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|  |  |  | **Thursday February 1**3oz Baked Tilapia w/Lemon1c Coleslaw w/ 2 TBSP Dressing1c Garden Blend Vegetables 1/2c LS Brown Rice Pilaf WW roll w/ 1 tsp margarine1c Strawberries | **Friday February 2****3oz Liver & 1/4c Onions**1/2c LS Mashed Potatoes w/2oz LS gravy1/2c Green Beans w/ 1 tsp margarine 1c Salad w/ 2 TBSP FF Italian Dressing Wheat roll w/ 1 tsp margarine1/2c Peaches |
| **Monday February 5****3oz Chicken Strips**1/2c Potato Wedges1/2c Asparagus1 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 dressing1c Broccoli and Cauliflower1/2c LS Ranch Beans1/2c Warm Apple Slices | **Wednesday February 7****1c Meat Lasagna**(3oz Meat, 1/2c pasta, 2oz NAS Marinara Sauce)1c Italian Blend Vegetables1c Tossed Salad w/ 2 TBSP FF Ranch DressingWheat 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 Rice1 6in WW Tortilla1/2c SF Gelatin  |
| **Monday February 12****4oz Steak Ranchero**(3oz Salisbury steak, 1oz Sauce/onions, cheese, GC)3/4c Brown Rice w/ 1tsp margarine and parsley1c 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 Gravy3/4c Brussel Sprouts Wheat Roll1c Watermelon  | **Wednesday February 14****Tuna Casserole**(3oz Tuna, 1/2c Noodles, 1oz Sauce, 1/2c Peas and carrots)Wheat roll w 1 tsp Margarine1c Tropical Fruit Salad 1c Tossed Salad w/ 2 TBSP FF Italian dressing | **Thursday February 15****3oz Meat Loaf**1/2c Parslied Potatoes1c California Blend VegetablesWheat roll w/ 1 tsp margarine1 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 Cake1 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 margarine1/2c 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 Dressing3/4c Spiced Apricots1c 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 DressingWheat 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 margarineWheat Roll1c Fruit Salad | **Friday February 23****3oz LS Cod**(3oz LS Baked Fish, 1 TBSP Tartar Sauce1/2c LS Potato Salad 1/2c Spinach w/ 1/4c OnionsWheat 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 Rice1/2c 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 medley1/2c Sliced Apples | **Wednesday February 28****3oz Pork Chop**1/2c Penne pasta w/ 1 tsp margarine, and 1 tsp parsley1c Yellow Squash w/ NAS Diced TomatoesWheat Roll1c 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 rice1/2c 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***