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| **MONDAY 2, 2021**  **Chicken Tacos**  **(3 oz. Chicken, .5oz. Cheese, 1/2c Lettuce & Tomato,**  **1 6in Flour Tortilla, 2 TBSP LS Salsa)**  **1/2c Zucchini**  **1/2c Pinto Beans**  **3/4c Tropical Fruit** | **TUESDAY 3, 2022**  **Beef Stroganoff**  **(3 oz. Beef, 2 oz. Sauce,**  **1/2c Noodles)**  **1c Capri Vegetables**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Plums** | **WEDNESDAY 4, 2022**  **3 oz. BBQ Chicken Thighs**  **(1oz LS BBQ Sauce, 3oz chicken thigh)**  **1/2c LS Roasted Herb Potatoes**  **1/2c Collard greens w/ Garlic**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Peaches in Crisp** | **THURSDAY 5, 2022**  **Stuffed Pork Chop**  **(3oz Pork chops, 1/4c stuffing mix, 2oz LS**  **Gravy)**  **1/2c Brown Rice**  **1/2c Peas**  **1/2c Asparagus**  **1/2c Applesauce** | **FRIDAY 6, 2022**  **3oz Country Fried Steak**  **1/2c LS Mashed Potatoes w/**  **2oz LS Gravy**  **1/2c Roasted Brussel Sprouts**  **1 WW Roll w/ 1 tsp. Margarine**  **1c Watermelon** |
| **MONDAY 9, 2021**  **Chili Relleno**  **(3oz. Green Chile, .5 oz. Cheese, 3oz. Red Chili Meat Sauce, (3oz lean meat, 1oz red chile)1 oz. Breading**  **1/2c Spinach**  **1/2c LS Pinto Beans**  **1/3c LS Spanish Rice**  **1/2c SF Gelatin** | **TUESDAY 10, 2021**  **3.5oz. Salisbury Steak w/1 oz LS Gravy**  **1/2c Potato Wedges**  **3/4c Broccoli Spears**  **1 WW Dinner Roll w/ 1 tsp margarine**  **1/2c Mandarin Oranges** | **WEDNESDAY 11, 2021**  **Orange Chicken**  **(3oz Chicken, 2oz LS Sauce, 1 tsp sesame seeds)**  **1c Stir Fry Vegetables**  **1/2c Steamed Brown Rice**  **1/2c Strawberries & Bananas** | **THURSDAY 12, 2021**  **Green Chile Cheese Lasagna**  **(3oz. Cheese, 1oz Green Chile Sauce, 1/2c Noodles)**  **1c Italian Blend Vegetables**  **Spinach Salad**  **(1c Spinach, 1/4c Red onion, 1 TBSP Cranberries, 2 TBSP Lite Raspberry Vinaigrette)**  **Wheat roll**  **1/2c Apricots** | **FRIDAY 13, 2021**  **Beef Stew**  **(3oz. Beef, 1/4c Sauce, 1/4c Potatoes, 1/4c Vegetables)**  **1/2c Beet & Red Onion Salad**  **1 Slice Cornbread**  **1/2c Fruit Salad** |
| **MONDAY 16, 2021**  **Beef Tips**  **(3oz Beef Tips, 2oz LS Gravy, 1/2c mushrooms)**  **1/2c Parsley Potatoes**  **1/2c Carrots**  **Wheat roll**  **1/2c Sliced Apples** | **TUESDAY 19, 2021**  **Green Chile Enchiladas**  **(3 oz. Chicken, 1 oz. Green Chile,**  **1 oz. Cheese,**  **2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Spanish Slaw**  **1/2 c Chuckwagon corn**  **1/2c Mixed Fruit in 1/2c SF Gelatin** | **WEDNESDAY 20, 2021**  **3oz Chicken Strips**  **1/2c NAS Baked French Fries**  **1/2c Green Beans**  **1 Biscuit**  **1/2c Peaches** | **THURSDAY 21, 2021**  **4 oz. Meatloaf**  **1/2c LS Lemon Herb Orzo**  **1c Vegetable Medley**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Berries in LF Crisp** | **FRIDAY 22, 2021**  **Beef Fajitas**  **(3 oz. Beef, 1/2c Peppers & Onions,**  **2 TBSP Pico de Gallo)**  **1/2c Calabacitas**  **1/2c Roasted Cauliflower**  **1 6 in Flour Tortilla**  **1 Pear** |
| **MONDAY 25, 2021**  **Cheeseburger**  **(3 oz. lean Beef, .5oz. Cheese,**  **1/2c Lettuce, 2 slices Tomato, 1 slice Onion, 1 bun)**  **1/2c LS LF Broccoli Salad**  **1/2c Cucumbers and Tomatoes** | **TUESDAY 26, 2021**  **Red Beef Enchiladas**  **(3oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas, 1/2c Lettuce and tomato)**  **1/2c Black bean and corn**  **1/2c Yellow Squash**  **3/4c Pineapple** | **WEDNESDAY 27, 2021**  **1oz. Kraut Dog w/ 2 TBSP Sauerkraut**  **1 Bun**  **3/4c LS 3 Bean Salad (1/4c red beans, 1/2c yellow and green beans)**  **1c Pasta Salad (1/2c vegetables, 1/2c Pasta)**  **1/2c Greek Nonfat Strawberry Yogurt**  **1/2c Bananas** | **THURSDAY 28, 2021**  **Stuffed Chicken Breast**  **(3 oz. Chicken, 1 oz. Cheese, 1oz baby spinach)**  **1 med Baked Potato**  **(1 tsp margarine, 1 tsp chives)**  **1c Italian Blend Vegetables**  **1 WW Dinner Roll** | **FRIDAY 29, 2022**  **Sloppy Joe**  **(3 oz. Beef, 1 oz. Sauce, 1 Bun)**  **1/2c peppers and Onion)**  **1/2c LS NAS French Style Green Beans**  **1/2c Coleslaw w/ 1 TBSP reduced fat Dressing**  **11c Fruit Salad** |
| **Monday 30, 2022**  **Chicken Pot Pie**  **(1oz crust, 3oz chicken, 1/2c Vegetables)**  **1c Tossed Salad w/ 2 TBSP Lite Dressing**  **WW Roll w/ 1 tsp unsalted butter**  **1/2c Parsnips**  **1/2c Tropical fruit salad** | **Tuesday 31, 2023**  **BBQ Beef Sandwich**  **3 oz. Roast Beef, 1 WW Bun, 1 TBSP BBQ Sauce)**  **1/2c Sweet Potatoes**  **1/2c Kale w/ 1/4c Onions**  **1c Cantaloupe**  **1 Oatmeal Cookie** |  |  |  |

***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:**  **5** | **Days in Week:**  **2** |
| Calories | 700 or more | 729.9 | 707.4 | 799.3 | 707.4 | 706.5 |
| % Carbohydrates from Calories | 45-55% | 49.4 | 49.5 | 48.0 | 49.9 | 51.4 |
| % Protein from Calories | 15-25% | 21.2 | 25.5 | 19.3 | 23.6 | 21.6 |
| % Fat from Calories | 25-35% | 29.4 | 25.0 | 32.6 | 26.5 | 27.1 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 8.0 | 8.0 | 7.3 |
| Fiber | 10g or more | 10.3 | 10.3 | 10.4 | 10.7 | 10.4 |
| Vitamin B-12 | .8ug or more | 2.0 | 3.1 | 2.8 | 2.9 | 2.4 |
| Vitamin A | 300ug RAE or more | 334.8 | 608.7 | 387.5 | 508.3 | 1085.9 |
| Vitamin C | 30mg or more | 46.1 | 66.3 | 58.2 | 54.0 | 73.0 |
| Iron | 2.6mg or more | 5.5 | 6.1 | 4.9 | 6.2 | 4.4 |
| Calcium | 400mg or more | 474.7 | 622.9 | 477.6 | 581.2 | 459.4 |
| Sodium | less than 766mg | 637.3 | 622.5 | 714.4 | 784.9 |  |

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