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| --- | --- | --- | --- | --- |
| **Monday 1, 2021**  **3 oz. Beef Tips w/ 1 oz. Low Sodium Gravy**  **½ c. Rice**  **½ c Broccoli, ½ c red peppers**  **1 Roll w/ 1 tsp margarine**  **½ c. nonfat Vanilla yogurt and 1 Banana** | **Tuesday 2, 2021**  **Green Chile Chicken Enchiladas**  **(make w/ LF Cheese)**  **½ c. L.S. Beans**  **½ c. Calabazitas**  **1 c. Tossed Salad w/ 1 TBSP LF Dressing**  **1 sl. Apple Pie** | **Wednesday 3, 2021**  **3 oz. Pork Chop**  **½ c. Mashed Potatoes w/ 1 oz. Low Sodium Gravy**  **½ c. Pea Salad**  **1 Wheat Roll w 1 tsp Margarine**  **½ c .LF Ice Cream** | **Thursday 4, 2021**  **3 oz. Meatloaf**  **½ c. Corn**  **1 c. Carrot and celery Sticks**  **1 Biscuit w/ 1 t. margarine**  **½ c. Jell-O w/ ½ c Fruit Cocktail** | **Friday 5, 2021**  **1 c. L.S. Vegetable Soup w/ 3 oz Chicken**  **(1 cup of Carrots, Green Beans, Potatoes, Diced Tomatoes, Onion)**  **Grilled Cheese w/ Wheat bread and 1 oz LF Cheese**  **½ c. Peaches** |
| **Monday 8, 2021**  **Frito Pie**  **3 oz. Beef, 1 oz. Lightly Salted Frito Chips, 1 oz. Sauce, 0.5 oz. Cheese)**  **½ c. Hominy**  **½ c. Coleslaw 1 TBSP Dressing**  **½ c. Plums** | **Tuesday 9, 2021**  **3 oz. Lean LS Boneless Pork over ½ c. Noodles**  **½ c. Green Beans w/ 1/4 c slivered almonds**  **1 c. Tossed Salad w/ 1 TBSP LF dressing**  **½ c. Mandarin Oranges** | **Wednesday 10, 2021**  **3 oz. Fried Chicken**  **½ c. Potato Salad**  **½ c Carrots**  **¾ c. LS Baked Beans**  **1 WW Roll w/ 1 t. Margarine**  **½ c. Apple in Crisp** | **Thursday 11, 2021**  **Green Chile Cheeseburger**  **(3 oz. Beef, 0.5 oz. FF American Cheese, 1 oz. Chile, 1 Bun)**  **½ c. Lettuce, 2 slices tomato, 1 slice onion**  **½ c. Home Fries**  **1 Orange** | **Friday 12, 2021**  **Tuna Salad Sandwich**  **(3 oz. L.S. Tuna, ½ c. Celery, Onion, Pickles,1 TBSP Mayo 2 sl. WW Bread)**  **1 c. Cucumber & Tomato Salad**  **1 oz. Baked Potato Chips**  **½ c. Pears** |
| **Monday 15, 2021**  **Chicken Fajitas**  **(3 oz. Chicken, ½ c. Red & Green Peppers, 1 Flour Tortilla 6 in. )**  **1 TBSP Sour Cream, 2 TBSP Salsa**  **½ c. L.S. Black Beans w ½ cup White Rice**  **½ c. Chocolate Pudding** | **Tuesday 16, 2021**  **3 oz. Chicken Fried Steak**  **½ c. Mashed Potatoes w/ 1 oz. Low Sodium Gravy**  **½ c. CA Blend Vegetables**  **1 WW Roll w/ 1 tsp Margarine**  **½ c. LF Ice Cream** | **Wednesday 17, 2021**  **2 oz. Grilled LS Ham**  **½ c. Steamed Cabbage**  **½ c. Yams w/ 1/3 c Unsalted Walnuts**  **1 WW Roll w/ 1 tsp margarine**  **½ slices Cake w/ ½ c Strawberries** | **Thursday 18, 2021**  **Pasta Salad**  **(1 c. Pasta,1 c. Mixed Vegetables, 1 oz. LS Mozzarella Cheese, 1 Boiled Egg)**  **1 Bread Stick**  **½ c. Peaches w/ ½ c Nonfat Vanilla Greek Yogurt** | **Friday 19, 2021**  **Red Chile Beans w/ Beef (3 oz Beef, 2 oz Red Chile Sauce**  **½ c. Macaroni**  **1 pc. Corn Bread**  **1 c. Tossed Salad w/ 0.5 TBSP LF Dressing**  **½ c. Jell-O w/ ½ c Pineapple** |
| **Monday 22, 2021**  **Chile Dogs**  **(1 oz Beef Frank, 1 oz. Sauce, 1 Bun)**  **1 cup Succotash**  **½ c. Celery Sticks**  **½ c cinnamon apple slices in ½ c Plain Nonfat yogurt** | **Tuesday 23, 2021**  **2 oz. Chicken Strips w/ 2 oz. Low Sodium Gravy**  **1c Peas & Carrots**  **½ c White Rice w/ 1 tsp Margarine**  **1 c. Nonfat Vanilla Yogurt w/ ¾ c Frozen berries**  **.** | **Wednesday 24, 2021**  **4 oz. Sliced Turkey**  **½ c. Mashed Potatoes w 2 oz LS Gravy**  **1/2 c. L.S. Stuffing**  **½ c. Apple Coleslaw w/ 1 TBSP Dressing**  **1 WW Roll w/ 1 t. margarine**  **1 sl. Pumpkin Pie w/ 1 TBSP Cool Whip** | **Thursday 25, 2021**  **Closed**  **Happy Thanksgiving!** | **Friday 26, 2021**  **Pork Carnitas**  **(3 oz. Pork, ½ c. Bell Peppers, Onion)**  **½ c LS Pinto Beans**  **2 Corn Tortilla**  **1 c. Tossed Salad w 1 TBSP LF Dressing**  **1 Chocolate Chip Cookie** |
| **Monday 29, 2021**  **(3 oz. Beef, ½ c. Mushrooms in 1 oz. Low Sodium Gravy)**  **1 Baked Potato w/ 1 t. Margarine**  **1 c. Tossed Salad w 2 TBSP LF Dressing**  **6 LS WW Crackers**  **½ c. Apple Sauce** | **Tuesday 30, 2021**  **Chicken Wrap**  **(3 oz. Chicken, 0.5 oz. Cheese, ½ c. Lettuce & Tomato, 1 Tortilla 6 in)**  **½ c. Carrots**  **1 oz. Sun Chips**  **½ c. Plums** |  |  | **Meals served with 8 oz.**  **2% Low Fat Milk** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **4** | **Days in Week:**  **2** |
| Calories | 700 or more | 757 | 765.6 | 753.0 | 718 | 760 |
| % Carbohydrates from Calories | 45-55% | 50.9 | 46.5 | 51 | 50.5 | 50.2 |
| % Protein from Calories | 15-25% | 23.7 | 22.0 | 20.2 | 22.6 | 21.9 |
| % Fat from Calories | 25-35% | 25.4 | 31.4 | 28.8 | 26.9 | 27.9 |
| Saturated Fat | less than 8g | 7.8 | 7.4 | 7.7 | 7.6 | 7.8 |
| Fiber | 10 g or more | 10.0 | 10.4 | 10.7 | 11.5 | 10.8 |
| Vitamin B-12 | .8ug or more | 1.0 | 1.2 | 1.0 | 1.0 | 1.161 |
| Vitamin A | 300ug RAE or more | 497.1 | 525.8 | 485 | 714 | 750 |
| Vitamin C | 30mg or more | 39.7 | 69.5 | 45 | 30.3 | 30.7 |
| Iron | 2.6mg or more | 4.6 | 4.2 | 4.4 | 4.5 | 5.4 |
| Calcium | 400mg or more | 537 | 488 | 539 | 539 | 466 |
| Sodium | less than 766mg | 740 | 758.8 | 761 | 759 | 744 |

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