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| --- | --- | --- | --- | --- |
| **1% Milk Served at all Meals** | **TUESDAY 1, 2022**  **Hot Ham & Cheese**  **Sandwich**  **(2 slices of WW Bread, 1 oz Cheese, 1oz LS Lean Ham)**  **4oz LS French Fries**  **4oz Beets**  **5oz Vanilla nonfat Greek Yogurt**  **1 cup blueberries** | **WEDNESDAY 2, 2022**  **Soft Beef Tacos**  **(3oz Beef, 1 WW tortilla, 1/2c Lettuce and tomato, .5oz Cheese, 1oz Green Chile)**  **8oz Calabacitas**  **4oz Spanish Rice**  **4oz Cherry Cobbler** | **THURSDAY 3, 2022**  **Spaghetti w/Meat Sauce**  **(1c WW Spaghetti, 3oz meat, 2 oz LS Marinara Sauce)**  **1/2c Spinach**  **1-Garlic Bread**  **8oz Peaches** | **FRIDAY 4, 2022**  **Breakfast for Lunch**  **1 Scrambled Eggs**  **1oz LF Pork Sausage**  **4oz LS Hash brown**  **1c peppers & Onions**  **5oz Nonfat Vanilla Greek Yogurt & 1 c Strawberries** |
| **MONDAY 7, 2022**  **3oz Baked Pork Chop**  **4oz Scalloped Potatoes**  **3/4c. Capri Blend Vegetables**  **WW Roll w/ 1TBSPMargarine**  **1/2c Baked Apple Slices** | **TUESDAY 8, 2022**  **4oz Beef Tips**  **1/2c Egg Noodles**  **4oz County Blend Vegetables**  **Slice of WW Bread w/ 1 tsp Margarine**  **1/2c Mixed Fruit** | **WEDNESDAY 9, 2022**  **Chicken Fajitas**  **(4oz chicken, 1c Bell pepper and Onions, 1 flour tortilla)**  **4 oz Pinto Beans**  **4oz LS Spanish Rice**  **1-Oatmeal Raisin Cookie** | **THURSDAY 10, 2022**  **1c Beef Stew**  **(3oz Beef, ½ c Stew vegetables)**  **4oz Broccoli**  **WW Roll w/ 1 tsp margarine**  **1/2c Tapioca Pudding** | **FRIDAY 11, 2022**  **Pulled Pork Sandwich**  **(4oz Pulled Pork, 1 bun)**  **8oz Prince Edward Vegetables**  **1oz Sun chips**  **4oz Apricots** |
| **MONDAY 14, 2022**  **1c Tossed Salad w/ 2 TBSP Lt Salad Dressing**  **8 oz Hamburger Macaroni**  **(3oz Meat, 1 oz Cheese, 4 oz Macaroni)**  **4 oz Peas & Carrots**  **4oz Italian Green Beans**  **6 LS WW Crackers**  **1/2c Mandarin Oranges** | **TUESDAY 15, 2022**  **Chicken And Mushrooms**  **(3oz Chicken, 2oz Mushroom Sauce)**  **4oz LS Rice Pilaf**  **1c. California blend**  **1Breadstick**  **4oz Apple Crisp** | **WEDNESDAY 16, 2022**  **4oz Salisbury Steak**  **4oz Mashed Potatoes w/2oz LS Gravy**  **4oz Green Beans 1/4c Slivered Almonds**  **WW Roll w/ 1 tsp Margarine**  **1/2c Chocolate Pudding w ½c Cherries** | **THURSDAY 17, 2022**  **Sweet & Sour Pork**  **(3oz Pork, 2oz LS Sauce)**  **4oz White Rice**  **1c Stir Fry Vegetables**  **1-Fortune Cookie** | **FRIDAY 18, 2022**  **Green Chili Cheese Burger**  **Lettuce/tomato**  **Onion/Pickles**  **(1oz GC, 1oz Cheese, 3oz Beef, 1 bun, 1/2c lettuce and tomato, 1 slice tomato, 3 slices dill pickle)**  **4oz LS Baked Beans**  **10 NAS French Fries**  **1-Peanut Butter Cookie** |
| **MONDAY 21, 2022**  **Center Closed**  **For**  **Presidents Day** | **TUESDAY 22, 2022**  **3 oz Meat Loaf**  **5 way mixed Vegetables**  **4oz Mashed Potatoes/2 oz LS Gravy**  **WW Roll w/ 1 tsp margarine**  **Chocolate Chip Cookie** | **WEDNESDAY 23, 2022**  **BBQ Chicken Drumsticks**  **(3 oz Chicken, 1 TBSP BBQ Sauce)**  **4oz Chuckwagon Vegetables**  **4oz Potato Salad**  **WW Roll w/ tsp margarine**  **1c Pears** | **THURSDAY 24, 2022**  **6oz Red Pork Posole**  **(3oz Pork, 1oz Red Chile 2 oz Hominy)**  **4oz LS Spanish Rice**  **3/4c Red and Green Shredded Cabbage**  **1 WW Tortilla**  **1/2c Fruit Cocktail** | **FRIDAY 25, 2022**  **3oz Chicken Tenders**  **Buttered Corn**  **(4oz Corn w/ 1 tsp margarine)**  **10 NAS French Fries**  **1 Reduced Fat Biscuit**  **4oz Applesauce** |
| **MONDAY 28, 2022**  **Beef Stroganoff**  **(3oz Beef, 2oz Sauce)**  **4oz Roasted Cauliflower (1 TBSP Olive Oil)**  **1/2c Salad w/1 TBSP LF Dressing**  **6 LS WW Crackers**  **4oz Spinach**  **3/4c Fruit Salad** |  |  |  |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **1** |
| Calories | 700 or more | 779.2 | 700.3 | 798.5 | 775.4 | 869.9 |
| % Carbohydrates from Calories | 45-55% | 54.3 | 50.2 | 47.9 | 48.1 | 49.7 |
| % Protein from Calories | 15-25% | 20.5 | 22.6 | 21.3 | 21.0 | 15.9 |
| % Fat from Calories | 25-35% | 25.2 | 27.2 | 30.8 | 30.9 | 34.5 |
| Saturated Fat | less than 8g | 8.0 | 6.8 | 8.0 | 7.6 | 34.5 |
| Fiber | 10g or more | 10.3 | 10.1 | 10.3 | 10.0 | 13.5 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.1 | 2.6 | 2.0 | 2.5 |
| Vitamin A | 300ug RAE or more | 387.6 | 1000.4 | 449.3 | 375.8 | 835.8 |
| Vitamin C | 30mg or more | 56.9 | 31.8 | 35.0 | 66.5 | 88.4 |
| Iron | 2.6mg or more | 5.6 | 4.4 | 5.6 | 3.9 | 8.5 |
| Calcium | 400mg or more | 583.4 | 476.8 | 517.3 | 419.1 | 541.3 |
| Sodium | less than 766mg | 755.0 | 765.0 | 680.1 | 751.3 | 720.5 |

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