|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY**  **Cereal**  **1 oz cheese stick**  **2 TBSP peanut butter**  **1-orange**  **1 slice Wheat toast**  **1 cup cereal (Cheerios)**  **1 tsp. margarine**  **1 tsp jelly**  **6 oz LS V-8 Juice** | **TUESDAY**  **Egg & Potato**  **1 hardboiled egg**  **1 apple**  **2 slice Wheat toast**  **1 Hard boiled egg**  **1 c cup red skin potatoes w/ ½ c peppers & onions**  **0.5 oz Cheese**  **1 tsp. margarine** | **WEDNESDAY**  **Ham & Cheese Biscuit**  **1 oz LS ham**  **0.5 oz cheese**  **1 biscuit**  **0.5 c Strawberries**  **6 oz LS V-8 Juice**  **¾ c Bran Cereal**  **1 tsp Margarine** | **THURSDAY**  **Eggs & Muffin**  **1 hard boiled egg**  **½ c Orange Juice**  **1 Orange**  **2 oz blueberry muffin**  **Margarine**  **1 c cup red skin potatoes w/½ c peppers & onions** | **FRIDAY**  **Cottage Cheese & Toast**  **¼ c cottage cheese**  **½ c Red or Green Grapes**  **1 slices wheat toast**  **1 cup Cinnamon Oatmeal**  **1 tsp. jelly**  **1 tsp Margarine**  **6 oz LS V-8 Juice** |
| **MONDAY**  **Cereal**  **2 TBSP peanut butter**  **1 Banana**  **1 cup cereal (Cheerios)**  **1 slice Wheat toast**  **1 tsp. jelly**  **1 tsp Margarine**  **6 oz LS V-8 Juice** | **TUESDAY**  **Egg & Cheese Burrito**  **0.5oz cheese, 1**  **oz scrambled egg, 2oz Green Chile**  **2.5 oz chopped onions**  **1 Tortilla (6 in)**  **1 orange**  **1 tortilla (6 in)**  **1 tsp Margarine** | **WEDNESDAY**  **Cereal**  **½ c Nonfat Greek Vanilla Yogurt**  **½ c Pears**  **¾ c Bran Cereal**  **1 slice Wheat toast**  **1 tsp Margarine**  **1 tsp Jelly** | **THURSDAY**  **Sausage Burrito**  **1 oz sausage**  **1 oz scrambled egg**  **2 oz LS salsa**  **1 Tortilla (6in)**  **1 cup Strawberries**  **1 tortilla (6 in)**  **1 tsp Margarine** | **FRIDAY**  **Cereal**  **1 hard boiled egg**  **1 oz cheese stick**  **1 apple**  **½ English muffin**  **1 cup cereal (Cheerios)**  **1 tsp. jelly**  **1 tsp Margarine** |
| **MONDAY**  **1 oz cheese stick**  **1-orange**  **1 slice Wheat toast**  **1 cup cereal (Cheerios)**  **1 tsp. margarine**  **1 tsp jelly**  **6 oz LS V-8 Juice** | **TUESDAY**  **Bacon & Egg Burrito**  **1 oz scrambled egg**  **1 oz cheese**  **1 slice LS bacon**  **1 apple**  **1 Tortilla (6 in)**  **1 tsp Margarine**  **1 Tortilla (6 in)** | **WEDNESDAY**  **Cereal**  **1 oz Cheese stick**  **1 c Strawberries**  **½ Plain Bagel**  **¾ c Bran Cereal**  **1 tsp Jelly**  **1 tsp Margarine** | **THURSDAY**  **Cottage Cheese & Toast**  **¼ c cottage cheese**  **½ c Red or Green Grapes**  **1 slices wheat toast**  **1 cup Cinnamon Oatmeal**  **1 tsp. jelly**  **1 tsp Margarine**  **6 oz LS V-8 Juice** | **FRIDAY**  **Cereal**  **1 hard boiled egg**  **1 oz cheese stick**  **1 apple**  **½ English muffin**  **1 cup cereal (Cheerios)**  **1 tsp. jelly**  **1 tsp Margarine** |
| **MONDAY**  **Cereal**  **2 TBSP peanut butter**  **1 Banana**  **1 cup cereal (Cheerios)**  **1 slice Wheat toast**  **1 tsp. jelly**  **1 tsp Margarine**  **6 oz LS V-8 Juice** | **TUESDAY**  **Ham & Cheese Biscuit**  **1 oz LS ham**  **0.5 oz cheese**  **1 biscuit**  **1 c Strawberries**  **¾ c Bran Cereal** | **WEDNESDAY**  **Egg & Potato**  **1-hard boiled egg**  **0.5 oz cheese**  **6 oz LS V-8 Juice**  **½ English muffin**  **½ c Hashbrowns**  **1 tsp. margarine**  **½ c Applesauce** | **THURSDAY**  **Cottage Cheese & Toast**  **¼ c cottage cheese**  **¾ c Red or Green Grapes**  **1 slices wheat toast**  **1 cup Cinnamon Oatmeal**  **1 tsp. jelly**  **1 tsp Margarine**  **6 oz LS V-8 Juice** | **FRIDAY**  **Cereal**  **2 TBSP Peanut Butter**  **1 orange**  **1 slice Wheat toast**  **1 cup cereal (Cheerios)**  **1 tsp. margarine**  **1 tsp jelly** |
| **MONDAY**  **2 TBSP Peanut Butter**  **1-orange**  **1 slice Wheat toast**  **1 cup cereal (Cheerios)**  **1 tsp. margarine**  **1 tsp jelly**  **6 oz LS V-8 Juice** | **TUESDAY**  **Oatmeal**  **1 oz slice ham**  **banana**  **1 cup oatmeal**  **1 slice wheat toast**  **1 tsp. margarine** | **WEDNESDAY**  **Cereal**  **¼ c Cottage Cheese w/**  **½ c Cinnamon apple slices**  **1 c Bran Cereal**  **½ English muffin**  **1 tsp. margarine**  **1 tsp. jelly**  **6 oz LS V-8 Juice** | **THURSDAY**  **Egg & Cheese Burrito**  **0.5 oz cheese**  **1 oz scrambled egg**  **2 oz Hashbrowns**  **1 oz green chile**  **1.5 oz chopped onion**  **1 tortilla (6 in)**  **1 tsp Margarine**  **1 tortilla (6in), ¾ c Red or Green Grapes** | **FRIDAY**  **Egg & Muffin**  **2 hard boiled egg**  **1-cup Strawberries**  **2 oz banana muffin**  **1 tsp. margarine**  **6 oz LS V-8 Juice** |
|  |  |  |  |  |

**All Meals Served with 8 oz. 1% Low-Fat Milk**

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Breakfast 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:**  **5** |
| Calories | 450 or more | 637.4 | 601 | 600 | 602 | 609 |
| % Carbohydrates from Calories | 45-55% | 53.3% | 54.6% | 55.6% | 53.8 | 55.7 |
| % Protein from Calories | 15-25% | 16.5% | 17% | 16.9% | 16.1 | 16.5 |
| % Fat from Calories | 25-35% | 30.2% | 28.4% | 27.5% | 30.1 | 27.8 |
| Saturated Fat | less than 8g | 7.1 | 6.9 | 7.8 | 6.0 | 5.7 |
| Fiber | 10g or more | 10.6 | 10.0 | 10.1 | 10.0 | 10.9 |
| Vitamin B-12 | .8ug or more | 3.6 | 4.0 | 3.9 | 3.8 | 4.3 |
| Vitamin A | 300ug RAE or more | 387.5 | 386 | 420 | 377.9 | 382.8 |
| Vitamin C | 30mg or more | 89 | 88 | 69.3 | 70.8 | 101 |
| Iron | 2.6mg or more | 5.6 | 6.8 | 6.9 | 7.3 | 6.4 |
| Calcium | 400mg or more | 570.3 | 576.8 | 625 | 546 | 519.9 |
| Sodium | less than 766mg | 751.9 | 765 | 734 | 761 | 758 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the breakfast calorie level of 450. 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