|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Light Italian dressing used in analysis unless otherwise specified | **Bison Stew**  **(3 oz. Beef, 1 oz. Sauce,**  **1/4c Carrots, 1/4c Potato**  **1/4c Tomatoes, 1/4c Celery)**  **1c Tossed Salad w 2 TBSP Light Dressing**  **1 Wheat roll**  **1 Apple** | **Wednesday1,2023**  **Arroz Con Pollo**  **(3 oz. Chicken 1 oz. Sauce,**  **1/2c Rice)**  **1c Tossed Salad w/**  **2T Light Dressing**  **6 LS WW Crackers**  **1/2c Apple in Cobbler** | **Thursday 2, 2023**  **3oz. Mama's Meatloaf**  **1/2c Mashed Potatoes**  **1 oz. Low Sodium Gravy**  **1/2c Cauliflower**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 Wheat Roll**  **w/**  **1 tsp. Margarine**  **1/2c Tropical Fruit Salad** | **Friday 3, 2023**  **1c Pork Chile Stew**  **(3 oz. Pork, 2 oz. Green Chile, 1/2c Potato & Onion)**  **1/2c Green Beans**  **1 sl. Cornbread w/ 1tsp Margarine**  **1/2c Mandarin Oranges** |
| **Monday 6, 2023**  **1% Milk**  **Carne Con Papas Burrito**  **(3 oz. Beef, 1 oz. Cheese 2 oz. Red Chile, 1/2c Potato,**  **1 8in flour Tortilla)**  **1/2c cabbage w/ 1 tsp margarine**  **1c Plums** | **Tuesday 7, 2023**  **1% Milk**  **8oz Chicken Posole**  **(3 oz. Chicken, 1 oz Green Chile, 1/2c Hominy)**  **1c Zucchini w/ NAS Diced tomatoes**  **1 WW Roll**  **1/2c Diced Mango** | **Wednesday 8,2023**  **1% Milk**  **Breakfast**  **3 med. Eggs**  **1 Wheat Toast**  **1 tsp margarine,**  **1 oz. Reduced fat Sausage**  **1c Potatoes And Onions**  **1 orange** | **Thursday 9, 2023**  **1% Milk**  **4 oz. Adovada Pork Chop**  **(3oz Lean Pork chop, 2oz Red Chile Sauce)**  **1c Brown Rice w/ 1 tsp margarine**  **1/2c Broccoli**  **1/2c Red Bell Peppers**  **1 6in wheat Tortilla**  **1c Fruit Cocktail** | **Friday 10, 2023**  **1% Milk**  **Bison Stew**  **(3 oz. Beef, 1 oz. Sauce,**  **1/4c Carrots, 1/4c Potato**  **1/4c Tomatoes, 1/4c Celery)**  **1c Tossed Salad w 2 TBSP Light Dressing**  **1 Wheat roll**  **1 Apple** |
| **Monday 13, 2023**  **Chili Dog**  **(1/2 beef and pork Frank, 3 oz. lean Beef Chili (2oz beef, 1oz red chili),**  **1 Bun)**  **1c Coleslaw w/ 2 TBSP dressing**  **1/2c Peas & Carrots**  **1/2c Apricots** | **Tuesday 14 2023**  **3 oz. Chopped Beef Steak**  **1/2c Fresh Mashed Potatoes**  **1 oz. Low Sodium Gravy**  **1/2c Carrots**  **1/2c Okra**  **1 Wheat Roll**  **1/2c Pears** | **Wednesday 15, 2023**  **Cheese Enchiladas**  **( 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)**  **1/2c Pinto Beans**  **1/2c Cilantro-lime brown rice**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Fruit Salad** | **Thursday 16, 2023**  **3 oz. Beef & 1/2c Broccoli,**  **1 oz. Sauce**  **1/2c brown rice**  **1c Stir Fry Vegetables**  **1-Vegetables Egg Roll**  **1/2c Peaches** | **Friday17, 2023**  **4 oz. Chicken Adovada**  **1/2c Spanish Rice**  **1c Spinach w/ Mushrooms**  **1 6 in flour Tortilla**  **1/2 sl. Pineapple Upside-Down Cake** |
|  | **Tuesday 21, 2023**  **1% Milk**  **Chili Mac**  **(3 oz. Beef, 1 oz. Sauce,**  **1/2c Macaroni)**  **1c broccoli and cauliflower w/ 1 tsp margarine**  **1 Biscuit W/ 1 tsp. Margarine**  **1/2c Strawberries** | **Wednesday 22, 2023**  **Tuna Salad Sandwich**  **(4 oz. Tuna Salad, 2 sl. Wheat Bread, 1/2c lettuce, 2slices tomato)**  **1/2c Cucumber Coins**  **1/2c Cold Beets**  **1/2c Cantaloupe** | **Thursday 23, 2023**  **1% Milk**  **Lean Turkey burger**  **(4 oz. turkey, .5 oz. Swiss cheese, 1 WW Bun, 1/2c lettuce, 2 slices tomato)**  **1c coleslaw w/ 2 TBSP Dressing**  **1oz Tortilla chips**  **1/2c Mixed fruit** | **Friday 24, 2023**  **Chili & Beans**  **(.5oz. Cheese,**  **2 oz. Red Chile, 1c LS Pinto Beans)**  **1c Tossed Salad w/ 2 TBSP Light Dressing**  **1 sl. Cornbread w/ 1tsp margarine**  **1c berries in 1/2c SF Gelatin** |
| **Monday 27, 2023**  **Pork & Cabbage W/ Green Chile**  **(3 oz. very lean Pork, 2 oz. Green Chile, 1/2c Cabbage)**  **1/2c Corn**  **1 6in Tortilla**  **1/2c spiced Pears**  **4 squares of Cinnamon Graham crackers** | **Tuesday 28, 2023**  **Frito Pies**  **(3 oz. Beef, 1/2c Beans,**  **2oz Red Chile, 1 oz. Fritos, 1/2c Lettuce, Tomato &**  **1/4c Onion)**  **1/2 c chuckwagon corn**  **8 baby carrots**  **1c Watermelon** | **All Meals Served**  **with 8oz. 2% Milk**  **Menus subject to change without notice**  **Congregate Meal Serving Hour 11:00am - 12:00pm** |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **2** |
| Calories | 700 or more | 940.0 | 702.0 | 707.0 | 701.8 | 748.6 |
| % Carbohydrates from Calories | 45-55% | 55.4 | 49.9 | 53.3 | 45.1 | 49.1 |
| % Protein from Calories | 15-25% | 18.5 | 23.1 | 19.2 | 22.4 | 23.3 |
| % Fat from Calories | 25-35% | 26.1 | 27.0 | 27.5 | 32.5 | 27.6 |
| Saturated Fat | less than 8g | 7.8 | 7.9 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 11.8 | 11.2 | 11.3 | 11.7 | 12.8 |
| Vitamin B-12 | .8ug or more | 2.2 | 2.5 | 2.5 | 2.3 | 2.8 |
| Vitamin A | 300ug RAE or more | 513.6 | 441.3 | 622.4 | 443.8 | 528.8 |
| Vitamin C | 30mg or more | 107.7 | 66.1 | 33.2 | 49.4 | 44.8 |
| Iron | 2.6mg or more | 6.8 | 4.7 | 5.2 | 4.8 | 5.2 |
| Calcium | 400mg or more | 533.1 | 514.3 | 498.0 | 564.6 | 443.8 |
| Sodium | less than 766mg | 669.2 | 752.7 | 708.2 | 715.0 | 572.4 |

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***