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| --- | --- | --- | --- | --- |
| **Monday Jan 3 2022****Meatball Sub****(1 bun, 3 oz meat), 1 oz LS Tomato Sauce)** **½ c Green Beans****10 LS French Fries****½ c Mandarin Oranges** | **Tuesday Jan 4 2022****6 oz RC Beef Casserole****2 corn tortilla, 1 oz LS Cheese, 3oz Ground beef)****Garnish?? (1/2 Lettuce0 and Tomato)****Beans? (1/2 c LS Pinto Beans)** **½ c LS Spanish Rice****½ c Pears**  | **Wednesday Jan 5 2022****Chicken Alfredo****(3 oz Grilled Chicken, ½ c Fettuccini, 4 oz Light Alfredo Sauce)****1 Garlic Bread****½ c Broccoli and ½ c Red Pepper** **Cookie???****1 Chocolate chip**  | **Thursday Jan 6 2022****6 oz LS Beef Chili???****(3oz Lean Ground Beef, 2 oz Red Chile, ½ c LS Pinto Beans)** **2 oz Corn Bread****½ c Carrots****½ c Vanilla Pudding** | **Friday Jan 7 2022****3 oz Boneless Lean Pork Chops****½ c Mashed Potatoes w/2 oz LS Gravy****½ c Peas****1 Wheat Roll w/ 1 TBSP Margarine****½ c Apple Sauce** |
| **Monday Jan 10 2022****½ c LS Scalloped Potatoes & 2 oz Lean, LS Ham****½ c Green Beans****Wheat Roll****4 oz LF Vanilla Greek Yogurt** | **Tuesday Jan 11 2022****1.5 c Taco Soup****6 LS Crackers****½ c Salad 2 TBSP LF Dressing****½ c Mixed Vegetables****½ c Apple Crisp** | **Wednesday Jan 12 2022****Chicken & Rice****(3oz Chicken, ½ c Brown Rice)** **Diced Carrots** **½ c Salad 2 TBSP LF Dressing 6 LS Crackers****1 Spice Cupcake no Frosting**  | **Thursday Jan 13 2022****4 oz Salisbury Steak****½ c Mashed Potatoes w/2 oz LS Gravy****½ c Cauliflower****Wheat Roll w/ 1 tsp Margarine****½ c Peaches**  | **Friday Jan 14 2022****Tilapia****½ c LS Rice Pilaf** **2 TBSP Tater Sauce****1 c Capri Vegetables****3/4c Strawberries** |
| **Monday Jan 17 2022****3oz Chicken Fried Steak****½ c Mashed Potatoes w 2 oz LS Country /Gravy****½ c Black bean and corn Salad** **Wheat Roll****Orange**  | **Tuesday Jan 18 2022****Chili Dog****(1 bun, 3 oz LS Hot Dog, 2 oz Chile dog Sauce)** **10 LS French Fries****½ c Succotash** **½ c Lemon Pudding** | **Wednesday Jan 19 2022****Chicken Quarters****½ Brown Rice****1 cup Italian Blend Vegetables****Banana Cupcake no icing** **½ c plums** | **Thursday Jan 20 2022****3 oz Liver & ½ c Onions w/2 oz Gravy****½ c LS Scalloped Potatoes****½ c Garden Vegetable Blend****Wheat Bread w/ 1 tsp margarine****½ c Jell-O w/ ½ c Fruit Cocktail**  | **Friday Jan 21 2022****5 oz Hamburger Stroganoff****(3oz ground beef, 2 oz Gravy) ½ c Egg Noodles****½ c Roasted Brussel Sprouts****Wheat Roll w 1 tsp margarine****½ c Carrot (1/4 c )Raisin Salad** |
| **Monday Jan 24 2022****1 c GC Pork Posole****(3 oz Pork, ½ c Hominy, 1 oz Green Chile)****6 LS Crackers****½ c 5 Mixed Vegetables****½ c Cinnamon Apple Sauce** | **Tuesday Jan 25 2022****Beef Spaghetti w/Red Sauce****(3oz Ground Beef, 4oz LS Marinara Sauce, ½ c Spaghetti)****1 Garlic Bread****½ c Spinach Salad****½ C Roasted Green Beans w/ Sliced Radishes****2 oz SF Brownies** | **Wednesday Jan 26 2022****Corn Dog w/ 1 tsp Mustard****10 LS French Fries****½ c Coleslaw w 1 TBSP Dressing****1 c Fruit Salad w/ 6 Animal Crackers**  | **Thursday Jan 27 2022****6 oz GC ?CHICKEN Enchilada****(3oz Chicken, 1 oz GC, 2 Corn Tortilla, 1 oz Cheese)** **½ c LS Pinto Beans??****½ c Lettuce and Tomato??****½ c LS Spanish Rice****½ c Jell-O w ½ c Apricots**  | **Friday Jan 28 2022****Chicken a la King****½ c Red Potatoes, onions****½ c Mustard Greens****½ c California Blend****1 Wheat Roll****½ c Canned Pineapple** |
| **Monday Jan 31 2022****Sweet & Sour Chicken****(3oz Chicken, ½ c Sauce)****½ c Snow peas and ½ c Broccoli w 1 TBSP Margarine****½ c Brown Rice****½ c Mandarin Oranges****1 c Tossed Salad w/ 2 TBSP Toasted Sesame Dressing** **1 Fortune Cookie** |  |  |  |  |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 700 or more | 710 | 720.7 | 789 | 752 | 731 |
| % Carbohydrates from Calories | 45-55% | 49.8 | 50.3 | 51.4 | 51.3 | 48.6 |
| % Protein from Calories | 15-25% | 23.4 | 23.7 | 17.7 | 20.7 | 25.3 |
| % Fat from Calories | 25-35% | 26.8 | 26.0 | 30.9 | 28.0 | 26.1 |
| Saturated Fat | less than 8g | 7.6 | 5.6 | 7.6 | 7.1 | 5.2 |
| Fiber | 10g or more | 10.3 | 10.1 | 10.1 | 10.5 | 12.1 |
| Vitamin B-12 | .8ug or more | 2.5 | 2.6 | 16.1 | 1.9 | 1.4 |
| Vitamin A | 300ug RAE or more | 629.4 | 509.0 | 1619.2 | 404 | 754.8 |
| Vitamin C | 30mg or more | 41.8 | 36.5 | 59.1 | 58.7 | 92.7 |
| Iron | 2.6mg or more | 5.0 | 4.9 | 6.1 | 5.4 | 5.7 |
| Calcium | 400mg or more | 501.0 | 479.3 | 436.9 | 470.1 | 510 |
| Sodium | less than 766mg | 617 | 763.8 | 694.2 | 753.8 | 574.5 |

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