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| 1% Milk served at meals | Tuesday January 2Ham and Cheese Sandwich(2oz LS Ham, 1oz Swiss Cheese, 2 slices wheat bread)1/2c Carrots w/ 1 tsp unsalted butter 1/2c Brussel Sprouts3/4c Blueberry Crisp (1/2c Blueberries, 1/4c crisp) | Wednesday January 33oz Baked Chicken Breast ½ Baked Potato w/ 1 tsp margarine1/2c LS Seasoned Spinach1c Tossed Salad w/ 2 TBSP FF ranch DressingWheat Roll w/ 1 tsp unsalted butter 1/2c Peaches | Thursday January 4Pepper Steak(3oz beef, 1/2c Peppers and onions)1/2c LS Stewed Tomatoes1c Brown Rice1/2c Pineapple Tidbits | Friday January 5 6oz Turkey a La King(3oz Turkey, 1/3c Sauce, 1/4c peas,1/4c Mushrooms 1/2c Beets1c Tossed Salad w/ 2 TBSP FF Italian DressingWheat roll w/ 1 tsp unsalted butter 1/2c Mandarin oranges w/ ¼ tsp cinnamon  |
| Monday January 84oz LS Meatloaf1/2c LS Mashed Potatoes w/ 2oz LS Brown Gravy1/2c Green BeansWheat roll 1c Grapes | Tuesday January 9 BBQ Beef Sandwiches(3oz pulled Beef, 1 bun, 1oz BBQ Sauce)1/2c Creamy cucumber Salad1/2c Broccoli 1/2c Warm Apple Slices | Wednesday January 103oz Breaded Fish1/2c Penne Pasta w/ 1 tsp margarin and 1 tsp parsley1/2c Asparagus1c Coleslaw w/ 2 TBSP dressing1 slice LS LF Cornbread 1/2c Apricots | Thursday January 11Beef Tacos(3oz Beef, 2 corn tortillas, 1/2c Lettuce, 1/2c Tomato, .5oz Cheese)1/2c LS Mexican Yellow Rice1/2c Pinto beans1/2c Roasted Zucchini1/2c Watermelon  | Friday January 12Green Chile and Cheese Chicken Sandwich(1 bun, 1oz GC,.5 oz Cheese, 3oz Chicken Breast)1/2c Sweet Potato Fries1c Tossed w/ 2 TBSP FF Italian Dressing1c Tropical Fruit |
| Monday January 15CLOSED  | Tuesday January 161c Green Chile Chicken Enchiladas(1oz GC, 3oz Chicken, 2 corn tortillas, 1oz Cheese, 1/2c Lettuce and tomato, 1/4c onion))1/2c Pinto Beans1/2c Calabacitas1/2c Mixed Fruit  | Wednesday January 17Open Faced Turkey Sandwiches(2oz Turkey, 1 slice wheat bread, 1 oz LS Turkey Gravy)1/2c Parsley Potatoes1c Vegetable medley w/ 1 tsp unsalted butter 3/4c Fruit Compote1/2c Greek Nonfat vanilla yogurt  | Thursday January 18Spaghetti w/ Meat Sauce(1/2c Spaghetti, 3oz Beef, 2oz NAS marinara Sauce)1c Italian Blend Vegetables1c Tossed Salad w/ 2 TBSP FF ranch DressingGarlic bread1c Strawberries and bananas | Friday January 191c Chicken and Dumplings1c California Blend VegetablesWheat Roll w/ 1 tsp unsalted butter 1/2c Spiced Peaches |
| Monday January 223oz Lean Pork Chop1oz LS Gravy1/2c LS Herbed Potatoes1/2c Roasted Cauliflower 1c Tossed Salad w/ 2 TBSP FF Italian DressingGarlic Knot w/ 1 tsp unsalted butter 1 slice SF Angel Food Cake w/ 2 TBSP cherry topping | Tuesday January 233oz Salisbury Steak1/2c LS Brown Rice Pilaf w/ 1/2c mushrooms1c Chateau Blend Vegetables w/ 1 tsp unsalted butter 1 Fresh pear | Wednesday January 24Chicken Stir Fry(3 oz Chicken, .5oz Sauce, 1c Stir Fry Vegetables1/2c Chow Mein Noodles1/2c Mandarin Oranges w/ 1/2c SF Gelatin  | Thursday January 251c Beef Stew(3 oz beef, 1/2c vegetables, 1 oz sauce)1/2c red steamed cabbage w/ 1/2c apples 1/2c Tossed salad w/ 1 TBSP FF Ranch Dressing 6 LS WW Crackers 1 orange | Friday January 263oz Chicken Strips1oz LS Country Gravy1/2c NAS Baked French Fries1c Pasta Salad(1/2c Pasta, 1/2c Vegetables)1c Fruit Salad  |
| Monday January 29Chicken Alfredo (3 oz diced chicken with 1oz Light alfredo sauce & 1/2 c fettuccine w/ 1 tsp margarine1c Green Salad (1c lettuce, 1/4c cabbage, tomato, carrot, cucumber)2 TBSP FF Italian Dressing1c California Blend vegetables 1 slice Garlic Bread1/2c Fruit Cocktail | Tuesday January 308 oz. Pork Posole (3 oz. Pork, 1/2c Hominy, 1 oz. Red Chile)3/4c Calabacitas1 6in WW Flour Tortilla1/2c Berries1/2c Tapioca pudding | Wednesday January 31Beef Tips over Rice(3oz Beef Tips, 3oz LS Gravy, 1/2c mushrooms)1/2c Italian Flat green beans w/ 1/4c red bell pepper  1/2c Brown Rice1 WW Roll w/ 1 tsp unsalted butter 1/2c Plums |  |  |

***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:****4** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 700 or more | 770.6 | 794.3 | 763.7 | 701.3 | 708.1 |
| % Carbohydrates from Calories | 45-55% | 54.7 | 51.5 | 51.7 | 51.6 | 51.6 |
| % Protein from Calories | 25-35% | 18.6 | 21.1 | 22.9 | 23.2 | 21.8 |
| % Fat from Calories | 25-35% | 26.7 | 27.4 | 25.4 | 25.1 | 26.6 |
| Saturated Fat | less than 8g | 7.1 | 7.9 | 7.5 | 6.8 | 7.5 |
| Fiber | 10g or more | 10.1 | 10.8 | 11.0 | 10.4 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.1 | 3.0 | 2.6 | 2.5 | 2.0 |
| Vitamin A | 300ug RAE or more | 714.7 | 507.8 | 473.9 | 528.5 | 436.2 |
| Vitamin C | 30mg or more | 58.4 | 52.3 | 53.6 | 67.1 | 47.9 |
| Iron | 2.6mg or more | 5.1 | 5.7 | 5.0 | 4.9 | 4.3 |
| Calcium | 400mg or more | 501.9 | 521.1 | 522.1 | 421.3 | 463.4 |
| Sodium | less than 766mg | 747.9 | 752.7 | 751.5 | 714.0 | 748.9 |

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

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