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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 Beans1c Calabacitas1/2c Diced Mango 1 Sugar Cookie | **WEDNESDAY Jan 4**3oz Beef Tips w/ 2oz Gravy1c Wild Rice1/2c Broccoli, w/ 1/2c Red Pepper w/ 1 tsp margarineWheat roll w/ 1 tsp margarine2oz White Cake (no frosting) |  **THURSDAY Jan 5**6oz Meat Lasagna(3oz Beef, 1/2c Pasta, 1oz Cheese, 1oz Sauce)1/2c Green Beans1c Tossed Salad w/ 2 TBSP Light Dressing1 Breadstick1/2c LF vanilla puddingBanana  | **FRIDAY Jan 6**4oz LS Baked Fish1/2c LS Rice Pilaf1c Peas and CarrotsWheat Roll w/ 1 tsp margarine1/2c Peaches  |
| **MONDAY Jan 9**3oz Chicken Fried Steak1/2c Mashed Potatoes w/ 2oz LS Gravy3/4c Brussel Sprouts Wheat roll1/2c Fruit Cocktail |  **TUESDAY Jan 10**Green Chile Cheeseburger(1bun, 1oz GC, .5oz Cheese, 1 patty, 1/2c Lettuce and tomato)1c LS Ranch Beans1c California Blend Vegetables1/2c LF blueberry Yogurt  | **WEDNESDAY Jan 11**Teriyaki Chicken Breast(3oz Chicken, 2oz Sauce)1c Oriental Vegetables1/2c Brown RiceVegetable egg roll1c Sliced Apples |  **THURSDAY Jan 12**3oz Meatballs3oz NAS Marinara Sauce1/2c Spaghetti1c Tossed Salad w/ 2 TBSP Light DressingBreadstick 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 Salsa1/2c LS Spanish Rice1-Peanut Butter cookie |
|  **MONDAY Jan 16****Closed for Martin Luther King Day** | **TUESDAY Jan 17**3oz Salisbury Steak1/2c Mashed Potatoes w/ 2oz LS Gravy1c Cauliflower and Carrots w/ 1 tsp margarineWheat roll w/ 1 tsp margarine1/2c 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 DressingGarlic Knot1 Oatmeal Cookie |  **THURSDAY Jan 19**3oz Baked Chicken Breast1/2c LS rice Pilaf1c Spinach w/ Mushrooms Wheat Roll w/ 1 tsp margarine3/4c Tropical Fruit Salad  | **FRIDAY Jan 20** BBQ Pork Chop(3oz Pork, 1oz LS Barbecue Sauce)1c Winter Blend Vegetables w/ 1 tsp margarine1/2c plums 1/2c LS Baked BeansWheat Roll w/ 1 tsp margarine |
| **MONDAY Jan 23**Pepper Steak (3oz Meat, 1/2c peppers)1/2c Egg Noodles1c Oriental VegetablesWheat Roll w/ 1 tsp margarine1/2c Pears |  **TUESDAY Jan 24**6oz Chicken Pot Pie(3oz Chicken, 1oz crust, 1/2c Vegetables)1c Tossed Salad w/ 2 TBSP Light DressingWheat Roll w/ 1 tsp margarine1/2c SF Gelatin |  **WEDNESDAY Jan 25**3oz Meatloaf1/2c Mashed Potatoes w/ 2oz LS Gravy1c Capri VegetablesWheat Roll w/ 1 tsp margarine 1c Apricots  | **THURSDAY Jan 26**3oz LS Herb Seasoned Chicken1/2c Brown Rice1c Italian Blend Vegetables w/ 1 tsp margarineGarlic Knot1/2c Gelatin w/ 1/2c berries  | **FRIDAY Jan 27**Chile Relleno(1oz Cheese, 2oz Batter, 1 pepper)1c Tossed Salad w/ 2 TBSP Light Dressing1/2c LS Stewed Tomatoes1/2c LS Pinto Beans1 6in Flour Tortilla1c Fruit Compote |
| **MONDAY Jan 30**5oz Sweet and Sour Pork(3oz Pork, 2oz Sauce)1c Oriental VegetablesWheat roll w/ 1 tsp margarine1 vegetable egg roll½ c mandarin Oranges | **TUESDAY Jan 31**5oz Carne Adovada(3oz Pork, 2oz Pork) 1/2c LS Pinto Beans1 6in Tortilla1c Calabacitas3/4c 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.

 Constance Rudnicki MS, RDN, LD