|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1% Milk served at meals | Tuesday January 2  Ham and Cheese Sandwich  (2oz LS Ham, 1oz Swiss Cheese, 2 slices wheat bread)  1/2c Carrots w/ 1 tsp unsalted butter  1/2c Brussel Sprouts  3/4c Blueberry Crisp  (1/2c Blueberries, 1/4c crisp) | Wednesday January 3  3oz Baked Chicken Breast  ½ Baked Potato  w/ 1 tsp margarine  1/2c LS Seasoned Spinach  1c Tossed Salad w/ 2 TBSP FF ranch Dressing  Wheat Roll w/ 1 tsp unsalted butter  1/2c Peaches | Thursday January 4  Pepper Steak  (3oz beef, 1/2c Peppers and onions)  1/2c LS Stewed Tomatoes  1c Brown Rice  1/2c Pineapple Tidbits | Friday January 5  6oz Turkey a La King  (3oz Turkey, 1/3c Sauce, 1/4c peas,1/4c Mushrooms  1/2c Beets  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Wheat roll w/ 1 tsp unsalted butter  1/2c Mandarin oranges w/ ¼ tsp cinnamon |
| Monday January 8  4oz LS Meatloaf  1/2c LS Mashed Potatoes w/ 2oz LS Brown Gravy  1/2c Green Beans  Wheat roll  1c Grapes | Tuesday January 9  BBQ Beef Sandwiches  (3oz pulled Beef, 1 bun, 1oz BBQ Sauce)  1/2c Creamy cucumber Salad  1/2c Broccoli  1/2c Warm Apple Slices | Wednesday January 10  3oz Breaded Fish  1/2c Penne Pasta w/ 1 tsp margarin and 1 tsp parsley  1/2c Asparagus  1c Coleslaw w/ 2 TBSP dressing  1 slice LS LF Cornbread  1/2c Apricots | Thursday January 11  Beef Tacos  (3oz Beef, 2 corn tortillas, 1/2c Lettuce, 1/2c Tomato, .5oz Cheese)  1/2c LS Mexican Yellow Rice  1/2c Pinto beans  1/2c Roasted Zucchini  1/2c Watermelon | Friday January 12  Green Chile and Cheese Chicken Sandwich  (1 bun, 1oz GC,.5 oz Cheese, 3oz Chicken Breast)  1/2c Sweet Potato Fries  1c Tossed w/ 2 TBSP FF Italian Dressing  1c Tropical Fruit |
| Monday January 15  CLOSED | Tuesday January 16  1c Green Chile Chicken Enchiladas  (1oz GC, 3oz Chicken, 2 corn tortillas, 1oz Cheese, 1/2c Lettuce and tomato, 1/4c onion))  1/2c Pinto Beans  1/2c Calabacitas  1/2c Mixed Fruit | Wednesday January 17  Open Faced Turkey Sandwiches  (2oz Turkey, 1 slice wheat bread, 1 oz LS Turkey Gravy)  1/2c Parsley Potatoes  1c Vegetable medley w/ 1 tsp unsalted butter  3/4c Fruit Compote  1/2c Greek Nonfat vanilla yogurt | Thursday January 18  Spaghetti w/ Meat Sauce  (1/2c Spaghetti, 3oz Beef, 2oz NAS marinara Sauce)  1c Italian Blend Vegetables  1c Tossed Salad w/ 2 TBSP FF ranch Dressing  Garlic bread  1c Strawberries and bananas | Friday January 19  1c Chicken and Dumplings  1c California Blend Vegetables  Wheat Roll w/ 1 tsp unsalted butter  1/2c Spiced Peaches |
| Monday January 22  3oz Lean Pork Chop  1oz LS Gravy  1/2c LS Herbed Potatoes  1/2c Roasted Cauliflower  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Garlic Knot w/ 1 tsp unsalted butter  1 slice SF Angel Food Cake w/ 2 TBSP cherry topping | Tuesday January 23  3oz Salisbury Steak  1/2c LS Brown Rice Pilaf w/ 1/2c mushrooms  1c Chateau Blend Vegetables w/ 1 tsp unsalted butter  1 Fresh pear | Wednesday January 24  Chicken Stir Fry  (3 oz Chicken, .5oz Sauce,  1c Stir Fry Vegetables  1/2c Chow Mein Noodles  1/2c Mandarin Oranges w/ 1/2c SF Gelatin | Thursday January 25  1c 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 26  3oz Chicken Strips  1oz LS Country Gravy  1/2c NAS Baked French Fries  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1c Fruit Salad |
| Monday January 29  Chicken Alfredo  (3 oz diced chicken with 1oz Light alfredo sauce & 1/2 c fettuccine w/ 1 tsp margarine  1c Green Salad (1c lettuce, 1/4c cabbage, tomato, carrot, cucumber)  2 TBSP FF Italian Dressing  1c California Blend vegetables  1 slice Garlic Bread  1/2c Fruit Cocktail | Tuesday January 30  8 oz. Pork Posole (3 oz. Pork,  1/2c Hominy, 1 oz. Red Chile)  3/4c Calabacitas  1 6in WW Flour Tortilla  1/2c Berries  1/2c Tapioca pudding | Wednesday January 31  Beef 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 Rice  1 WW Roll w/ 1 tsp unsalted butter  1/2c Plums |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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

Constance Rudnicki MS, RDN, LD