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| --- | --- | --- | --- |
|  |  | **1**  **CHILI BEANS** **(3/4c LS Pinto Beans, 2oz Red Chile)****1c COLESLAW 2 TBSP Dressing****1/2c SQUASH** **2in CORNBREAD** **1/2c CINNAMON APPLESAUCE**  | **2**  **CHICKEN FAJITAS** **(4oz Chicken, 1/2c Peppers/Onions, 1 6in flour Tortilla, .5oz Cheese)****1/2c LS PINTO BEANS****1c Tossed SALAD w/ 2 TBSP Light Dressing****1/2c PINEAPPLE w/ 1/4c Cottage Cheese**  |
| **6** **1% Milk** **2oz KIELBASA**  **1c POTATOES/CARROTS/ CABBAGE/1/4c White Beans****CORNBREAD****1/2c Beet and Onion Salad****1/2c Berries**  | **7** **1% Milk** **NAVAJO TACO** **(1oz Fry Bread, 1/2c LS Pinto Beans, 3oz oz Beef, 1/2c Lettuce and tomato,1/4c Onions .5oz Cheese, 1oz GC)****1/2c Tossed SALAD w/ 1 TBSP Light Dressing****1c CALABACITAS****1/2c Peaches in COBBLER** | **8** **1% Milk** **6oz GOULASH****(3oz Beef, 1/2c Pasta)****1c BROCCOLI & CAULIFLOWER Wheat ROLL** **1/2c SF Gelatin** | **9** **1% Milk** **HAMBURGER VEGGIE PIZZA****(1oz Crust, 2oz Beef, 1/2c Peppers, onions, 2 slices tomato, 1oz sauce, 1oz Mozzarella cheese)****1/2c Tossed SALAD w/ 1 TBSP Light Dressing****1/2c LIMA BEANS****1/2c Plums**  |
| **13** **HAMBURGER** **(3oz Patty, 1 bun, 1/2c Lettuce and tomato, 1 slice onion, 2 slices pickle)****7oz LS PASTA SALAD****(1/3c Pasta, 1/2c Vegetables)** **1/2c LS COWBOY BEANS** **1 PEANUT BUTTER COOKIE** | **14** **6oz SPINACH BLANCO VEGGIE LASAGNE****(1/2c Spinach, 1oz Lasagna, 2oz Cheese)****GARLIC BREAD** **1c Tossed SALAD w/ 2 TBSP Light Dressing w/ 1/2c LS Garbanzo beans****3/4c APRICOTS** | **15** **3oz ROAST BEEF w/ 2oz LS GRAVY****1/2c PARSLEY POTATOES** **1/2c CARROTS/ONIONS Wheat ROLL****1/2c Fruit Cocktail w/ 1/2c SF Gelatin** | **16** **BBQ CHICKEN****(3oz Chicken, 2oz LS BBQ sauce)****1/2c Sweet Potatoes** **1/2c ROASTED BRUSSEL SPROUTS****Wheat ROLL****1c Tossed SALAD w/ 2 TBSP Light Dressing** **1/2c Orange section w/ 1tsp cinnamon** |
| **20** **CLOSED****PRESIDENTS’ DAY** | **21****1% Milk** **CHILI DOG** **(1oz hot dog, 1 bun, 2oz meat, 1oz sauce)****10 TATER TOTS****1c Tossed SALAD w/ 2 TBSP Light Dressing****1/2c PEARS**  | **22** **1% Milk** **4oz PORCUPINE MEATBALLS****(3oz meatballs, 1oz Sauce)****1/2c BROCCOLI****1/2c Brown Rice** **1c Tossed SALAD w/ 2 TBSP Light Dressing****1/2c Tropical Fruit Salad**  | **23****1% Milk** **GREEN CHILI CHICKEN ENCHILADAS****(2 Corn tortillas, 1oz GC, 3oz Chicken, 1oz cheese)****1/2c LS PINTO BEANS****1c CALABACITAS****1/2c CINNAMON PEACHES** |
| **27** **1% Milk** **3oz MEATLOAF w/ 2oz LS GRAVY****1c Italian Blend Vegetables****1/2c MASHED POTATOES****Wheat ROLL** **1/2c Tossed SALAD w/1 TBSP Light Dressing****1c GRAPES** | **28** **1% Milk**  **NACHO SUPREME****(1oz tortilla chips, .5oz Cheese, 3oz Ground beef, 1oz GC, 1/2c Lettuce and tomato)****1/2c LS BLACK BEANS****1c Tossed SALAD w/ 2 TBSP Light Dressing****1/2c Diced Mango**  |  |  |

***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:****2** | **Days in Week:****4** | **Days in Week:** | **Days in Week:****3** | **Days in Week:****2** |
| Calories | 700 or more | 831.2 | 721.2 | 727.0 | 721.0 | 738.9 |
| % Carbohydrates from Calories | 45-55% | 52.6 | 48.5 | 50.4 | 49.7 | 49.0 |
| % Protein from Calories | 15-25% | 19.5 | 22.3 | 22.2 | 21.1 | 22.8 |
| % Fat from Calories | 25-35% | 27.9 | 29.2 | 27.3 | 29.2 | 28.2 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 8.0 | 7.9 | 7.8 |
| Fiber | 10g or more | 17.8 | 11.8 | 11.6 | 11.3 | 14.0 |
| Vitamin B-12 | .8ug or more | 1.8 | 2.9 | 2.8 | 2.2 | 3.2 |
| Vitamin A | 300ug RAE or more | 455.6 | 370.7 | 804.8 | 476.4 | 599.3 |
| Vitamin C | 30mg or more | 96.4 | 57.8 | 62.0 | 51.4 | 64.1 |
| Iron | 2.6mg or more | 4.6 | 5.5 | 5.8 | 4.5 | 6.1 |
| Calcium | 400mg or more | 604.2 | 528.8 | 556.3 | 513.5 | 538.8 |
| Sodium | less than 766mg | 757.8 | 757.6 | 710.3 | 764.3 | 658.3 |

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