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| --- | --- | --- | --- | --- |
| **8 oz. 2% Low Fat Milk Served With All Meals** |  |  |  |  **Friday 1, 2021****CLOSED HAPPY NEW YEAR** |
| **Monday 4, 2021****3oz Pork Cutlets****½ c Mashed Potatoes w/ ¼c Gravy****1 c Chuck Wagon Corn****1 ea. WW Roll****½ c Fruit Cocktail** | **Tuesday 5,2021****3 oz Hamburger Steak w/ ¼ c Gravy****½ c Brown Rice****1 c Green Beans w/Onions****1 ea. WW Roll****¾ c Bananas/Mandarin Oranges** | **Wednesday 6, 2021****1c (3oz Pork) Posole****1 c Capri Vegetables****6 ea. Crackers****¾ c Fruit Compote** | **Thursday 7, 2021****3oz Oven Fried Chicken****½ c Parsley Potatoes****½ c Winter Blend Vegetables****½ c Tossed Salad****1 ea. WW Roll****½ c Strawberries** | **Friday 8, 2021****2oz Green Chile, 1sl Cheese, (3oz burger),**  **1 Bun****½ c Lettuce/Tomato/****¼ c Pickle/ ¼ c Onion****10ea. French Fries****1 ea. Pound Cake w/ ¼ c Cherries** |
| **Monday 11, 2021****1 c Goulash (3oz Beef)****1 c Zucchini & Yellow Squash****1 ea. WW Roll****¾ c Fruit Compote** | **Tuesday 12, 2021****3oz Baked Chicken****½ c Mashed Potatoes w/ ¼ c Gravy****1 c Spinach****1 ea. WW Roll****¾ c Assorted Fruit** | **Wednesday 13, 2021****¾ c Red(3oz Beef) Enchilada Casserole****½ c Pinto Beans****½ c Tossed Salad****6ea. Crackers****½ c Mandarin Oranges** | **Thursday 14, 2021****3oz Baked Fish****½ c White Rice****¾ c California Blend Vegetables****½ c Tossed Salad****1 ea. WW Roll****1 ea. Pound Cake w/**  **¼ c Fruit****1 Tbsp. Topping** | **Friday 15, 2021****(3oz Beef)French Dip, 1 Hoagie Bun Sandwich w/****¼ c Ajus****½ c Carrots****3 ea. Potato Wedges****½ c Tossed Salad****½ c Sliced Peaches** |
| **Monday 18, 2021****CLOSED FOR MLK DAY** | **Tuesday 19, 2021****3oz Pork Chop (1oz Bell Pepper,1oz Mushroom, 1oz Tomato) Sauce Italiano)****½ c Noodles****¾ c California Blend Vegetables****1 ea. WW Roll****¾ c Apricots** | **Wednesday 20, 2021****¼ c Sauce, Smothered (3oz Beef) 1oz Potato, 1oz Onion) 1-8’’ Tortilla, Burrito****½ c Pinto Beans****½ c Tossed Salad****¾ c Peaches & Mandarin Oranges** | **Thursday 21, 2021****3oz Baked Ham****½ c Sweet Potatoes****½ c Peas & Carrots****½ c Tossed Salad w/**  **1 Tbsp. Dressing****1 ea. WW Roll****¾ c Sliced Apples w/Cinnamon** | **Friday 22, 2021****3oz Chicken Salad, 2 sl WW Bread, Sandwich****¼ c Lettuce/ ¼ c Tomato****½ c Carrots & Raisin Salad****½ c Strawberries** |
| **Monday 25, 2021****½ c Spaghetti and**  **3-1oz Meatballs****1 c Mix Vegetables****1 ea. Garlic Bread****½ c Plums** | **Tuesday 26, 2021****3oz Chicken w/ ¼ c Mushroom Gravy****½ c Brown Rice****1 c Green Beans with Onions****1 ea. WW Roll****¾ c Pears & Peaches** | **Wednesday 27, 2021****1 c Green Chile (3oz Pork) Stew****½ c Pinto Beans****½ c Tossed Salad w/**  **1Tbsp Dressing****1-6’’ Tortilla****½ c Orange Jell-O w/** **½ c Apples** | **Thursday 28, 2021****3oz Meat Loaf****(1 oz Onion,1 oz Bell Pepper)****½ c Mashed Potatoes w/ ¼ c Gravy****¾ c Chuck Wagon Corn****1 ea. WW Roll****½ c Fruit Cocktail** | **Friday 29, 2021****3oz Tuna, 2 Sl WW Bread Sandwich****¼ c Lettuce/ ¼Tomato****½ c Coleslaw****¾ c Tropical Fruit****1 ea. Peanut Butter Cookie** |

***Nutrient Table***

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| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 |
|  |  | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** |
| Calories | 700 or more | 714.1 | 747.6 | 752.7 | 735.9 |
| % Carbohydrates from Calories | 45-55% | 50.8% | 48.9% | 48.3% | 50.7% |
| % Protein from Calories | 15-25% | 24.1% | 24.8% | 23.2% | 22.5% |
| % Fat from Calories | 25-35% | 25% | 26.2% | 28.4% | 26.6% |
| Saturated Fat | less than 8g | 7.6g | 7.4g | 7.2g | 7.5mg |
| Fiber | 10g or more | 11.2g | 13.5g | 13.1g | 11.1mg |
| Vitamin B-12 | .8ug or more | 2.7ug | 3.2ug | 2.3ug | 2.7ug |
| Vitamin A | 300ug RAE or more | 424.9ug | 915.5mg | 957.9ug | 516.7ug |
| Vitamin C | 30mg or more | 113.3mg | 82.7mg | 87.7mg | 40.4mg |
| Iron | 2.6mg or more | 6.4mg | 7.1mg | 5.6mg | 5.5mg |
| Calcium | 400mg or more | 488.1mg | 529mg | 457.9mg | 423.1mg |
| Sodium | less than 766mg | 633mg | 557.6mg | 728mg | 601.6mg |

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