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| --- | --- | --- | --- | --- |
|  | 2% milk served at meals |  |  | FRIDAY 1, 2023  Chicken Tacos  (3oz chicken,.1 6 in flour tortillas,1/2c lettuce and tomato, 2 TBSP salsa)  1/2c LS Spanish Rice  3/4c Roasted Zucchini  1/3c LS Pinto Beans  3/4c Fruit Salad |
| Monday 4, 2023  3 oz. Country Fried Steak  1 oz. Low Sodium Country Gravy  1/2c LS Mashed Potatoes  1/2c Carrots  1 WW Roll w/ 1 tsp. Margarine  1 Banana | Tuesday 5, 2023  BBQ Pulled Pork Sandwich  (3oz pork, 1oz bbq sauce, 1 bun)  1c Coleslaw w/ 2 TBSP Dressing  1/2c Broccoli  1c Grapes | Wednesday 6, 2023  4 oz. Meatloaf  1/2c Brown Rice  1c Tossed Salad w/ 2 TBSP FF ranch dressing  1/2c 5 way Mixed Veggies  1 slice wheat bread w/ 1 tsp. Margarine  1 Apple | Thursday 7, 2023  Pork Tamale  (3 oz. Pork, 2oz Red Chile,  1/4c Masa)  1/2c LS Black Beans w/ 1/4c Red Pepper  1/2c Tomato and Red Onion salad  1/2c sliced peaches | Friday 8, 2023  3oz LS Baked Fish  w/ lemon Wedge  1/2c Wild Rice  1c California blend Vegetables  4 LS WW Crackers  w/1 tsp Margarine  1/2c non-fat Greek Vanilla Yogurt |
| Monday 11, 2023  Chili Dogs  (.5oz. Frank, 3 oz. Beef Chili, 1 Bun)  1/2c Sweet potatoes  1/2c Spinach  1/2c Fruit Cocktail | Tuesday 12, 2023  4oz Salisbury Steak  1/2c Egg Noodles, 2oz LS Gravy, 1/2c mushrooms  3/4 c Green Beans  1c Tossed salad w/ 2 TBSP FF Italian Dressing  1 Dinner Roll w/ 1 tsp margarine  1/2c Mandarin Oranges | Wednesday 13, 2023  5 oz. Sweet & Sour Pork  (3oz Pork, 2oz Sauce)  3/4c Brown Rice  1c Oriental Vegetables  1/2c Pineapple | Thursday 14, 2023  Chicken Chef Salad  (3oz Diced Chicken, 1.5c romaine Lettuce, 1/4c Tomato, 1/4c Carrots, 1/4c Cucumber, W/2T FF Ranch Dressing  1c LS Tomato Soup  6 LS WW Crackers  1/2c Pears in 1/2c Sugar Free Gelatin | Friday 15, 2023  Beef Tacos  (3 oz. Beef, .5oz. Cheese, 1/2c Lettuce & Tomato, 1 6in flour Tortillas, 2 TBSP Salsa)  1/2c LS Spanish Rice  1/2c LS Pinto Beans  1/2c yellow squash  1/2c Plums |
| Monday 18, 2023  4oz. Orange Chicken  (3oz chicken, 1oz Sauce)  1c Brown Rice  Vegetable Egg Roll  1c Stir Fry Vegetables  1c Fruit Salad | Tuesday 19, 2023  3 oz. Lean LS Pork Chop  1/2c Herb Roasted red Potatoes  1/2c Roasted Cauliflower  1WW Roll w/ 1 tsp. Margarine  1c Strawberries | Wednesday 20, 2023  1c RC Pork Posole  (3oz Pork, 1oz RC, 1/2c Hominy)  1/2c Calabacitas  1c Tossed Salad w/ 2 tbsp FF ranch dressing  1 6n WW Flour tortilla  3/4c Orange section w/ 1/4c cinnamon | Thursday 21, 2023  Open Faced Turkey Sandwich  (3oz LS Roasted turkey (meat and skin) 1oz gravy, 1 sl. WW bread)  1/2c Mashed Potatoes w/1oz LS Gravy  1c Broccoli & Cauliflower  1c Tossed Salad w/ 2 TBSP FF ranch Dressing  1c Cantaloupe | Friday 22, 2023  **Christmas Dinner**  2 oz. Low Sodium Glazed Ham  3/4c Brussel Sprouts w/ 1/3c Walnuts  3/4c Asparagus  1 WW Roll w/ 1 tsp. Margarine  1 sl. Dutch Apple Pie |
| Monday 25, 2023  **CLOSED** | Tuesday 26, 2023  3/4c Beef Macaroni  (3oz beef,1/2c macaroni)  1/2c Peas & Carrots  1/2c NAS Stewed Tomatoes w/ 1 oz GC  1/2c SF Gelatin w/ 3/4c Berries | Wednesday 27, 2023  3 oz. Chicken Strips  1/2c NAS Baked French Fries  1c Pasta Salad  (1/2c pasta, 1/2c Vegetables (mixed vegetables & broccoli)  1/2c Spiced Pears | Thursday 28, 2023  1 oz reduced fat sausage patty,  2 med. Eggs  1/2c Hashbrowns w/ 1/2c peppers and onions  4oz Orange Juice  Orange  1 slice wheat bread-toasted w/ 1 tsp margarine  5oz Greek nonfat strawberry yogurt | Friday 29, 2023  BBQ Chicken  (2 TBSP BBQ Sauce, 3oz Chicken breast  1/2c Spinach w/ 1/4c Onions & 1 tsp margarine  1/2c LS 3 Bean salad  Cornbread  w/1 tsp Margarine  1c grapes |

***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:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories |  | 828.8 | 728.9 | 703.5 | 745.8 | 735.9 |
| % Carbohydrates from Calories | 45-55% | 48.6 | 49.7 | 52.5 | 48.5 | 51.4 |
| % Protein from Calories | 15-25% | 23.8 | 21.3 | 22.4 | 21.7 | 21.0 |
| % Fat from Calories | 25-35% | 27.6 | 29.0 | 25.1 | 29.8 | 27.6 |
| Saturated Fat | less than 8g | 7.1 | 8.0 | 8.0 | 7.4 | 7.9 |
| Fiber | 10g or more | 14.0 | 11.0 | 10.7 | 10.0 | 10.3 |
| Vitamin B-12 | .8ug or more | 1.5 | 2.7 | 2.7 | 1.7 | 2.7 |
| Vitamin A | 300ug RAE or more | 321.4 | 505.4 | 614.7 | 360.7 | 430.5 |
| Vitamin C | 30mg or more | 73.1 | 40.0 | 38.5 | 100.2 | 80.5 |
| Iron | 2.6mg or more | 6.9 | 4.0 | 6.1 | 4.0 | 5.1 |
| Calcium | 400mg or more | 495.4 | 501.5 | 492.0 | 434.3 | 469.9 |
| Sodium | less than 766mg | 623.0 | 752.3 | 712.8 | 763.4 | 698.8 |

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