|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1% milk served at meals |  |  |  | Friday, December 1st  1/2c Pineapple Cole Slaw  1 svg. Braised Pork Chop w/ 3 oz meat  1/2c Baked Yams  1/2c Green beans  1 Yeast Roll  1/2c Applesauce |
| Monday, December 4th  1/2c Beet & Onion Salad  4.3 oz. Lime Grilled Chicken  1/2c Rice  1/2c Seasoned Spinach  1 Whole Wheat Roll  1 Pear | Tuesday, December 5th  1/2c Spinach Salad w/Egg  1 svg. Steak Ranchero w/ 3oz. Meat  1 itm Baked Potato  1/2c Peas  1 Yeast Roll  1/2c Yogurt w/ Fruit | Wednesday, December 6th  1/2c Pineapple Coleslaw  5 oz. Baked Fish  1/2c Dill Potatoes  1/2c Green Beans  1 Whole Wheat Roll  1 pc. Apple Crisp | Thursday, December 7th  1/2c Applesauce  1 svg. Pork Chops w/ 3 oz. Meat  1/2c Yams  1/2c Mixed Vegetables  1 pc. Jalapeno Cornbread  1 Banana | Friday, December 8h  1 svg (2oz) Pico de Gallo w/ Avocado  1 svg. Beef Fajitas w/ 3 oz. Meat  1/2c Peppers and Onions  1/2c Spanish Rice  1/2c Pinto Beans  1 Flour Tortilla  1/2c Tropical Fruit |
| Monday, December 11th  1/2c Pea Salad  1 svg. Turkey Sandwich w/ 1 pc. Bread, 3 oz. Meat, 2 oz. Gravy  1/2c Mashed Potatoes  1/2c Carrots  1 sl. Chocolate Cake | Tuesday, December 12th  1/2c Cabbage  1 svg. Beef Stew w/ 3 oz. Meat and 5 oz. Vegetables  1/2c Broccoli & Cheese Sauce  1 pc. Cornbread  1 med Apple | Wednesday, December 13th  1/2c Macaroni Salad  1 itm. Chicken Salad Sandwich w/ 3 oz. Meat w/ 2 sl. Bread  1/2c Sliced Tomatoes  1/2c Peas & Onions  1 oz. Sun Chips  2 Tangerine | Thursday, December 14th  4 oz. Garden Salad w/ 1 tsp. Light Ranch  1 svg. Roast Beef  1/2c Mashed Potatoes  1/2c Green Beans w/ Almonds  1 Whole Wheat Roll  1 pc. Strawberry Cheesecake | Friday, December 15th  1/2c Cucumber Salad  4.9 oz. Teriyaki Chicken  1/2c Fried Rice  1/2c Oriental Vegetables  1 Whole Wheat Roll  1 Orange |
| Monday, December 18th  1c Spinach Salad w/ Egg  3 oz. Chicken Fried Steak  1/2c Mashed Potatoes  1/2c Mixed Vegetables  1 Whole Wheat Roll  1c Grapes | Tuesday, December 19th  1/2c Lettuce & Tomato  1 itm Red Enchilada w/ 3 oz. Cheese  1/2c Zucchini  1/2c Spanish Rice  1 Peach | Wednesday, December 20th  4 oz Garden Salad  1 svg Meat Loaf w/ 3 oz. Meat  1/2c Mashed Potatoes  1/2c Peas and Carrots  1 Whole Wheat Roll  1/2c Tropical Fruit | Thursday, December 21st  1c Spinach Salad w/ Egg  1 itm. Sweet and Sour Chicken w/ 3 oz. Meat  1/2c Egg Noodles  1/2c Carrots  1 Whole Wheat Roll  1 Peanut Butter Cookie | Friday, December 22nd  1c Carrot Raisin Salad  1c Beefaroni w/ 3 oz. Meat, 4 oz, Noodles, & 1 oz. Cheese  1/2c Summer Squash  1 Whole Wheat Roll  1/2c Peaches |
| CLOSED | CLOSED | Wednesday, December 27th  1c Tossed Salad  1c Picadillo w/ 3 oz. Meat & 5 oz. Vegetables  1/2c Spanish Rice  1/2c Pinto Beans  1 Flour Tortilla  1/2c Apricots | Thursday, December 28th  1c Cucumber Salad  1 itm. Cornflake Chicken w/ 3 oz. Meat  1/2c Cornbread Stuffing  1/2c Mixed Vegetables  1 Whole Wheat Roll  1 Oatmeal Raisin Cookie  1c Grapes | Friday, December 29th  1c Garden Salad  1 svg. Posole w/ 3 oz. Meat  1/2c Pinto Beans  1 Yeast Roll  1 Apple  1.5T Peanut Butter |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 819 | 824 | 811 | 790 | 926 |
| % Carbohydrates from Calories | 45-55% | 50% | 48.4% | 46.4% | 51.8% | 51.1% |
| % Protein from Calories | 15-25% | 21.4% | 22.2% | 22.9% | 20.7% | 22.4% |
| % Fat from Calories | 25-35% | 28.6% | 29.4% | 30.7% | 27.5% | 26.5% |
| Saturated Fat | less than 8g | 6.03g | 7.6g | 7.8g | 7.9g | 7.4g |
| Fiber | 10g or more | 13.44g | 11.92g | 10.88g | 12.3g | 15.78g |
| Vitamin B-12 | .8ug or more | 1.77ug | 2.49ug | 2.30ug | 2.5ug | 2.62ug |
| Vitamin A | 300ug RAE or more | 362ug | 381ug | 610ug | 1313ug | 1261ug |
| Vitamin C | 30mg or more | 112mg | 74mg | 71mg | 66mg | 104mg |
| Iron | 2.6mg or more | 4.1mg | 5.7mg | 4.9mg | 6.7mg | 8.7mg |
| Calcium | 400mg or more | 511mg | 505mg | 507mg | 540mg | 535mg |
| Sodium | less than 766mg | 395mg | 611mg | 678mg | 665mg | 692mg |

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