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|  | **TUESDAY 1, 2022****4oz Malt-O-Meal****1oz Chia Seeds****English Muffin with****1 Egg, .5oz LF Cheese & 1 oz LF Reduced Fat Sausage****1oz Green Chile****1c Mixed Fruit** | **WEDNESDAY 2, 2022****1c Multigrain Oatmeal****1 Scrambled Eggs****1/2 c Red & Sweet Potatoes****1/2cPeppers & Onions****1 sl Canadian Bacon****Orange** | **THURSDAY 3, 2022****2 Pancakes with** **1 TBSP Syrup & ½ TBSP Margarine****1/2c Potatoes with 1/2c Peppers and onions****8oz Apple Juice****1 Apple**  | **FRIDAY 4, 2022****Breakfast Burrito****with 2 Scrambled Egg, 2 slices LS Bacon, 1 oz Reduced Fat Cheese, 1oz Chile** **and1/2c LS Hash browns****18-in WW tortilla** **4oz LS Tomato Juice****1/2c Pineapple**  |
| **MONDAY 7, 2022****Biscuit with****1 oz LS Country Gravy****1 oz Reduced fat Sausage Patty****1/2c Cooked Spinach****1/2c LS Black beans w/ 1/4 c onions****Orange**  | **TUESDAY 8, 2022****4oz Malt-O-Meal****1 oz Chia Seeds****1 oz LS Ham, 1Egg & 1oz Reduced Fat Cheese****Croissant****Apple** | **WEDNESDAY 9, 2022****8 oz Cinnamon Multigrain Oatmeal****1/4c Raisins****1/3c unsalted chopped pecans** **1 WW Toast with 1 tsp Margarine****½ Grapefruit** | **THURSDAY 10, 2022****Huevos Rancheros****with 1 Egg, 1 oz reduced fat Cheese & 1oz Chile****1 oz Reduced fat Sausage Link** **1 6-in WW tortilla** **5.5 oz LS V-8 Juice****1/2c Applesauce** | **FRIDAY 11, 2022****3/4c Cheerios** **1 sl French Toast****With 1 TBSP Syrup****2 sl. Bacon****1/2c Sliced Pears** |
| **MONDAY 14, 2022****1c Bran Flakes****½ 7 in Waffle with 1TBSP Syrup****1oz LS Lean Grilled Ham****1/2c Chilled Peaches** | **TUESDAY 15, 2022****4oz Malt-O-Meal****1oz Chia Seeds****English Muffin with****1 Egg, .5oz LF Cheese & 1 oz LF Reduced Fat Sausage****1oz Green Chile****3/4c Mixed Fruit** | **WEDNESDAY 16, 2022****1c Multigrain Oatmeal****1 Scrambled Eggs****1/2 c Red & Sweet Potatoes****1/2cPeppers & Onions****1 sl Canadian Bacon****Orange** | **THURSDAY 17, 2022****2 Pancakes with** **1 TBSP Syrup & 1 TBSP Margarine****1/2c Potatoes with 1/2c Peppers and onions****1 Apple**  | **FRIDAY 18, 2022****Breakfast Burrito****with 2 Scrambled Egg, 2 slices LS Bacon, 1 oz Reduced Fat Cheese, 1oz Chile** **and1/2c LS Hash browns****1 6-in WW tortilla** **5.5oz LS Tomato Juice****1/2c Pineapple** |
| **MONDAY 21, 2022****Biscuit with****1 oz LS Country Gravy****1 oz Reduced fat Sausage Patty****1/2c Cooked Spinach****1/2c LS Black beans w/ 1/4 c onions****Orange**  | **TUESDAY 22, 2022****4oz Malt-O-Meal****1 oz Chia Seeds****1 oz LS Ham, 1Egg & 1oz Reduced Fat Cheese****Croissant****Apple** | **WEDNESDAY 23, 2022****8 oz Cinnamon Multigrain Oatmeal****1/4c Raisins****1/3c unsalted chopped pecans** **1 WW Toast with 1 tsp Margarine****½ Grapefruit** | **Huevos Rancheros****with 1 Egg, 1 oz reduced fat Cheese & 1oz Chile****1 oz Reduced fat Sausage Link** **1 6-in WW tortilla** **5.5 oz LS V-8 Juice****1/2c Applesauce** | **FRIDAY 25, 2022****1c Cheerios** **1 sl French Toast****With 1 TBSP Syrup****2 sl. Bacon****1/2c Sliced Pears**  |
| **MONDAY 28, 2022****1c Bran Flakes****1 7 in Waffle with 1TBSP Syrup .5 TBSP Margarine****1oz LS Lean Grilled Ham****3/4c Chilled Peaches** | **TUESDAY 29, 2022****4oz Malt-O-Meal****1oz Chia Seeds****English Muffin with****1 Egg, .5oz LF Cheese & 1 oz LF Reduced Fat Sausage****1oz Green Chile****1c Mixed Fruit** | **WEDNESDAY 30, 2022****1c Multigrain Oatmeal****1 Scrambled Eggs****1/2 c Red & Sweet Potatoes****1/2cPeppers & Onions****1 sl Canadian Bacon****Orange** | **THURSDAY 31, 2022****2 Pancakes with** **1 TBSP Syrup & 1 TBSP Margarine****1/2c Potatoes with 1/2c Peppers and1/2c onions****1 Apple**  | **Friday April 1** **1c Cheerios** **1 sl French Toast****With 1 TBSP Syrup****1 TBSP Margarine****2 sl. Bacon****3/4c Sliced Pears** |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 450 or more | 672.4 | 599.5 | 631.8 | 599.5 | 685.4 |
| % Carbohydrates from Calories | 45-55% | 55.5 | 46.3 | 55.7 | 46.3 | 55.4 |
| % Protein from Calories | 15-25% | 18.1 | 17.8 | 17.6 | 17.8 | 15.1 |
| % Fat from Calories | 25-35% | 26.4 | 35.8 | 26.7 | 35.8 | 29.4 |
| Saturated Fat | less than 8g | 7.4 | 7.5 | 6.8 | 7.5 | 7.1 |
| Fiber | 10g or more | 10.4 | 10.0 | 10.0 | 10.0 | 10.0 |
| Vitamin B-12 | .8ug or more | 1.8 | 1.9 | 3.3 | 1.9 | 3.6 |
| Vitamin A | 300ug RAE or more | 383.3 | 310.5 | 413.7 | 310.5 | 539.1 |
| Vitamin C | 30mg or more | 89.1 | 38.9 | 93.2 | 38.9 | 52.5 |
| Iron | 2.6mg or more | 5.8 | 6.0 | 9.6 | 6.0 | 11.0 |
| Calcium | 400mg or more | 630.6 | 610.4 | 581.3 | 610.4 | 539.1 |
| Sodium | less than 766mg | 762.6 | 706.9 | 735.7 | 706.9 | 756.0 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the breakfast calorie level of 450 calories or more. 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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