|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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