|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1% Milk served at meals** |  |  |  | Friday 1, 2023  CLOSED |
| Monday 4, 2023  3 oz LS Lemon Pepper Fish  1/2c LS Brown Rice Pilaf  1c Winter Vegetables  1 WW Roll w/ 1 tsp unsalted butter  1/2c plums | Tuesday 5, 2023  Navajo Tacos  (3oz beef, 1/2c LS pinto beans, 1oz Fry Bread)  1/2c romaine lettuce, 1/2c tomatoes, 1/4c onions, .5oz Cheese)  1/2c squash  1/2c Tropical fruit salad | Wednesday 6, 2023  3oz Chicken Fried Steak  w/ 1oz LS Country gravy  1/2c LS mashed potatoes  1/2c green beans  1 WW roll w/ 1 tsp unsalted butter  1/2c apricots | Thursday 7, 2023  Turkey/Bacon club Sandwich  (2oz turkey, 1oz reduced sodium bacon, 2 WW slices of bread, 1/2c romaine lettuce, 2 slices tomato)  1/2c Chateau Vegetables  1/2c carrot raisin salad  banana | Friday 8, 2023  CLOSED |
| Monday 11, 2023  Pigs in the Blanket  (.5oz beef frank, .5oz American Cheese, 1 crescent roll)  1/2c steak fries  1/2c 5-Way Vegetables  1c non-fat strawberry Greek yogurt w/  1/2c sliced strawberries | Tuesday 12, 2023  Chicken Fajitas  (3oz chicken w/  1/2c bell peppers and onions, 1 6in flour tortilla, 2 TBSP Salsa)  1/2c LS pinto beans  1/2c Roasted Cauliflower  1/2c sliced pears | Wednesday 13, 2023  3/4c Hamburger Macaroni  (3oz beef, 1/2c macaroni)  1c Tossed Salad w/  2TBSP FF Ranch dressing  1/2c LS stewed tomatoes  1 WW roll w/  1tsp margarine  1/2c spiced peaches | Thursday 14, 2023  3oz Green Chile Boneless Pork Chops  (3oz Pork Chops w/ 2oz LS Green Chile Sauce)  3/4c Brown rice  3/4c green beans and 1/4c mushrooms and Onions, w/ 1 tsp margarine  1/2c Applesauce | Friday 15, 2023  CLOSED |
| Monday 18, 2023  Stuffed Bell Pepper  (3oz ground beef, 1/4c rice, ½ bell pepper)  1/3c LS roasted corn w/ 1 tsp margarine  3/4c Creamy Cucumbers and red onions  1 WW roll w/  1tsp unsalted butter  1 Fresh Pear | Tuesday 19, 2023  BBQ Pulled Pork on a Bun  (3 oz pulled pork, 1 oz sauce, 1 WW bun)  1/2c Collard greens w/ garlic w/ 1 tsp unsalted butter  1/2c LS Ranch Beans  1c Honeydew | Wednesday 20, 2023  3oz Cornflake Chicken  1/2c NAS French Style Green Beans w/ 1 tsp margarine  3/4c Roasted Brussel Sprouts  Wheat Bread w/ 1 tsp unsalted butter  1/2c Fruit Cocktail w/ 1/2c SF Gelatin, 1/4c FF Whipped Topping | Thursday 21, 2023  1cTuna Noodle Casserole  (3oz Tuna, 1/2c pasta, 1/3c Peas and Carrots)  1c green salad w/  2T FF Italian dressing  Wheat roll w/ 1 tsp unsalted butter  1c Fruit Salad  1/2c Light nonfat vanilla yogurt | Friday 22, 2023  CLOSED |
| Monday 25, 2023  CHRISTMAS  FROZEN MEALS  3oz LS Lean pork roast  1/2c sweet potatoes  1/2c kale and 1/4c mushrooms  1 WW roll w/ 1 tsp margarine  ½ slice pineapple upside- down cake | Tuesday 26, 2023  Smothered beef and bean burrito  (1oz beef, 1/2c LS Pinto beans, .5oz cheese, 1 6 inch flour tortilla, 2oz Chile sauce)  1/2c LS Yellow Mexican rice  1c Capri vegetables  1c Tropical Fruit Salad | Wednesday 27, 2023  GC cheese Chicken Sandwich  (3oz Chicken, 1 bun, .5oz cheese, 1oz GC)  1c Vegetable Medley  `1/2c NAS French French Fries  1/2c Blueberries in Crisp | Thursday 28, 2023  2oz Bratwurst  1/2c red Cabbage,  1/2c German Potato Salad  6 LS WW Crackers w/ 1 tsp margarine  1/2c Warm Cinnamon Apple slices  1/2c Greek nonfat vanilla yogurt | Friday 29, 2023  CLOSED |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **n/a** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** |
| Calories | 700 or more |  | 718.9 | 716.6 | 701.3 | 881.7 |
| % Carbohydrates from Calories | 45-55% |  | 51.5 | 48.0 | 52.9 | 52.8 |
| % Protein from Calories | 15-25% |  | 21.9 | 22.6 | 21.3 | 18.0 |
| % Fat from Calories | 25-35% |  | 26.6 | 29.4 | 25.9 | 29.3 |
| Saturated Fat | less than 8g |  | 7.5 | 7.9 | 7.9 | 7.9 |
| Fiber | 10g or more |  | 12.9 | 10.0 | 12.3 | 11.5 |
| Vitamin B-12 | .8ug or more |  | 2.4 | 2.3 | 2.1 | 2.2 |
| Vitamin A | 300ug RAE or more |  | 958.2 | 340.0 | 487.4 | 451.2 |
| Vitamin C | 30mg or more |  | 35.0 | 57.7 | 84.2 | 39.8 |
| Iron | 2.6mg or more |  | 4.8 | 4.3 | 6.5 | 4.9 |
| Calcium | 400mg or more |  | 489.4 | 526.4 | 516.9 | 518.7 |
| Sodium | less than 766mg |  | 760.5 | 648.6 | 682.6 | 752.2 |

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