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| --- | --- | --- | --- | --- |
| **NAS-no added salt****SF-sugar free****FF-Fat free****LS=low sodium****LF=low Fat****WW=whole wheat**  | 1% Milk Served at all mealsMixed green salad(1c salad, 1/4c red cabbage, 1/4c cucumber, 5 cherry tomatoes, 8 baby carrots) |  |  |  |
| MONDAY 3, 2021Soft Beef Taco w/ Salsa(1 6in Flour tortilla, 3oz Beef, .5oz Cheese, 1/2c Lettuce and tomato, 1oz Salsa)1/2c Chuckwagon corn1c Broccoli w Red Bell PepperApple | TUESDAY 4, 2022 3oz Baked Chicken Thighs1/2c Mashed potatoes w/ 2 oz LS Gravy1c Winter Blend Vegetables1/2c Spinach Salad w/ 1 TBSP Light Ranch dressingBiscuit w/ 1 tsp margarineOrange | WEDNESDAY 5, 2022 6oz Chicken Pot pie(3oz chicken, 1oz crust, 1/2c Vegetables (peas and carrots))1/2c Green Beans1/2c Mixed Green salad w/ 1 TBSP Light Italian DressingWW Roll 1/2c Apricots  | THURSDAY 6, 20224oz Hamburger Steak, w/1/2c Sauteed Onion1c Pasta Salad(1/2c Vegetables (broccoli, mixed veg) , 1/2c pasta)WW Roll 1/2c Fruit Cocktail  | FRIDAY 7, 2022Tuna Salad w/ Egg Sandwich(4oz tuna Salad (3oz Tuna), 2 slices wheat bread, 1/2c Lettuce, 2 slices tomato)1/2c Beets1/2c Tomato and Red onion Salad1c Cantaloupe1/2c SF Gelatin |
| MONDAY 10, 20223oz Swiss Steak1/2c LS Seasoned Rice1c Capri Vegetables 1c Tossed Salad w/ 2 TBSP Light Italian DressingWW Roll w/ 1 tsp margarine.Banana | TUESDAY 11, 20223oz Baked Chicken Sandwich(1bun, 3oz Chicken, 1/2c Lettuce, 2 slices tomato)1/2c Roasted Red Potatoes1c California Blend Vegetables1/2c Carrot and Raisin Salad | WEDNESDAY 12, 20223oz Roasted Pork Loin1/2c Mashed Potatoes w/ 2oz LS Gravy3/4c Roasted Brussel Sprouts1c Spring Mix Salad w/ 2 TBSP Light Italian dressingWW roll w/ 1 tsp margarine1/2c Mixed Fruit   | THURSDAY 13, 2022 Red Chile Cheese Enchiladas(1oz Cheese, 2oz Red Chile, 2 corn tortillas, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1/2c Zucchini and 1/2c diced tomatoes1 Sugar Cookie1/2c Pears | FRIDAY 14, 20224oz Sloppy Joe(3oz Meat, 1oz Sauce, 1 bun)1/2c macaroni salad1c Tossed Salad w/ 2 TBSP Italian Dressing1/2c Tropical Fruit Salad |
| MONDAY 17, 2022 Green Chile Cheeseburger(1bun, 1oz GC, .5oz American Cheese, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)10 NAS Bake French Fries 1/2c Cucumber SaladBaked Apple Slices | TUESDAY 18, 2022Chicken parmesan w/ Pasta(3oz Chicken, 1 tsp parm, 1oz Breading, .5oz mozzarella cheese, 1oz NAS Marinara Sauce)1/2c Pasta1c Italian vegetables1/2c Tossed Salad w/ 1 TBSP Dressing1 Garlic Breadstick1/2c Peaches | WEDNESDAY 19, 20223oz Meatloaf1/2c Scalloped Potatoes 1/2c LS stewed Tomatoes w/ 1oz GC1c Mixed Green salad w/ 2 TBSP Light Italian DressingWheat roll w/ 1 tsp margarine1/2c Spiced Pears   | THURSDAY 20, 20226oz 3 cheese spinach Lasagna(1oz Cheese, 1/2c Spinach, 1/2c Lasagna)1c Mixed Green salad w/ 2 TBSP Light Italian Dressing1/2c LS Garbanzo BeansWW roll 1c Grapes | FRIDAY 21, 2022Hot Turkey Sandwich(3oz LS Turkey Roast, 1 slice wheat bread, 1oz LS Gravy1/2c Mashed Potatoes w/ 1ox LS Gravy 1/2c Braised Red Cabbage w/ 1/4c Red Onions,1/4c Granny Smith Apples1c Mandarin oranges |
| MONDAY 24, 20223oz Salisbury Steak, 1/4c Mushrooms, 2oz LS Gravy1/2c LS Parsley Potatoes1c Tossed Salad/ w/ 2 TBSP Light DressingWW Roll w/ 1 tsp Margarine1c Watermelon |  TUESDAY 25,2022Frito Pie(3oz Ground Beef, 2oz RC, 1/2c Lettuce and tomato, 1/4c onions, 1oz Corn Chips )1/2c LS Pinto Beans1c Calabacitas1/2c Apples in Crisp  | WEDNESDAY 26, 20223oz Baked Boneless Pork Chop1oz LS Gravy1/2c Brown Rice1c Green Beans almondine1c Tossed Salad w/ 2 TBSP Light Italian Dressing 1/2c Fruit Salad | THURSDAY 27, 20228oz Beef stew(3oz Beef, 1/2c Vegetables)1c Tossed Salad w/ 2 TBSP Light Italian DressingCornbread1/2c Pineapple and 1/4c banana | FRIDAY 28, 20226oz GC Chicken Enchiladas(1oz GC, 2 corn tortilla, 3oz Chicken, 1oz cheese, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1c Tossed Salad w/ 2 TBSP Light Italian Dressing 3/4c Fruit Compote |

***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:** |
| Calories | 700 or more | 740.0 | 756.3 | 765.4 | 839.8 |  |
| % Carbohydrates from Calories | 45-55% | 47.2 | 53.5 | 52.5 | 50.7 |  |
| % Protein from Calories | 15-25% | 21.4 | 19.8 | 20.8 | 20.9 |  |
| % Fat from Calories | 25-35% | 31.4 | 26.6 | 26.6 | 28.4 |  |
| Saturated Fat | less than 8g | 7.5 | 6.6 | 8.0 | 8.0 |  |
| Fiber | 10g or more | 11.5 | 12.5 | 10.0 | 14.6 |  |
| Vitamin B-12 | .8ug or more | 2.6 | 1.9 | 2.4 | 2.4 |  |
| Vitamin A | 300ug RAE or more | 530.8 | 640.2 | 679.0 | 741.7 |  |
| Vitamin C | 30mg or more | 90.5 | 52.5 | 52.8 | 56.5 |  |
| Iron | 2.6mg or more | 5.5 | 5.2 | 5.2 | 5.8 |  |
| Calcium | 400mg or more | 502.3 | 530.2 | 618.9 | 54.8 |  |
| Sodium | less than 766mg | 755.1 | 736.9 | 758.6 | 743.9 |  |

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