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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