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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***

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| --- | --- | --- | --- | --- | --- | --- |
| 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