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| All Meals Served with 1% Milk |  |  | Thursday February 1  Sloppy Joes  (3oz Beef, 1 Bun, 1/4c Onions), 1oz Sauce)  1/2c Parsley Potatoes  1/2c Mixed Vegetables  1/2c Pineapple | Friday February 2  1c 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 Peaches  6 in Flour tortilla  1 Peanut butter cookie |
| Monday February 5  3/4c Chicken and Noodles  (3oz ,1/2c Noodles, 1oz Sauce)  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  1c California Blend vegetables  1c Cantaloupe | Tuesday February 6  Beef and Papas  (3oz Beef, 1/2c Potatoes)  1/2c LS Pinto Beans  1oz GC  1/2c Roasted Brussel Sprouts  1 6in Flour Tortilla  3/4c Tropical Fruit Salad  1/2c Greek Nonfat Vanilla Yogurt | Wednesday February 7  Chicken and Dumplings (3oz Chicken, 1oz Sauce, 1 Dumpling)  1/2c Asparagus w/ 1 tsp margarine  1/2c Carrots w/ 1 tsp margarine  1/2c Fruit Cocktail  1 sugar Cookie | Thursday February 8  7oz Pepper Steak  (3oz Pepper steak, 1/2c Peppers and onions)  Baked Sweet Potato w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  1/2c Cherries in 1/4c Cobbler | Friday February 9  3oz Chicken Fried Steak  1/2c LS Mashed Potatoes  2oz LS Peppered Gravy  1/2c Green Beans w/ 1 tsp margarine  Wheat Bread w/ 1 tsp margarine  1/2c Spiced Apples |
| Monday February 12  Chicken Fajitas  (3oz Chicken, 1/2c Peppers and onions, 1 6in WW Tortilla, 2 TBSP Salsa)  1/2c Corn Salsa  1/2c LS Spanish Rice  1/2c Pears | Tuesday February13  Sweet and Sour Pork  (4oz Diced Pork, 1oz Sauce, 2 tsp Sesame Seeds)  1c Brown Rice  1c Stir Fry Vegetables  1c Mandarin Oranges | Wednesday February 14  6oz Tuna Noodle Casserole  (3oz Light Tuna, ½ c pasta, 1/2c Peas and carrots  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Wheat roll w/ 1 tsp margarine  1c Strawberries w/ 2 TBSP whipped topping | Thursday February 15  1 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 margarine  1/2c Spiced Peaches | Friday February 16  Fish 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 Dressing  1 Banana |
| Monday February 19  CLOSED | Tuesday February 20  3/4c 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 21  3/4c Ham and Beans  (1oz LS Ham, 1/2c LS Pinto Beans)  1/2c Peppers and onions  1/2c LF LS Broccoli Salad  1 slice LF Cornbread, 1 ttsp margarine  1/2c Berries w/ 1/2c SF Gelatin | Thursday February 22  3oz Hamburger Steak  2oz LS Gravy, 1/4c Mushrooms  1/2c Brown Rice w/ 1 tsp unsalted butter  1/2 Green Beans w/ 1/4c Onions  Wheat roll w/ 1 tsp margarine  1/2c Pineapple Chunks | Friday February 23  1c 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 Dressing  Fresh Pear  1/2c Light Yogurt |
| Monday February 26  Green 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 Cake  w/ 2 TBSP Cherry Topping | Tuesday February 27  3oz BBQ chicken thigh  1 TBSP BBQ Sauce  1/2c Coleslaw w/ 1 TBSP Dressing  1c California Blend Vegetable  Wheat roll w/ 1 tsp margarine  5.3oz Greek Nonfat Vanilla Yogurt  1/2c Apple sauce | Wednesday February 28  Kraut Dog  (1oz Hot Dog, 1 bun, 1/4c Steamed cabbage)  1c Italian Blend Vegetables w/ 1 tsp margarine  1/2c LS Ranch Beans  1c Strawberries and Bananas | Thursday February 29  Green Chile Cheese Chicken Sandwich  (1oz GC, .5oz Cheese, 1 bun, 3oz Chicken)  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  1/2c 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