|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1% Milk served at meals |  |  | 1. Open Faced Turkey Sandwich(3oz Turkey, 1 slice wheat bread, 2oz LS Gravy)1/2c Parslied Potatoes1c Mediterranean Vegies w/ 2 tsp margarine1c Mandarin Oranges1/2c 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 Spinach1/2c Spanish Style Cauliflower Rice3/4c Fruit Salad1/2c Light vanilla yogurt |
| 5. BBQ Pork Sandwich(1bun, 3oz Pork, 1oz BBQ sauce)1/2c LS Three Bean Salad1/2c Broccoli SpearsBanana | 6. 1c Stuffed Bell Pepper Soup(3oz Beef, 1/8c White rice, 1/2c bell pepper)1c Garden Salad w/ 2 TBSP FF Ranch DressingWheat 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 Tomatoes1/2c Mango & Mint | 8. 3oz Chicken Fried Steak1/2c Creamed Potatoes & 2oz LS Peppered Gravy3/4c Green Beans1c Garden Salad w/ 2 TBSP FF Italian Dressing1/2c Spiced Peaches | 9. 3/4c Chili & Pinto Beans (3oz Beef, 1/2c pinto beans)1/2c Tomato Cherry MedleyMexican Cornbread1/2c Fruit Cocktail  |
| 12. 1c Beef & Macaroni Soup(3oz Beef, 1/4c Pasta, 1/4c Mixed Vegetables)1/2c Spinach6 LS WW Crackers1/2c Apricots in 1/4c Cobbler | 13. 3oz Chicken Strips 2oz LS Country Gravy1/2c Butter Beans 1/2c Carrot CoinsWW 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 Beans1c Capri Vegetables ChurrosOrange  | 15. 2oz Kielbasa & 1/4c Cabbage1c Yellow Squash & TomatoesWW Bread1/2c Pineapple & 1/2c Light vanilla nonfat yogurt | 16. 3oz LS Lemon Herb Cod1oz LS Cucumber Dill Sauce1/2c Roasted Herbed Red Potatoes1/2c Asparagus1c Tossed Salad w/ 2 TBSP FF Ranch DressingWheat roll1/2c 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 Salad2 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 GalloWheat roll1/2c mandarin oranges  | 21. 3oz Chicken & 2oz LS Brown Gravy1/2c LS Brown Rice Pilaf1c Winter Blend VegetablesWW Roll1 slice Lemon Pound Cake | 22. 4oz Meatloaf1/2c Roasted Brussels Sprout 1/2c Sweet Potatoes1c Tossed Salad w/ 2 TBSP FF Ranch Dressing WW Roll1c Tropical Fruit Salad | 23.3oz Fried Catfish2 TBSP Tartar Sauce1/2c LS Black eyed peas1/2c Picnic Marinated Summer Slaw Wheat roll1 Fresh Pear |
| 26. Chicken N Dumplings(3oz Chicken, 1/2c Dumplings, 1oz Sauce)1/2c English Peas1/2c Glazed CarrotsWheat roll w/ 1 tsp margarine1/2c Warm Apple Slices  | 27. 1c LS Beef Stew (3oz Beef, 1/2c Vegetables)1/2c Cabbage1/2c Beets1 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 Okra1/2c Red Beans1c Tossed Salad w/ 2 TBSP FF Ranch DressingWW 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 Salad1/2c 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