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| All Meals Served with 1% Milk  |  |  | Thursday February 1Sloppy Joes(3oz Beef, 1 Bun, 1/4c Onions), 1oz Sauce)1/2c Parsley Potatoes1/2c Mixed Vegetables1/2c Pineapple  | Friday February 21c GC Pork Posole(3oz Pork, 1/2c Hominy, 1oz GC)1c Spinach salad, 1/4c onions, 2 TBSP Cranberries) (1c Spinach, w/ 2 TBSP lite Raspberry Vinaigrette 1/2c Strawberries, 1/2c Peaches6 in Flour tortilla1 Peanut butter cookie |
| Monday February 53/4c Chicken and Noodles(3oz ,1/2c Noodles, 1oz Sauce)1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1c California Blend vegetables1c Cantaloupe | Tuesday February 6Beef and Papas(3oz Beef, 1/2c Potatoes)1/2c LS Pinto Beans1oz GC1/2c Roasted Brussel Sprouts 1 6in Flour Tortilla3/4c Tropical Fruit Salad1/2c Greek Nonfat Vanilla Yogurt  | Wednesday February 7Chicken and Dumplings(3oz Chicken, 1oz Sauce, 1 Dumpling)1/2c Asparagus w/ 1 tsp margarine1/2c Carrots w/ 1 tsp margarine1/2c Fruit Cocktail1 sugar Cookie  | Thursday February 87oz Pepper Steak(3oz Pepper steak, 1/2c Peppers and onions)Baked Sweet Potato w/ 1 tsp margarineWheat roll w/ 1 tsp margarine1/2c Cherries in 1/4c Cobbler  | Friday February 93oz Chicken Fried Steak1/2c LS Mashed Potatoes2oz LS Peppered Gravy1/2c Green Beans w/ 1 tsp margarineWheat Bread w/ 1 tsp margarine1/2c Spiced Apples  |
| Monday February 12Chicken Fajitas(3oz Chicken, 1/2c Peppers and onions, 1 6in WW Tortilla, 2 TBSP Salsa)1/2c Corn Salsa 1/2c LS Spanish Rice1/2c Pears  | Tuesday February13Sweet and Sour Pork(4oz Diced Pork, 1oz Sauce, 2 tsp Sesame Seeds)1c Brown Rice1c Stir Fry Vegetables1c Mandarin Oranges  | Wednesday February 146oz Tuna Noodle Casserole(3oz Light Tuna, ½ c pasta, 1/2c Peas and carrots1c Tossed Salad w/ 2 TBSP FF Italian DressingWheat roll w/ 1 tsp margarine1c Strawberries w/ 2 TBSP whipped topping | Thursday February 151 Stuffed Cabbage(1 cabbage leaf, 3oz Beef, 1/4 c Rice, 1oz Marinara Sauce)1/2c Carrot Raisin Salad 1/2c Roasted Cauliflower Wheat bread w/ 1sp margarine1/2c Spiced Peaches  | Friday February 16Fish Sandwich(3oz LS Baked Fish, 1 WW bun, 1 TBSP Tartar Sauce, 1/2c Lettuce, 2 slices tomato)1/2c Herb Roasted Red Potatoes 1c Coleslaw w 2 TBSP Dressing1 Banana |
| Monday February 19 CLOSED  | Tuesday February 203/4c Chicken Tetrazzini(3oz Chicken, 1/2c Pasta, 1oz Sauce)1c Vegetable Medley w/ 1 tsp margarine Wheat roll w/ 1 tsp unsalted butter 1/2c Grapes | Wednesday February 213/4c Ham and Beans(1oz LS Ham, 1/2c LS Pinto Beans)1/2c Peppers and onions1/2c LF LS Broccoli Salad 1 slice LF Cornbread, 1 ttsp margarine1/2c Berries w/ 1/2c SF Gelatin  | Thursday February 223oz Hamburger Steak2oz LS Gravy, 1/4c Mushrooms1/2c Brown Rice w/ 1 tsp unsalted butter 1/2 Green Beans w/ 1/4c Onions Wheat roll w/ 1 tsp margarine1/2c Pineapple Chunks  | Friday February 231c Macaroni and Cheese(1/2c Macaroni and 2oz Cheese)1c Spinach salad, 1/4c onions, 2 TBSP Cranberries) (1c Spinach, w/ 2 TBSP lite Raspberry DressingFresh Pear 1/2c Light Yogurt  |
| Monday February 26Green Chile Cheeseburger(1oz GC, .5oz Cheese, 3oz Patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c NAS Baked French Fries 1c Capri Vegetables 1 slice SF Angle Food Cakew/ 2 TBSP Cherry Topping  | Tuesday February 273oz BBQ chicken thigh1 TBSP BBQ Sauce1/2c Coleslaw w/ 1 TBSP Dressing1c California Blend VegetableWheat roll w/ 1 tsp margarine5.3oz Greek Nonfat Vanilla Yogurt 1/2c Apple sauce  | Wednesday February 28Kraut Dog(1oz Hot Dog, 1 bun, 1/4c Steamed cabbage)1c Italian Blend Vegetables w/ 1 tsp margarine1/2c LS Ranch Beans1c Strawberries and Bananas | Thursday February 29Green Chile Cheese Chicken Sandwich(1oz GC, .5oz Cheese, 1 bun, 3oz Chicken)1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1/2c LS 3 bean salad 1/2c Spiced Peaches |  |

***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:****4** | **Days in Week:****4** |
| Calories | 700 or more | 772 | 704.9 | 724.4 | 809.5 | 708.7 |
| % Carbohydrates from Calories | 45-55% | 53.6 | 51.2 | 51.6 | 53.9 | 51.6 |
| % Protein from Calories | 15-25% | 19.4 | 22.8 | 19.4 | 20.2 | 23.2 |
| % Fat from Calories | 25-35% | 27.0 | 25.9 | 29.0 | 25.9 | 25.2 |
| Saturated Fat | less than 8g | 7.9 | 6.2 | 6.4 | 7.7 | 6.7 |
| Fiber | 10g or more | 11.0 | 10.0 | 10.0 | 11.5 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.8 | 1.6 | 2.3 | 2.3 |
| Vitamin A | 300ug RAE or more | 417.2 | 887.6 | 520.9 | 398.1 | 411.3 |
| Vitamin C | 30mg or more | 58.5 | 69.7 | 81.6 | 45.7 | 40.2 |
| Iron | 2.6mg or more | 6.5 | 5.3 | 3.5 | 5.4 | 4.4 |
| Calcium | 400mg or more | 465.7 | 501.2 | 461.0 | 610.7 | 533.1 |
| Sodium | less than 766mg | 762.9 | 763.4 | 759.1 | 670.8 | 764.9 |

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 11,2024