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|  |  |  | **Thursday February 1**  3oz Baked Tilapia w/Lemon  1c Coleslaw w/ 2 TBSP Dressing  1c Garden Blend Vegetables  1/2c LS Brown Rice Pilaf  WW roll w/ 1 tsp margarine  1c Strawberries | **Friday February 2**  **3oz Liver & 1/4c Onions**  1/2c LS Mashed Potatoes w/2oz LS gravy  1/2c Green Beans w/ 1 tsp margarine  1c Salad w/ 2 TBSP FF Italian Dressing Wheat roll w/ 1 tsp margarine  1/2c Peaches |
| **Monday February 5**  **3oz Chicken Strips**  1/2c Potato Wedges  1/2c Asparagus  1 slice LF Cornbread w/ 1 tsp margarine  1/2c Pineapples | **Tuesday February 6**  **BBQ Pork Sandwich**  (3oz Pulled Pork, 1oz Sauce, 1 bun)  1/2c coleslaw w/ 1 TBSP dressing  1c Broccoli and Cauliflower  1/2c LS Ranch Beans  1/2c Warm Apple Slices | **Wednesday February 7**  **1c Meat Lasagna**  (3oz Meat, 1/2c pasta, 2oz NAS Marinara Sauce)  1c Italian Blend Vegetables  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  Wheat roll  Orange | **Thursday February 8**  **Navajo Taco**  (1oz Fry bread, 2oz Beef, 1/2c LS Pinto beans, 1/2c Lettuce, 1/2c Tomatoes, 1/4c onions, 2 TBSP Salsa)  1/2c Mixed Fruit | **Friday February 9**  **Carne Adovada**  (3oz Pork, 2oz Red chile)  1c Zucchini w/ NAS diced tomatoes  1/2c LS Spanish Rice  1 6in WW Tortilla  1/2c SF Gelatin |
| **Monday February 12**  **4oz Steak Ranchero**  (3oz Salisbury steak, 1oz Sauce/onions, cheese, GC)  3/4c Brown Rice w/ 1tsp margarine and parsley  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  Wheat roll w 1 tsp margarine  1/2c Fruit Cocktail | **Tuesday February 13**  **3oz Chicken Fried Steak**  1/2c Mashed Potatoes w/ 2oz LS Gravy  3/4c Brussel Sprouts  Wheat Roll  1c Watermelon | **Wednesday February 14**  **Tuna Casserole**  (3oz Tuna, 1/2c Noodles, 1oz Sauce, 1/2c Peas and carrots)  Wheat roll w 1 tsp Margarine  1c Tropical Fruit Salad  1c Tossed Salad w/ 2 TBSP FF Italian dressing | **Thursday February 15**  **3oz Meat Loaf**  1/2c Parslied Potatoes  1c California Blend Vegetables  Wheat roll w/ 1 tsp margarine  1 banana | **Friday February 16**  **1c Vegetarian Beans Chili**  **(3/4c pinto, black, red 1/4c tomatoes)**  1c Chateau Blend Vegetables w/ 1 tsp margarine  1/2c Spiced Peaches  1 slice SF Angel Food Cake  1 6in Flour Tortilla |
| **Monday February 19**  **3oz Chicken Wings**  1c Pasta Salad  (1/2c pasta, 1/2c Vegetables)  1/2c Creamy Cucumber Salad  1 slice LF Cornbread w/ 1 tsp margarine  1/2c Cherries in 1/4c Crisp | **Tuesday February 20**  **Pepperoni Pizza**  (.5oz Pepperoni (~7 slices), .5oz Mozzarella cheese, 1oz Sauce, 1oz Crust)  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  3/4c Spiced Apricots  1c Light Nonfat vanilla yogurt | **Wednesday February 21**  **Stuffed Bell Pepper**  (3oz ground beef, 1/4c Rice, 1oz Tomato Sauce, ½ Pepper)  1/2c Tossed Salad w/ 1 TBSP FF Italian Dressing  Wheat Roll  1c Grapes  1c Chateau Blend Vegetables | **Thursday February 22**  **2oz LS Baked Ham**  1/2c Sweet Potatoes w/ 1/3c Chopped Pecans  1/2c Asparagus w/ 1 tsp margarine  Wheat Roll  1c Fruit Salad | **Friday February 23**  **3oz LS Cod**  (3oz LS Baked Fish, 1 TBSP Tartar Sauce  1/2c LS Potato Salad  1/2c Spinach w/ 1/4c Onions  Wheat roll  1c Pineapple and Mandarin Oranges |
| **Monday February 26**  **3/4c GC Chicken Enchiladas**  (2oz Chicken, 1oz Cheese, 1oz GC, 1 corn tortilla, ½, lettuce and tomato)  1/2c LS Spanish Rice  1/2c Carrots  1/2c Calabacitas  1/2c SF Gelatin w/ 1/2 c mandarin oranges | **Tuesday February 27**  **Frito Pie**  (1oz corn chips, 3oz ground beef, 2oz RC)  1/2c Pinto Beans  1/2c Vegetable medley  1/2c Sliced Apples | **Wednesday February 28**  **3oz Pork Chop**  1/2c Penne pasta w/ 1 tsp margarine, and 1 tsp parsley  1c Yellow Squash w/ NAS Diced Tomatoes  Wheat Roll  1c Tropical Fruit | **Thursday February 29**  **Chicken Taco**  (3oz Chicken, 1 6 in flour tortilla, 1/2c Lettuce and tomato, 2 TBSP salsa)  1c corn and red bell pepper  1/2c LS Spanish rice  1/2c Fresh Pear | **ALL MEALS SERVED WITH**  **2% MILK**  **RC= Red Chili**  **GC- Green Chili**  **MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCT** |

***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:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 751.8 | 718.0 | 726.6 | 740.4 | 741.7 |
| % Carbohydrates from Calories | 45-55% | 48.9 | 51.2 | 55.0 | 49.4 | 49.3 |
| % Protein from Calories | 15-25% | 21.0 | 23.6 | 18.6 | 18.6 | 23.1 |
| % Fat from Calories | 25-35% | 30.1 | 25.2 | 26.4 | 32.0 | 27.5 |
| Saturated Fat | less than 8g | 7.7 | 7.4 | 7.8 | 8.0 | 8.0 |
| Fiber | 10g or more | 11.0 | 11.7 | 11.4 | 10.0 | 11.5 |
| Vitamin B-12 | .8ug or more | 37.5 | 2.2 | 2.5 | 2.1 | 2.2 |
| Vitamin A | 300ug RAE or more | 3829.7 | 351.3 | 523.5 | 652.8 | 449.7 |
| Vitamin C | 30mg or more | 80.5 | 48.5 | 53.5 | 49.5 | 63.1 |
| Iron | 2.6mg or more | 5.9 | 5.0 | 5.2 | 4.6 | 4.5 |
| Calcium | 400mg or more | 428.0 | 502.3 | 445.2 | 516.3 | 470.8 |
| Sodium | less than 766mg | 762.8 | 757.7 | 758.5 | 762.4 | 558.3 |

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 29, 2024***