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| 8 oz. 1% Low-Fat Milk Served With All Meals |  |  | **THURSDAY 1**BBQ Brisket on a Bun(3 oz. Beef, 1 oz. BBQ Sauce, 1 Bun)1 oz. Potato Chips1c Salad Bar w/ 2T Low Fat Dressing1 Peanut Butter Cookie1 Apple | **FRIDAY 2**Baked Potato Bar(1 oz. Ham, 1 oz. Bacon, 1T Chives, 1T Sour Cream, 1 oz. Cheddar Cheese, 1 Potato)1c Salad Bar w/ 2T Low Fat Dressing 1 Roll w/ 1 tsp. Margarine1 Fruit Bar1/2c Peaches |
| **MONDAY 5**4 oz. Tuna Salad on 2 sl. W/W Bread1/2c 3 Bean Salad1c Pasta Salad w/ Veggies(1/2c Pasta, 1/2c Veggies)1 Chocolate Chip Cookie | **TUESDAY 6**4 oz. Beef Tips over 1/2c Egg Noodles1c Salad Bar w/ 2T Low Fat Dressing 1 WW Roll w/ 1 tsp. Margarine1 Cup Cake W/Frosting | **WEDNESDAY 7**3 oz. Breaded Chicken Breast1 oz. Pepper Gravy1c Mashed Potatoes1/2c Brussel Sprouts1 Roll w/ 1 tsp. Margarine1/2c Applesauce | **THURSDAY 8**Split Pea and Ham Soup(1c Split Peas, 1 oz. Sauce, 2 oz. Low Sodium Ham)1c Salad Bar w/ 2T Low Fat Dressing 1 Breadstick w/ 1 tsp. Margarine1/2c Mandarin Oranges | **FRIDAY 9**3 oz. Salisbury Steak1/2c Scalloped Potatoes1 oz. Low Sodium Brown Gravy1/2c Winter Blend Vegetables1/2c Pears W/1/2c Cottage Cheese |
| **MONDAY 12**3oz. Sweet n Sour Pork over 1c Rice 1c Oriental Vegetables1 Pork Egg Roll1/2c Pineapples | **TUESDAY 13**3 oz. Cod Loin W/Dill1/2c Roasted Potatoes2T Tartar Sauce1/2c Broccoli Salad1 Roll w/ 1 tsp. Margarine1/2c Apricots | **WEDNESDAY 14**Beef Stew(3 oz. Beef, 1 oz. Sauce, 1/2c Potato & Carrot)1 Biscuit w/ 1 tsp. Margarine1c Salad Bar w/ 2T Low Fat Dressing 1/2c Fruit Cocktail | **THURSDAY 15**3 oz. Grilled Chicken Breast1c Rice Pilaf1c 5 Way Mixed Vegetables1 Roll w/ 1 tsp. Margarine1 Danish | **FRIDAY 16**Frito Pie (2oz. Beef, 1 oz. Green Chile, 1c Pinto Beans, 1/2c Lettuce Tomato Onion, 1 oz. Fritos)1 Cupcake |
| **MONDAY 19**3 oz. Chicken Fried Steak1/2c Au Gratin Potatoes1/2c California Blend Vegetables1 oz. Country Pepper Gravy1 WW Roll w/ 1 tsp. Margarine1 Fresh Apple | **TUESDAY 20**Chicken Enchiladas(3 oz. Chicken, 1 oz. Cheese, 1/4c Green Chile, 2 Corn Tortillas)1/2c Calabacitas1/2c Refried Beans1/2c Rice Pudding | **WEDNESDAY 21**3 oz. Catfish1 oz. Hushpuppies1c Broccoli Normandy1 Roll w/ 1 tsp. Margarine2T Tartar Sauce1/2c Vanilla Pudding | **THURSDAY 22**Sausage Lasagna(2 oz. Low Sodium Sausage, 1 oz. Cheese, 1 oz. Sauce, 1/2c Noodles)1 Breadstick w/ 1 tsp. Margarine1c Italian Vegetables1/2c LF Ice Cream1/2c Oranges | **FRIDAY 23**4 oz. Meatloaf1c Mashed Potatoes1 oz. Low Sodium Brown Gravy1/2c Peas and Carrots1 Roll w/ 1 tsp. Margarine1/2c Cinnamon Applesauce |
| **MONDAY 26**Chicken & Dumplings(3 oz. Chicken, 1 oz. Sauce, 1/2c Dumplings)1c Salad Bar w/ 2T Low Fat Dressing 1/2c Peaches W/1/2c Cottage Cheese | **TUESDAY 27**Red Chile Beef Enchiladas(2 oz. Beef, 1oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas)1/2c Mexican Rice1c Salsa Corn1/2c Tapioca Pudding | **WEDNESDAY 28**3 oz. Low Sodium Bratwurst1/2c Sauerkraut1/2c Carrots1c Wild Rice1 Wheat Roll w/ 1 tsp. Margarine1/2c Tropical Fruit Cocktail | **THURSDAY 29**3 oz. Tilapia1/2c Oven Roasted Potatoes2T Tartar Sauce1/2c Green Beans1 Roll w/ 1 tsp. Margarine1/2c Spiced Apples | **FRIDAY 30**Green Chile Cheeseburger Lettuce (3 oz. Beef, 1 oz. Green Chile, 1oz. Cheese, 1/2c Tomato, Lettuce, Onion, Pickles, 1 Bun)1 oz. Potato Chips1/2c Coleslaw1/2c Jell-o W/ Topping |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 778.9 | 763.8 | 735.9 | 745.7 | 771.3 |
| % Carbohydrates from Calories | 45-55% | 54.6% | 49.4% | 50.4% | 51.1% | 51.3% |
| % Protein from Calories | 15-25% | 18.3% | 21.8% | 23.2% | 22.1% | 23.4% |
| % Fat from Calories | 25-35% | 27.1% | 28.8% | 26.4% | 26.8% | 25.2% |
| Saturated Fat | less than 8g | 7.2g | 6.6g | 6.4g | 7g | 6.5g |
| Fiber | 10g or more | 11g | 12.7g | 12g | 13.2g | 10.1g |
| Vitamin B-12 | .8ug or more | 2ug | 2.3ug | 2.1ug | 2.2ug | 2.5ug |
| Vitamin A | 300ug RAE or more | 751.4ug | 533.3ug | 754.3ug | 590.9ug | 673.9ug |
| Vitamin C | 30mg or more | 48.9mg | 49mg | 71.5mg | 52.8mg | 85.6mg |
| Iron | 2.6mg or more | 5.3mg | 5.7mg | 5.5mg | 4.8mg | 5.4mg |
| Calcium | 400mg or more | 544.9mg | 440.8mg | 476.3mg | 528.8mg | 558.2mg |
| Sodium | less than 766mg | 737.9mg | 702.5mg | 507.4mg | 699.7mg | 739mg |

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.

 Jennifer Pas RD, LD