|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1% milk served at meals |  |  |  | Friday, December 1st 1/2c Pineapple Cole Slaw1 svg. Braised Pork Chop w/ 3 oz meat1/2c Baked Yams1/2c Green beans 1 Yeast Roll1/2c Applesauce  |
| Monday, December 4th 1/2c Beet & Onion Salad4.3 oz. Lime Grilled Chicken1/2c Rice1/2c Seasoned Spinach1 Whole Wheat Roll1 Pear | Tuesday, December 5th1/2c Spinach Salad w/Egg1 svg. Steak Ranchero w/ 3oz. Meat1 itm Baked Potato1/2c Peas1 Yeast Roll1/2c Yogurt w/ Fruit  | Wednesday, December 6th1/2c Pineapple Coleslaw5 oz. Baked Fish1/2c Dill Potatoes1/2c Green Beans1 Whole Wheat Roll1 pc. Apple Crisp | Thursday, December 7th1/2c Applesauce1 svg. Pork Chops w/ 3 oz. Meat1/2c Yams1/2c Mixed Vegetables1 pc. Jalapeno Cornbread1 Banana | Friday, December 8h1 svg (2oz) Pico de Gallo w/ Avocado1 svg. Beef Fajitas w/ 3 oz. Meat1/2c Peppers and Onions1/2c Spanish Rice1/2c Pinto Beans1 Flour Tortilla1/2c Tropical Fruit |
| Monday, December 11th1/2c Pea Salad1 svg. Turkey Sandwich w/ 1 pc. Bread, 3 oz. Meat, 2 oz. Gravy1/2c Mashed Potatoes1/2c Carrots1 sl. Chocolate Cake | Tuesday, December 12th1/2c Cabbage 1 svg. Beef Stew w/ 3 oz. Meat and 5 oz. Vegetables1/2c Broccoli & Cheese Sauce1 pc. Cornbread1 med Apple | Wednesday, December 13th1/2c Macaroni Salad 1 itm. Chicken Salad Sandwich w/ 3 oz. Meat w/ 2 sl. Bread1/2c Sliced Tomatoes1/2c Peas & Onions1 oz. Sun Chips2 Tangerine  | Thursday, December 14th4 oz. Garden Salad w/ 1 tsp. Light Ranch1 svg. Roast Beef1/2c Mashed Potatoes1/2c Green Beans w/ Almonds1 Whole Wheat Roll1 pc. Strawberry Cheesecake | Friday, December 15th1/2c Cucumber Salad4.9 oz. Teriyaki Chicken1/2c Fried Rice1/2c Oriental Vegetables1 Whole Wheat Roll1 Orange |
| Monday, December 18th1c Spinach Salad w/ Egg3 oz. Chicken Fried Steak1/2c Mashed Potatoes1/2c Mixed Vegetables1 Whole Wheat Roll1c Grapes | Tuesday, December 19th1/2c Lettuce & Tomato1 itm Red Enchilada w/ 3 oz. Cheese1/2c Zucchini1/2c Spanish Rice1 Peach | Wednesday, December 20th4 oz Garden Salad1 svg Meat Loaf w/ 3 oz. Meat1/2c Mashed Potatoes1/2c Peas and Carrots1 Whole Wheat Roll1/2c Tropical Fruit | Thursday, December 21st 1c Spinach Salad w/ Egg1 itm. Sweet and Sour Chicken w/ 3 oz. Meat1/2c Egg Noodles1/2c Carrots1 Whole Wheat Roll1 Peanut Butter Cookie  | Friday, December 22nd 1c Carrot Raisin Salad1c Beefaroni w/ 3 oz. Meat, 4 oz, Noodles, & 1 oz. Cheese1/2c Summer Squash1 Whole Wheat Roll1/2c Peaches  |
| CLOSED | CLOSED | Wednesday, December 27th1c Tossed Salad1c Picadillo w/ 3 oz. Meat & 5 oz. Vegetables1/2c Spanish Rice1/2c Pinto Beans1 Flour Tortilla1/2c Apricots | Thursday, December 28th1c Cucumber Salad1 itm. Cornflake Chicken w/ 3 oz. Meat1/2c Cornbread Stuffing1/2c Mixed Vegetables1 Whole Wheat Roll1 Oatmeal Raisin Cookie1c Grapes  | Friday, December 29th1c Garden Salad1 svg. Posole w/ 3 oz. Meat1/2c Pinto Beans1 Yeast Roll1 Apple1.5T Peanut Butter |

***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:****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