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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