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| --- | --- | --- | --- | --- |
| **-** | **Tuesday 1, 2022**  **Turkey Pot Pie**  **(3oz. LS Turkey, 1 oz. Sauce, 1 oz. Crust, 3 oz. Veggies)**  **1/2c Green Beans & Onions**  **1/2c Beets**  **1/2c Spiced Peaches** | **Wednesday 2, 2022**  **Sour Cream Enchilada**  **(2 oz. Sour Cream, 1 oz. Cheese, 2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Pinto Beans**  **6 LS Crackers**  **1/2c Mandarin Oranges** | **THURSDAY 3, 2022**  **3oz. Chicken Fried Chicken**  **1/2c Baked Potato**  **1 oz. Low Sodium Gravy**  **1/2c Mixed Vegetables**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Pears** | **FRIDAY 4,2022**  **Cheese Burger**  **(3 oz. Beef, .5oz Cheese, 1/2c Lettuce/Tomato/Onion, 1 Bun)**  **1/2c French Fries**  **1/2c LS Baked Beans**  **1/2c Sherbet** |
| **Monday 7, 2022**  **3 oz. Baked Pork Chop**  **1/2c Baked Yam**  **1c Mixed Vegetables**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1c Strawberries on**  **1 Sl. Pound Cake** | **Tuesday 9, 2022**  **3 oz. Chicken Strips**  **1/2c Mashed Potatoes**  **w/ 2 oz LS County Gravy**  **1/2c Carrots**  **1/2c Broccoli**  **1 WW Dinner Roll w/**  **1 TBSP. Margarine**  **1c Pineapple Tidbits** | **Wednesday 10, 2022**  **4 oz. Beef Steak Ranchero**  **1/2c Roasted Cilantro Potatoes w/ 1 TBSP Olive Oil**  **1/2c Ranch Style Beans**  **1 Tortilla**  **1/2c Pears** | **Thursday 11, 2022**  **3 oz. Orange Chicken**  **1/2c White Rice**  **1c Asian Vegetables**  **1 Egg Roll**  **1/2c low fat Greek Yogurt**  **1/2 mandarin oranges** | **Friday 12, 2022**  **Hot Beef Sandwich**  **(3 oz. Beef, 2 oz LS Gravy, 1 sl. WW Bread)**  **1/2c Mashed Potatoes**  **1/2c Green Beans**  **1/2c fruit Cocktail** |
| **Monday 14, 2022**  **Stuffed Chicken Breast**  **(3 oz. Chicken, 1 oz. Cheese)**  **1/2c Baked Sweet Potato**  **1/2c Capri Mixed Vegetables**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Cake** | **Tuesday 16, 2022**  **4 oz. Meatballs In**  **1 oz. LS Marinara Sauce**  **1/2c Penne Pasta**  **1/2c Baby Carrots**  **1c Caesar Salad**  **2T Low Fat Dressing**  **1 Garlic Bread**  **1c Fruit Salad** | **Wednesday 17, 2022**  **Red Beef Enchiladas**  **(3oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas)**  **1/2c Spanish Slaw**  **1/2c LS Pinto Beans**  **4 Graham Crackers**  **1/2c Apricots** | **Thursday 18, 2022**  **4 oz. Meat Loaf**  **1/2c Garlic Mashed Potatoes**  **W/1 oz. Low Sodium Gravy**  **1/2c California Vegetables**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Peach Cobbler** | **Friday 19, 2022**  **Frito Pie**  **(3 oz. Beef, ,5 oz Cheese, 1 oz Red Chile, 1 oz Fritos)**  **1c Tossed Salad W/**  **2T Low Fat Dressing**  **1/2c Corn Salsa**  **1 sl. Jalapeno Cornbread**  **½ c Plums** |
| **Monday 21, 2022**    **President’s Day**  **“Center Closed”** | **Tuesday 22, 2022**  **4oz. Beef Tips**  **1/2c Mashed Potatoes**  **3/4c Broccoli**  **1/2c Sliced Carrots**  **Buttermilk Biscuit w 1 TBSP Margarine**  **1/2c Vanilla Pudding** | **Wednesday 24, 2022**  **3 oz. Tilapia**  **1/2c Wild Rice**  **3/4c Brussel Sprouts w 1 tsp margarine**  **½ c Beets**  **1 Hush Puppy**  **1/2c Mixed Fruit** | **Thursday 25, 2022**  **Spinach Lasagna**  **(3oz. Cheese, 1/4c Sauce, 1 oz. Spinach, 1/2c Noodles)**  **1c Succotash**  **½ garlic bread**  **1/2c Apricots** | **Friday 26, 2022**  **3 oz. Country Fried Steak**  **1 Baked Potato**  **1/2c Spinach**  **1WW Dinner Roll w/1 TBSP . Margarine**  **1/2c Peaches In 1/2c Jell -o-** |
| **Monday 28, 2022**  **GC Chicken Enchiladas**  **(3oz Chicken, .5oz. Cheese, 1/4c Green Chile, 2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **6 Crackers w/ 1 TBSP Margarine**  **1/2c LS Pinto Beans**  **½ c Plums** |  | **7** |  | **8 oz-1% Milk Served**  **With All Meals** |
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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 | 720.5 | 781.4 | 763.2 | 763.6 | 813.0 |
| % Carbohydrates from Calories | 45-55% | 55.3 | 53.1 | 50.6 | 55.2 | 47.5 |
| % Protein from Calories | 15-25% | 21.1 | 21.2 | 20.8 | 19.2 | 24.9 |
| % Fat from Calories | 25-35% | 23.6 | 25.6 | 28.5 | 25.5 | 27.6 |
| Saturated Fat | less than 8g | 7.6 | 6.4 | 7.9 | 6.7 | 7.8 |
| Fiber | 10g | 10.8 | 10.5 | 11.1 | 10.3 | 15.5 |
| Vitamin B-12 | .8ug | 1.9 | 2.0 | 2.5 | 2.4 | 1.6 |
| Vitamin A | 300ug RAE | 483.8 | 644.9 | 939.5 | 655.4 | 369.2 |
| Vitamin C | 30mg | 33.4 | 60.0 | 31.4 | 53.7 | 35.1 |
| Iron | 2.6mg | 5.1 | 4.8 | 4.8 | 6.0 | 5.3 |
| Calcium | 400mg | 561.8 | 485.4 | 565.8 | 582.4 | 526.0 |
| Sodium | less than 766mg | 498.0 | 760.7 | 702.1 | 759.5 | 607.6 |

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