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| --- | --- | --- | --- |
|  | **TUESDAY 1, 2022**  **1% Milk**  **6 oz-Green Chili Chicken Enchilada Casserole**  **(3 oz Chicken, 1 oz Cheese, 2 Corn Tortilas, 1 oz Green Chile)**  **½ c Zucchini**  **½ cup-LS Pinto Beans**  **½ cup- LS Spanish Rice**  **½ cup- Fruit Cocktail** | **WEDNESDAY 2, 2022**  **Chili Dog**  **(1 bun, 1oz LS Hot Dog 3 oz Meat Chile, 1oz LS Sauce),**  **½ cup-Green Peas, ½ c Pearl Onions**  **Dessert**  **½ c Mandarin Oranges with ½ c Gelatin**  **1% Milk** | **THURSDAY 3,2022**  **4oz-Fish Taco**  **(4 oz LS Cod)**  **½ cup-Cabbage Slaw**  **(1/2 c Coleslaw, 1 TBSP Dressing)**  **2- Corn Tortilla**  **½c LS French Fries**  **½ cup-Apple in Crisp**  **1% Milk** |
| **MONDAY 7, 2022**  **3 oz-- Chicken Tenders**  **W 1TBSP Honey Mustard**  **½ cup-Succotash**  **½ cup-Orange Glazed Carrots**  **Wheat Roll w/ 1 tsp margarine**  **1/2c Grapes** | **TUESDAY 8, 2022**  **Cheeseburger 3oz Beef, .5oz Cheese, 1 bun,**  **4 oz-Lettuce/Tomato**  **1 slice Onion**  **2 slices Pickle**  **12 Tater Tots**  **½ cup-Spiced Apples** | **WEDNESDAY 9, 2022**  **3oz- Chili Relleno**  **(1 oz Cheese, 1 pepper, 1 oz Batter)**  **½ cup- Pinto Beans**  **1/2cup-LS Mexicorn (Chuckwagon Corn)**  **½ c Cilantro-Lime Rice (1/2 c Brown Rice w/1 TBSP cilantro and 1 tsp lime)**  **½ c Spinach**  **1-Orange** | **THURSDAY 10, 2022**  **8oz Green Chili Pork Stew**  **(1 oz Green Chile, 3 oz Pork, 2 oz vegetables**  **1/2 Calabacita**  **1/2c Beets**  **1 Flour Tortilla**  **½ cup-Plum** |
| **MONDAY 14, 2022**  **VALENTINE’S DAY**  **4oz Spaghetti w LS Meat Sauce(3 oz meat, 1 oz LS Marinara)**  **1 c. Green Beans**  **1c Salad 1 TBSP LF Dressing**  **1 c Strawberry & ½ slice Angel Food cake**  **Garlic Bread**  **1% Milk** | **TUESDAY 15, 2022**  **3 oz- BBQ Pork Sandwich**  **1 cup-Cole Slaw 1 TBSP Dressing**  **½ cup-LS Au gratin Potatoes**  **½ cup SF Peach Cobbler**  **1% Milk** | **WEDNESDAY 16, 2022**  **4 oz -Beef Chili**  **With ½ c Brown Rice & .5 oz Cheese**  **1/2cup-LS Mexicorn (Chuckwagon Corn)**  **1c Salad 1 TBSP LF Dressing**  **6 pkts LS WW Crackers**  **½ cup-Mango**  **1% Milk** | **THURSDAY 17, 2022**  **3oz- Country Fried Steak**  **½ cup LS Mashed Potato w 1oz LS Country Gravy**  **1c Steamed Broccoli**  **1 Biscuit**  **½ c pears**  **1% Milk** |
| **MONDAY 21, 2022**  **PRESIDENTS DAY**  **CLOSED** | **TUESDAY 22, 2022**  **1 oz-Turkey Kielbasa**  **3/4c LS Red Beans**  **½c LS Brown Rice**  **½ cup- Broccoli Salad**  **Cornbread w 1 tsp Margarine**  **½ c Apricots**  **1% Milk** | **WEDNESDAY 23, 2022**  **3 oz-Orange Chicken; 1 oz LS Sauce**  **½ cup LS Fried Rice w Peas& Carrots (1/2 c Rice, ½ c Peas and Carrots**  **1 c Oriental Vegetables**  **1-Fortune Cookie**  **½ c Mandarin Oranges (missing fruit for the week)**  **1% Milk** | **THURSDAY 24, 2022**  **Souper Senior**  **3 oz- Zuppa Tuscano Soup**  **1c Tossed Salad w 2 TBSP LF dressing**  **Grilled cheese Sandwich**  **(1oz Cheese, 2 slices of bread) 1 TBSP Olive Oil**  **Deleted Cookie so I could mee the saturated fat requirement**  **1/2c Fruit Salad w/ 1 cup nonfat Greek Yogurt Vanilla** |
| **MONDAY 28, 2022**  **3oz Oven Baked Pork Chop**  **½ cup-LS Sauerkraut w/ 1/4c Mushrooms**  **½ cup- Green Beans w/ 1/4c Slivered Almonds**  **3/4c Red Skin Potatoes**  **1 WW Roll**  **½ c Chocolate Pudding,**  **Orange** |  |  | **All Meals Served with 8 oz.**  **2% Low Fat Milk**  **LF = Low Fat**  **SF = Sugar Free** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **3** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **3** | **Days in Week:**  **1** |
| Calories | 700 or more | 777.3 | 703.8 | 777.5 | 800.2 | 809.6 |
| % Carbohydrates from Calories | 45-55% | 50.8 | 55.6 | 51.3 | 51.9 | 45.5 |
| % Protein from Calories | 15-25% | 23.5 | 17.5 | 21.2 | 21.5 | 22.9 |
| % Fat from Calories | 25-35% | 25.7 | 26.9 | 27.4 | 26.6 | 31.7 |
| Saturated Fat | less than 8g | 7.9 | 7.7 | 7.6 | 7.9 | 7.0 |
| Fiber | 10g or more | 10.7 | 10.5 | 10.3 | 11.9 | 14.0 |
| Vitamin B-12 | .8ug or more | 2.6 | 2.0 | 2.9 | 2.1 | 1.9 |
| Vitamin A | 300ug RAE or more | 282.7 | 496.0 | 444.8 | 596.2 | 165.1 |
| Vitamin C | 30mg or more | 22.9 | 52.2 | 80.5 | 61.4 | 85.0 |
| Iron | 2.6mg or more | 4.8 | 5.1 | 5.8 | 4.9 | 5.5 |
| Calcium | 400mg or more | 495.7 | 508.5 | 523.7 | 654.7 | 556.6 |
| Sodium | less than 766mg | 560.3 | 758.6 | 733.6 | 756.3 | 751.6 |

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