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| --- | --- | --- | --- | --- |
|  |  | **WEDNESDAY FEBRUARY 1**  5oz Chicken Salad  (3oz Chicken, 1/2c Lettuce and tomato)  1c Peas & Corn w/ 1 tsp margarine  Wheat Roll  Apple | **THURSDAY FEBRUARY 2**  Breaded Pork Sandwich  (3oz Pork, 2 slices wheat bread)  1/2c Cubed Potatoes & 2oz LS Gravy  1c Normandy Blend Vegetables  1c Watermelon | **FRIDAY FEBRUARY 3**  5oz Turkey A La King  (3oz Turkey, 1oz Vegetables)  1/2c Brown Rice  1c Roasted Beets & Carrots  Wheat Roll w/ 1 tsp margarine  1c Orange slices w/ 1 tsp cinnamon |
| **MONDAY FEBRUARY 6**  **1% Milk**  2oz Bratwurst  & 1/2c reduced sodium Sauerkraut, 1/3c White Beans  1c LS French Style Green Beans w/ 1 tsp margarine  Wheat Roll w/ 1 tsp margarine | **TUESDAY FEBRUARY 7**  **1% Milk**  Smothered Bean & Cheese Burrito  (8in Flour tortilla, .5oz Cheese, 2oz Red Chile Sauce, 1/2c Pinto Beans)  1/2c LS Spanish Rice  1c Capri Vegetables  1c Tropical Fruit Salad | **WEDNESDAY FEBRUARY 8**  **1% Milk**  3oz Pork Butt Roast  3/4c Sweet Potatoes w/ 1/2c Onions  1/2c kale w/ 1/3c Mushrooms & garlic  Wheat Roll w/ 1 tsp margarine  3/4c Fruit Compote | **THURSDAY FEBRUARY 9**  **1% Milk**  6oz Goulash  (3oz Beef, 1/3c Macaroni)  1c Chuckwagon Vegetables  ½ slice Texas Toast  1/2c Cherries in Cobbler | **FRIDAY FEBRUARY 10**  **1% Milk**  Chicken Quesadilla  (1 6 in flour tortilla, 3oz chicken, .5oz Cheese)  1c Zucchini w/ NAS Diced Tomatoes  3/4c Cilantro Lime Brown Rice w/ 1 tsp margarine  1c Mixed Berries  1/2c Nonfat Vanilla Greek Yogurt |
| **MONDAY FEBRUARY 13**  Sloppy Joe  (3oz Meat, 1 bun)  1/2c Potato Wedges  1/2c 5 Way Vegetables  1/2c Applesauce | **TUESDAY FEBRUARY 14**  2oz Kielbasa  1 Hushpuppies  1c Tossed Salad w/ 2 TBSP Light Dressing w/ 1/4c Garbanzo Beans  2oz SF Brownie | **WEDNESDAY FEBRUARY 15**  1 c Beef Stew  (3oz beef, 1/2c Vegetables)  1c Tossed Salad w/ 2 TBSP Light Dressing  2oz Cornbread  3/4c Fruit Salad | **THURSDAY FEBRUARY 16**  Santa Fe Chicken  (3oz Chicken, 1oz Green Chile, 1oz cheese)  1/2c LS Spanish Rice  1/2c Yellow Squash w/ 1/2c Black Beans  2oz Cornbread  Oatmeal Cookie | **FRIDAY FEBRUARY 17**  **1% Milk**  Smothered Pork  (3oz Pork, 2oz Green Chile Sauce)  1/2c Parsley Potatoes  3/4c Mixed Vegetables  Wheat Roll  1/2c Pineapple |
| **MONDAY FEBRUARY 20**  **HOLIDAY** | **TUESDAY FEBRUARY 21**  **1% Milk**  LS Pita Steak Sandwich  (3oz Steak, ½ pita, 1/2c Peppers, zucchini, onion, Arugula)  1/2c Cauliflower  1oz Sun Chips  3/4c Honeydew Melon | **WEDNESDAY FEBRUARY 22**  **1% Milk**  8oz Pork Stew  (3oz Pork, 1/2c Vegetables)  1c Tossed Salad w/ 2 TBSP Light Dressing  Wheat Roll w/ 1 tsp margarine  1c Grapes | **THURSDAY FEBRUARY 23**  Loaded Baked Potato  (1 baked potato, 1 tsp chives, 1 tsp margarine, 1 TBSP Sour Cream, 1oz cheese)  Wheat roll  1c Tossed Salad w/ 2 TBSP Light Dressing w/ 1/2c Garbanzo Beans  1c Strawberries | **FRIDAY FEBRUARY 24**  **1% Milk**  BBQ Chicken Sandwich  (1bun, 3oz Chicken, 1oz LS Barbecue Sauce)  1/2c LS Baked Beans  1c Coleslaw w/ 2 TBSP Dressing  Chocolate Chip Cookie |
| **MONDAY FEBRUARY 27**  **1% Milk**  5oz Creamy Chicken  Penne Pasta  (3oz Chicken, 2oz Sauce)  1/2c Pasta  1c Winter Blend Vegetables (broccoli and Cauliflower)  Wheat Roll  2in Brownie w/ 3/4c Cherries | **TUESDAY FEBRUARY 28**  **1% Milk**  4oz Roasted Chicken Quarters  1/2c Roasted Potato & 1/4c Onion  1/2c Brussel Sprouts  Wheat Roll  1c Apricots |  |  | **NOTE:**  **Home Delivered Meals Served With**  **1c 2% Low-Fat Milk** |

***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:**  **4** | **Days in Week:**  **2** |
| Calories | 700 or more | 711.6 | 701.7 | 749.3 | 716.3 | 764.9 |
| % Carbohydrates from Calories | 45-55% | 47.9 | 52.9 | 48.8 | 47.6 | 48.8 |
| % Protein from Calories | 15-25% | 21.3 | 21.7 | 20.1 | 21.1 | 21.4 |
| % Fat from Calories | 25-35% | 30.8 | 25.4 | 31.1 | 31.2 | 29.8 |
| Saturated Fat | less than 8g | 8.0 | 6.7 | 7.9 | 7.8 | 7.6 |
| Fiber | 10g or more | 11.4 | 10.2 | 11.2 | 11.2 | 10.3 |
| Vitamin B-12 | .8ug or more | 1.6 | 2.3 | 2.4 | 1.7 | 1.4 |
| Vitamin A | 300ug RAE or more | 525.8 | 494.9 | 618.0 | 420.0 | 373.9 |
| Vitamin C | 30mg or more | 57.0 | 36.0 | 70.8 | 77.2 | 48.5 |
| Iron | 2.6mg or more | 4.1 | 4.6 | 5.6 | 4.4 | 3.7 |
| Calcium | 400mg or more | 459.1 | 541.8 | 501.2 | 512.4 | 445.3 |
| Sodium | less than 766mg | 757.9 | 766.8 | 741.8 | 638.2 | 405.4 |

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