|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **WEDNESDAY FEBRUARY 1**5oz Chicken Salad(3oz Chicken, 1/2c Lettuce and tomato) 1c Peas & Corn w/ 1 tsp margarine Wheat RollApple | **THURSDAY FEBRUARY 2**Breaded Pork Sandwich(3oz Pork, 2 slices wheat bread)1/2c Cubed Potatoes & 2oz LS Gravy1c Normandy Blend Vegetables1c Watermelon  | **FRIDAY FEBRUARY 3**5oz Turkey A La King(3oz Turkey, 1oz Vegetables)1/2c Brown Rice1c Roasted Beets & Carrots Wheat Roll w/ 1 tsp margarine1c Orange slices w/ 1 tsp cinnamon |
| **MONDAY FEBRUARY 6****1% Milk** 2oz Bratwurst& 1/2c reduced sodium Sauerkraut, 1/3c White Beans1c LS French Style Green Beans w/ 1 tsp margarineWheat 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 Rice1c Capri Vegetables1c Tropical Fruit Salad | **WEDNESDAY FEBRUARY 8****1% Milk** 3oz Pork Butt Roast3/4c Sweet Potatoes w/ 1/2c Onions1/2c kale w/ 1/3c Mushrooms & garlicWheat Roll w/ 1 tsp margarine3/4c Fruit Compote  | **THURSDAY FEBRUARY 9****1% Milk** 6oz Goulash(3oz Beef, 1/3c Macaroni)1c Chuckwagon Vegetables½ slice Texas Toast1/2c Cherries in Cobbler  | **FRIDAY FEBRUARY 10****1% Milk** Chicken Quesadilla(1 6 in flour tortilla, 3oz chicken, .5oz Cheese)1c Zucchini w/ NAS Diced Tomatoes3/4c Cilantro Lime Brown Rice w/ 1 tsp margarine 1c Mixed Berries1/2c Nonfat Vanilla Greek Yogurt |
| **MONDAY FEBRUARY 13**Sloppy Joe(3oz Meat, 1 bun)1/2c Potato Wedges1/2c 5 Way Vegetables1/2c Applesauce | **TUESDAY FEBRUARY 14**2oz Kielbasa1 Hushpuppies1c Tossed Salad w/ 2 TBSP Light Dressing w/ 1/4c Garbanzo Beans2oz SF Brownie | **WEDNESDAY FEBRUARY 15**1 c Beef Stew(3oz beef, 1/2c Vegetables)1c Tossed Salad w/ 2 TBSP Light Dressing2oz Cornbread3/4c Fruit Salad  | **THURSDAY FEBRUARY 16**Santa Fe Chicken(3oz Chicken, 1oz Green Chile, 1oz cheese)1/2c LS Spanish Rice1/2c Yellow Squash w/ 1/2c Black Beans2oz CornbreadOatmeal Cookie | **FRIDAY FEBRUARY 17****1% Milk** Smothered Pork(3oz Pork, 2oz Green Chile Sauce)1/2c Parsley Potatoes3/4c Mixed Vegetables Wheat Roll1/2c 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 Cauliflower1oz Sun Chips3/4c Honeydew Melon  | **WEDNESDAY FEBRUARY 22****1% Milk** 8oz Pork Stew(3oz Pork, 1/2c Vegetables)1c Tossed Salad w/ 2 TBSP Light DressingWheat Roll w/ 1 tsp margarine1c Grapes  | **THURSDAY FEBRUARY 23**Loaded Baked Potato(1 baked potato, 1 tsp chives, 1 tsp margarine, 1 TBSP Sour Cream, 1oz cheese) Wheat roll1c Tossed Salad w/ 2 TBSP Light Dressing w/ 1/2c Garbanzo Beans1c Strawberries  | **FRIDAY FEBRUARY 24****1% Milk** BBQ Chicken Sandwich(1bun, 3oz Chicken, 1oz LS Barbecue Sauce)1/2c LS Baked Beans1c Coleslaw w/ 2 TBSP DressingChocolate Chip Cookie   |
| **MONDAY FEBRUARY 27****1% Milk** 5oz Creamy ChickenPenne 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 Quarters1/2c Roasted Potato & 1/4c Onion1/2c Brussel SproutsWheat Roll1c 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