|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY 2, 2022**  **1% Milk**  **Biscuit with**  **2oz LS Country Gravy**  **1 oz Reduced Fat Sausage Patty**  **4oz Cooked Spinach w/ 1/2c onions**  **1 Orange** | **TUESDAY 3, 2022**  **1% milk**  **4 oz Malt-O-Meal**  **1 oz Chia Seeds**  **Ham, Egg & Cheese**  **Croissant**  **(1 croissant, 1 oz LS Ham, 0.5 oz LS Cheese, 1 Egg)**  **Apple** | **WEDNESDAY 4, 2022**  **1% milk**  **Cinnamon Multigrain Oatmeal**  **(1 cup oatmeal, w/ 1 tsp Cinnamon)**  **1/4c Raisins**  **1 wheat Toast with 1 tsp Margarine**  **½ Grapefruit** | **THURSDAY 5, 2022**  **1% milk**  **Huevos Rancheros**  **with Egg, Cheese & Chile**  **(1 wheat tortilla, 1 egg, 0.5oz LS Cheese, 1 oz Green Chile),**  **1 oz reduced fat Sausage Link**  **8 oz LS V-8 Juice**  **1 c Tropical Fruit Salad** | **FRIDAY 6, 2022**  **1% Milk**  **Breakfast Burrito with**  **Egg, Bacon, Cheese, Chili**  **And Hash browns**  **(1 Wheat tortilla, 1 egg, 2 slices of LS Bacon, 0.5oz Cheese, 1 oz Green chile, 1/2c Hashbrowns)**  **1 c Pineapple** |
| **MONDAY 9, 2022**  **1 c Bran Flakes**  **½ 7in Waffle with 1 TBSP Syrup**  **1oz LS Grilled Ham**  **1/2c Chilled Peaches** | **TUESDAY 10, 2022**  **4oz Malt-O-Meal**  **1 oz Chia Seeds**  **English Muffin with**  **1 Egg, 1 oz Reduced Fat Sausage & 1 oz Cheese**  **1 oz Green Chile**  **1/2c Mixed Fruit** | **WEDNESDAY 11, 2022**  **1 c Multigrain Oatmeal**  **1 Scrambled Eggs**  **1/2c Red & Sweet Potatoes**  **1/2c Peppers & Onions**  **2 slice Canadian Bacon**  **Orange** | **THURSDAY 12, 2022**  **2 Pancakes with**  **1 TBSP Syrup & 1 TBSP Margarine**  **½ c Potatoes with**  **1/2c Peppers & Onions**  **Apple** | **FRIDAY 13, 2022**  **1c Cheerios**  **1 sl French Toast**  **With 1 TBSP Syrup**  **2 slices LS Bacon**  **1/2 c Sliced Pears** |
| **MONDAY 16, 2022**  **Biscuit with**  **2oz LS Country Gravy**  **1 oz Reduced Fat Sausage Patty**  **4oz Cooked Spinach w/ 1/2c onions**  **1 Orange** | **TUESDAY 17, 2022**  **1% milk**  **4oz Malt-O-Meal**  **1 oz Chia Seeds**  **Ham, Egg & Cheese**  **Croissant**  **(1 croissant, 1 oz LS Ham, 0.5 oz LS Cheese, 1 Egg)**  **Apple** | **WEDNESDAY 18, 2022**  **1% milk**  **Cinnamon Multigrain Oatmeal**  **(1 cup oatmeal, w/ 1 tsp Cinnamon)**  **1/4c Raisins**  **1 wheat Toast with 1 tsp Margarine**  **½ Grapefruit** | **THURSDAY 19, 2022**  **1% milk**  **Huevos Rancheros**  **with Egg, Cheese & Chile**  **(1 wheat tortilla, 1 egg, 0.5oz LS Cheese, 1 oz Green Chile),**  **1 oz reduced fat Sausage Link**  **8 oz LS V-8 Juice**  **1 c Tropical Fruit Salad** | **FRIDAY 20, 2022**  **1% Milk**  **Breakfast Burrito with**  **Egg, Bacon, Cheese, Chili**  **And Hash browns**  **(1 Wheat tortilla, 1 egg, 2 slices of LS Bacon, 0.5oz Cheese, 1 oz Green chile, 1/2c Hashbrowns)**  **1 c Pineapple** |
| **MONDAY 23, 2022**  **1 c Bran Flakes**  **½ 7in Waffle with 1 TBSP Syrup**  **1oz LS Grilled Ham**  **1/2c Chilled Peaches** | **TUESDAY 24, 2022**  **4oz Malt-O-Meal**  **1 oz Chia Seeds**  **English Muffin with**  **1 Egg, 1 oz Reduced Fat Sausage & 1 oz Cheese**  **1 oz Green Chile**  **1/2c Mixed Fruit** | **WEDNESDAY 25, 2022**  **1 c Multigrain Oatmeal**  **1 Scrambled Eggs**  **1/2c Red & Sweet Potatoes**  **1/2c Peppers & Onions**  **2 slice Canadian Bacon**  **Orange** | **THURSDAY 26, 2022**  **2 Pancakes with**  **1 TBSP Syrup & 1 TBSP Margarine**  **½ c Potatoes with**  **1/2c Peppers & Onions**  **Apple** | **FRIDAY 27, 2022**  **1c Cheerios**  **1 sl French Toast**  **With 1 TBSP Syrup**  **2 slices LS Bacon**  **1/2 c Sliced Pears** |
| **MONDAY 30, 2022**  **All Kitchens Closed** | **TUESDAY 31, 2022**  **1% milk**  **4 oz Malt-O-Meal**  **1oz Chia Seeds**  **Ham, Egg & Cheese**  **Small Croissant**  **(1 croissant, .5 LS Ham, 0.5 oz LS Cheese, 1 Egg)**  **Orange**  **¼ spinach, 1/2c diced potatoes** |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch 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:**  **1** |
| Calories | 450 or more | 653.9 | 636.4 | 653.9 | 636.4 | 651.0 |
| % Carbohydrates from Calories | 45-55% | 54.6 | 54.9 | 54.6 | 54.9 | 48.5 |
| % Protein from Calories | 15-25% | 16.8 | 16.5 | 16.8 | 16.5 | 20.9 |
| % Fat from Calories | 25-35% | 28.6 | 28.5 | 28.6 | 28.5 | 30.6 |
| Saturated Fat | less than 8g | 8.0 | 7.3 | 8.0 | 7.3 | 6.6 |
| Fiber | 10g or more | 10.3 | 10.0 | 10.3 | 10.0 | 14.8 |
| Vitamin B-12 | .8ug or more | 1.6 | 3.6 | 1.6 | 3.6 | 1.5 |
| Vitamin A | 300ug RAE or more | 359.0 | 376.9 | 359.0 | 376.9 | 461.6 |
| Vitamin C | 30mg or more | 61.7 | 66.3 | 61.7 | 66.3 | 74.5 |
| Iron | 2.6mg or more | 6.9 | 12.9 | 6.9 | 12.9 | 11.3 |
| Calcium | 400mg or more | 595.0 | 552.9 | 595.0 | 552.9 | 843.7 |
| Sodium | less than 766mg | 684.1 | 743.2 | 684.1 | 743.2 | 700.4 |

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