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| --- | --- | --- | --- | --- |
|  | 2% milk served at meals |  |  |  FRIDAY 1, 2023Chicken Tacos(3oz chicken,.1 6 in flour tortillas,1/2c lettuce and tomato, 2 TBSP salsa)1/2c LS Spanish Rice3/4c Roasted Zucchini 1/3c LS Pinto Beans3/4c Fruit Salad |
| Monday 4, 20233 oz. Country Fried Steak 1 oz. Low Sodium Country Gravy1/2c LS Mashed Potatoes1/2c Carrots1 WW Roll w/ 1 tsp. Margarine 1 Banana | Tuesday 5, 2023BBQ Pulled Pork Sandwich(3oz pork, 1oz bbq sauce, 1 bun)1c Coleslaw w/ 2 TBSP Dressing1/2c Broccoli 1c Grapes | Wednesday 6, 20234 oz. Meatloaf1/2c Brown Rice1c Tossed Salad w/ 2 TBSP FF ranch dressing1/2c 5 way Mixed Veggies1 slice wheat bread w/ 1 tsp. Margarine1 Apple | Thursday 7, 2023Pork Tamale (3 oz. Pork, 2oz Red Chile, 1/4c Masa)1/2c LS Black Beans w/ 1/4c Red Pepper1/2c Tomato and Red Onion salad1/2c sliced peaches | Friday 8, 20233oz LS Baked Fishw/ lemon Wedge1/2c Wild Rice1c California blend Vegetables 4 LS WW Crackers w/1 tsp Margarine1/2c non-fat Greek Vanilla Yogurt |
| Monday 11, 2023Chili Dogs(.5oz. Frank, 3 oz. Beef Chili, 1 Bun)1/2c Sweet potatoes 1/2c Spinach1/2c Fruit Cocktail  | Tuesday 12, 20234oz Salisbury Steak 1/2c Egg Noodles, 2oz LS Gravy, 1/2c mushrooms3/4 c Green Beans1c Tossed salad w/ 2 TBSP FF Italian Dressing1 Dinner Roll w/ 1 tsp margarine 1/2c Mandarin Oranges | Wednesday 13, 20235 oz. Sweet & Sour Pork(3oz Pork, 2oz Sauce)3/4c Brown Rice1c Oriental Vegetables1/2c Pineapple | Thursday 14, 2023Chicken 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 Soup6 LS WW Crackers1/2c Pears in 1/2c Sugar Free Gelatin  | Friday 15, 2023Beef Tacos(3 oz. Beef, .5oz. Cheese, 1/2c Lettuce & Tomato, 1 6in flour Tortillas, 2 TBSP Salsa) 1/2c LS Spanish Rice1/2c LS Pinto Beans1/2c yellow squash 1/2c Plums |
| Monday 18, 20234oz. Orange Chicken(3oz chicken, 1oz Sauce)1c Brown Rice Vegetable Egg Roll1c Stir Fry Vegetables1c Fruit Salad  | Tuesday 19, 20233 oz. Lean LS Pork Chop1/2c Herb Roasted red Potatoes1/2c Roasted Cauliflower1WW Roll w/ 1 tsp. Margarine1c Strawberries | Wednesday 20, 20231c RC Pork Posole(3oz Pork, 1oz RC, 1/2c Hominy)1/2c Calabacitas 1c Tossed Salad w/ 2 tbsp FF ranch dressing1 6n WW Flour tortilla3/4c Orange section w/ 1/4c cinnamon  | Thursday 21, 2023Open Faced Turkey Sandwich(3oz LS Roasted turkey (meat and skin) 1oz gravy, 1 sl. WW bread)1/2c Mashed Potatoes w/1oz LS Gravy1c Broccoli & Cauliflower1c Tossed Salad w/ 2 TBSP FF ranch Dressing1c Cantaloupe | Friday 22, 2023**Christmas Dinner** 2 oz. Low Sodium Glazed Ham3/4c Brussel Sprouts w/ 1/3c Walnuts3/4c Asparagus1 WW Roll w/ 1 tsp. Margarine1 sl. Dutch Apple Pie |
| Monday 25, 2023**CLOSED**  | Tuesday 26, 20233/4c Beef Macaroni(3oz beef,1/2c macaroni)1/2c Peas & Carrots1/2c NAS Stewed Tomatoes w/ 1 oz GC 1/2c SF Gelatin w/ 3/4c Berries  | Wednesday 27, 20233 oz. Chicken Strips1/2c NAS Baked French Fries1c Pasta Salad(1/2c pasta, 1/2c Vegetables (mixed vegetables & broccoli)1/2c Spiced Pears  | Thursday 28, 20231 oz reduced fat sausage patty, 2 med. Eggs1/2c Hashbrowns w/ 1/2c peppers and onions4oz Orange JuiceOrange 1 slice wheat bread-toasted w/ 1 tsp margarine 5oz Greek nonfat strawberry yogurt  | Friday 29, 2023BBQ Chicken(2 TBSP BBQ Sauce, 3oz Chicken breast1/2c Spinach w/ 1/4c Onions & 1 tsp margarine 1/2c LS 3 Bean saladCornbreadw/1 tsp Margarine1c 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