burger  (1 bun, 1/4c Mushrooms, 3oz Patty, 1/2c Lettuce, 2 slices tomato, 1oz Swiss Cheese)  1/2c NAS Baked French Fries  1/2c Cucumber & Tomato & Onion Salad  1/2c SF Gelatin w/ 1/2c Berries |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **4** | **Days in Week:**  **4** |
| Calories | 700 or more | 729.2 | 722.3 | 716.8 | 821.4 | 756.9 |
| % Carbohydrates from Calories | 45-55% | 53.8 | 46.8 | 49.9 | 49.4 | 50.3 |
| % Protein from Calories | 15-25% | 21.2 | 24.7 | 21.8 | 18.6 | 24.5 |
| % Fat from Calories | 25-35% | 25.0 | 28.5 | 28.3 | 32.1 | 25.1 |
| Saturated Fat | less than 8g | 7.7 | 7.2 | 7.7 | 8.0 | 7.9 |
| Fiber | 10g or more | 10.0 | 11.2 | 11.1 | 14.2 | 10.9 |
| Vitamin B-12 | .8ug or more | 1.5 | 6.3 | 2.4 | 2.6 | 2.8 |
| Vitamin A | 300ug RAE or more | 513.8 | 440.3 | 577.2 | 514.2 | 546.8 |
| Vitamin C | 30mg or more | 81.3 | 70.8 | 38.0 | 84.7 | 43.6 |
| Iron | 2.6mg or more | 4.5 | 5.9 | 5.8 | 5.4 | 5.7 |
| Calcium | 400mg or more | 604.7 | 510.0 | 507.5 | 495.1 | 538.7 |
| Sodium | less than 766mg | 760.9 | 751.0 | 761.1 | 724.5 | 744.8 |

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 30, 2024