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|  | 1. **Baked Chicken**

**3oz chicken, 1/2c mash w/ 2oz low sodium gravy****1/2c squash ½ zucchini ,** **1 slice corn bread,** **1/2c fruit cocktail** | **Pepperoni Pizza****1 slice pizza (1 oz Crust, 7 slices pepperoni, 2oz Cheese, 1 NAS Marinara Sauce)****1c salad w/ 2tbs lowfat dressing, & ¼ c Slivered Almonds** **1/2c diced carrots****2 pineapple slices** | **10 oz Beef Stew****3oz beef** **(4oz vegetables, carrots, celery, potato)****3/4c broccoli,1/2 chopped red bell pepper****1 biscuit,** **1 c Berries w/2 TBSP FF Coolwhip**  | **Baked Cod Fish****3oz LS fish w/ 1 TBSP Tartar Sauce** **1/2c cole slaw w 1 TBSP Dressing****1c green beans w/ 1/2c Pearl Onions****1 sl ww bread w/ 1 tsp margarine****5 oz peach cobbler (1/2c Peaches, 1 oz crust)**  |
| **7. Beef Lasagna****(3oz ground beef, 2oz cheese, 4oz noodles)1/2c broccoli, 1/2c salad w/ 1tbs lowfat dressing****1 biscuit****1/2c pears** | **8.** **1% Milk****Corn Dog****1 corn dog****1/2c potato salad****1c mixed vegetables****1/2c plum cobbler (1oz crust, 4oz Plums)**  | **9. Meat Loaf****3oz ground beef****1/2c mash potato w/ 2oz low sodium gravy, 1/2c spinach****1Wheat roll, 1/2c mandarin oranges** | **10. Sloppy Joe****(3oz ground beef, 1 tbs LS soy sauce, 2 tbs BBQ sauce)** **6oz cucumber salad,** **1/2c LS Potato Wedges** **1/2c apricots** | **11. Baked Cod Fish****3oz cod, 1 TBSP Tartar Sauce 1/2c cole slaw w/ 1 TBSP Dressing** **1/2c green beans w/ ½c mushrooms** **1/2c fruit cock tail****Wheat Roll w/ 1 tsp margarine** |
| **14. Beef Potato Burrito****(3oz ground beef, 1/c potato, 1-6” tortilla, .5LF oz cheese, 2oz green chili) 1/2c rice, 1/2c zucchini****1/2c mandarin oranges** | **15.** **1% Milk****Shephard’s Pie****(3oz ground beef, 1/2c mixed vegetable, 1/2c mash potato topping)****4oz spinach, 1 biscuit,****1/2c pears** | **16.** **Grill Ham and Cheese****(2oz LS Lean Ham, 1oz LF cheese, 2sl Wheat bread)****1.5c LS LF Cream of broccoli soup (1 cup of broccoli)** **1/2c pineapple tidbits** | **17.** **Red Chili beef enchilada****(3oz ground beef, 2oz red chili, 2 corn tortilla, 1oz cheese) 1/2c LS Spanish rice, 1c salad w/2tbs low fat dressing****1/2c fruit cock tail** | **18. Navajo Taco****(2oz ground beef, 1/2c beans, 1oz LF cheese, 1/2c lettuce, tomato, onion)****1/2c zucchini/corn, 1 oz fry bread****1/2c apricots** |
| **21.**  **Center Close****President’s Day** | **22.** **1% Milk** **Beef Tacos****(3oz ground beef, 1/2c lettuce, tomato, onions, 1oz cheese, 2 taco shells)****1/2c Brown rice, 1c mixed vegetables, 1/2c peaches** | **23.** **1% Milk** **Chili Dog****(1/2 turkey frank, 2oz beef chili sauce, 1 whole bun)****1/2c LS Steak Fries** **1/2c spinach****1/2c plum crisp** | **24.** **1% Milk****Spaghetti w/ meat sauce****(3oz ground beef, 1/2c LS sauce, 1/2c noodles) 1/2c Caesar salad w/ lowfat dressing****1 slice French bread w 1 tsp Margarine, 1c dutch blend, 1/2c apricots** | **25. Tuna Salad****3oz tuna salad, 2 slice wheat bread****6oz LS tomato soup, 1/2c green beans, 1 leaf lettuce, sl tomato****1/2c pears w/ jell-O** |
| **28. Fish Taco****(5oz cod, 1/2c lettuce, tomato, onion, 2 taco shells, 1tbs tartar sauce) 1/2c cole slaw, 2 TBSP Dressing****1 Baked Sweet potato** **2-pineapple slices** |  |  |  |  |
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***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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****1** |
| Calories | 700 or more | 700.3 | 705.7 | 706.4 | 756.2 | 815.8 |
|  Carbohydrates from Calories | 45-55% | 48.6 | 52.5 | 49.4 | 54.4 | 46.8 |
| % Protein from Calories | 15-25% | 20.4 | 19.2 | 23.3 | 20.8 | 22.9 |
| % Fat from Calories | 25-35% | 31.0 | 28.3 | 27.3 | 24.8 | 30.3 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 8.0 | 7.5 | 7.7 |
| Fiber | 10g or more | 10.4 | 10.1 | 11.3 | 10.6 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.1 | 2.3 | 2.8 | 2.6 | 2.7 |
| Vitamin A | 300ug RAE or more | 503.4 | 493.5 | 676.3 | 462.4 | 1957.8 |
| Vitamin C | 30mg or more | 63.0 | 33.1 | 92.9 | 25.5 | 62.5 |
| Iron | 2.6mg or more | 3.7 | 5.3 | 5.8 | 6.2 | 2.7 |
| Calcium | 400mg or more | 585.7 | 520.9 | 564.5 | 481.7 | 434.2 |
| Sodium | less than 766mg | 654.5 | 759.4 | 744.0 | 740.2 | 752.6 |

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