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| --- | --- | --- | --- | --- |
| **MONDAY Jan 2**  **Closed for New Year Holiday**  1% Milk used in analysis | **TUESDAY Jan 3**  Chicken Soft Taco  (4oz Chicken, 1 6in flour tortilla, 1/2c Lettuce and tomato, .5 oz Cheese)  1/2c LS Pinto Beans  1c Calabacitas  1/2c Diced Mango  1 Sugar Cookie | **WEDNESDAY Jan 4**  3oz Beef Tips w/ 2oz Gravy  1c Wild Rice  1/2c Broccoli, w/ 1/2c Red Pepper w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  2oz White Cake (no frosting) | **THURSDAY Jan 5**  6oz Meat Lasagna  (3oz Beef, 1/2c Pasta, 1oz Cheese, 1oz Sauce)  1/2c Green Beans  1c Tossed Salad w/ 2 TBSP Light Dressing  1 Breadstick  1/2c LF vanilla pudding  Banana | **FRIDAY Jan 6**  4oz LS Baked Fish  1/2c LS Rice Pilaf  1c Peas and Carrots  Wheat Roll w/ 1 tsp margarine  1/2c Peaches |
| **MONDAY Jan 9**  3oz Chicken Fried Steak  1/2c Mashed Potatoes w/ 2oz LS Gravy  3/4c Brussel Sprouts  Wheat roll  1/2c Fruit Cocktail | **TUESDAY Jan 10**  Green Chile Cheeseburger  (1bun, 1oz GC, .5oz Cheese, 1 patty, 1/2c Lettuce and tomato)  1c LS Ranch Beans  1c California Blend Vegetables  1/2c LF blueberry Yogurt | **WEDNESDAY Jan 11**  Teriyaki Chicken Breast  (3oz Chicken, 2oz Sauce)  1c Oriental Vegetables  1/2c Brown Rice  Vegetable egg roll  1c Sliced Apples | **THURSDAY Jan 12**  3oz Meatballs  3oz NAS Marinara Sauce  1/2c Spaghetti  1c Tossed Salad w/ 2 TBSP Light Dressing  Breadstick  Strawberry Shortcake (3/4c Strawberries, 1 biscuit) | **FRIDAY Jan 13**  Chicken Fajitas  (3oz Chicken, 1 6in Flour tortilla, 1/2c Peppers and onions)  1/2c Roasted Corn  1oz Salsa  1/2c LS Spanish Rice  1-Peanut Butter cookie |
| **MONDAY Jan 16**  **Closed for Martin Luther King Day** | **TUESDAY Jan 17**  3oz Salisbury Steak  1/2c Mashed Potatoes w/ 2oz LS Gravy  1c Cauliflower and Carrots w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  1/2c Chocolate pudding w/ 1/2c Sweet Cherries | **WEDNESDAY Jan 18**  8oz Tuna Noodle casserole  (3oz Tuna, 1/2c Noodles, 2oz Vegetables)  1c Tossed Salad w/ 2 TBSP Light Dressing  Garlic Knot  1 Oatmeal Cookie | **THURSDAY Jan 19**  3oz Baked Chicken Breast  1/2c LS rice Pilaf  1c Spinach w/ Mushrooms  Wheat Roll w/ 1 tsp margarine  3/4c Tropical Fruit Salad | **FRIDAY Jan 20**  BBQ Pork Chop  (3oz Pork, 1oz LS Barbecue Sauce)  1c Winter Blend Vegetables w/ 1 tsp margarine  1/2c plums  1/2c LS Baked Beans  Wheat Roll w/ 1 tsp margarine |
| **MONDAY Jan 23**  Pepper Steak  (3oz Meat, 1/2c peppers)  1/2c Egg Noodles  1c Oriental Vegetables  Wheat Roll w/ 1 tsp margarine  1/2c Pears | **TUESDAY Jan 24**  6oz Chicken Pot Pie  (3oz Chicken, 1oz crust, 1/2c Vegetables)  1c Tossed Salad w/ 2 TBSP Light Dressing  Wheat Roll w/ 1 tsp margarine  1/2c SF Gelatin | **WEDNESDAY Jan 25**  3oz Meatloaf  1/2c Mashed Potatoes w/ 2oz LS Gravy  1c Capri Vegetables  Wheat Roll w/ 1 tsp margarine  1c Apricots | **THURSDAY Jan 26**  3oz LS Herb Seasoned Chicken  1/2c Brown Rice  1c Italian Blend Vegetables w/ 1 tsp margarine  Garlic Knot  1/2c Gelatin w/ 1/2c berries | **FRIDAY Jan 27**  Chile Relleno  (1oz Cheese, 2oz Batter, 1 pepper)  1c Tossed Salad w/ 2 TBSP Light Dressing  1/2c LS Stewed Tomatoes  1/2c LS Pinto Beans  1 6in Flour Tortilla  1c Fruit Compote |
| **MONDAY Jan 30**  5oz Sweet and Sour Pork  (3oz Pork, 2oz Sauce)  1c Oriental Vegetables  Wheat roll w/ 1 tsp margarine  1 vegetable egg roll  ½ c mandarin Oranges | **TUESDAY Jan 31**  5oz Carne Adovada  (3oz Pork, 2oz Pork)  1/2c LS Pinto Beans  1 6in Tortilla  1c Calabacitas  3/4c Fruit Salad | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 or more | 709.5 | 738.6 | 721.1 | 715.5 |  |
| % Carbohydrates from Calories | 45-55% | 52.7 | 49.3 | 52.7 | 52.0 |  |
| % Protein from Calories | 15-25% | 22.0 | 24.7 | 21.8 | 19.2 |  |
| % Fat from Calories | 25-35% | 25.3 | 26.0 | 25.5 | 28.7 |  |
| Saturated Fat | Less than 8g | 6.1 | 6.4 | 6.0 | 6.7 |  |
| Fiber | 10 g or more | 10.4 | 10.0 | 10.1 | 10.6 |  |
| Vitamin B-12 | .8ug or more | 1.8 | 2.3 | 2.2 | 1.8 |  |
| Vitamin A | 300ug or more | 486.1 | 328.9 | 646.2 | 528.4 |  |
| Vitamin C | 30mg or more | 64.0 | 68.3 | 38.9 | 56.5 |  |
| Iron | 2.6mg or more | 4.5 | 5.3 | 5.5 | 4.3 |  |
| Calcium | 400mg or more | 510.1 | 512.9 | 528.4 | 494.5 |  |
| Sodium | less than 766mg | 760.4 | 764.7 | 672.0 | 713.0 |  |

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.

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