|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **8 oz-2% Milk Served With Meals**  **Occasionally We Must**  **Substitute Food Items**  **We Are Sorry For The**  **Inconvenience** |  |  |  | **Friday 1, 2021**  **SENIOR CENTER CLOSED**  **NEW YEARS DAY** |
| **Monday 4, 2021**  **Chili Cheese Dog**  **(1 oz. Frank, 2 oz. Beef Red Chili, 1 oz. Cheese, 1 Bun)**  **1 oz. Corn Chips**  **1/2c Baby Carrot**  **1/2c Green Beans**  **1/2c Sliced Apples** | **Tuesday 5, 2021**  **4 oz. Swedish Meat Ball**  **1/2c Egg Noodle**  **1c Lime Beans & Corn**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1/2c Pears** | **Wednesday 6, 2021**  **3 oz. Chicken Nuggets**  **1 oz. BBQ Sauce**  **1/2c Beets**  **1/2c Mixed Vegetable**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1/2c Peaches** | **Thursday 7, 2021**  **Meat & Bean Burrito**  **(3 oz. Beef, 1 oz Red Chile,**  **1/2c Beans, 1 Tortilla)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Spanish Rice**  **1/2c Apple Sauce** | **Friday 8, 2021**  **Clam Chowder**  **(3 oz. Clams)**  **1/2c Brussel Sprout**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **6 Crackers**  **1/2c SF Pudding** |
| **Monday 11, 2021**  **3 oz. BBQ Chicken**  **1/2c Stuffing**  **1c Green Beans w/Onions**  **1 Sl. Bread w/ 1 tsp. Margarine 1/2c Applesauce** | **Tuesday 12, 2021**  **Ham & Cheese Sandwich**  **(2 oz. Low Sodium Ham,**  **1 oz. Cheese, 2 sl. Bread)**  **1 1/2c Tomato Soup**  **1 oz. Potato Chips**  **1 Brownie**  **1/2c Kiwi** | **Wednesday 13, 2021**  **Red Chile Cheese Enchiladas**  **(2 oz. Cheese, 1 oz. Red Chile,**  **2 Corn Tortillas)**  **1/2c Pinto Beans**  **1c Lettuce & Tomato**  **1/2c Spinach Rice**  **1/2c Grapes** | **Thursday 14, 2021**  **Spinach Quiche**  **(3 med. Eggs, 1/4c Spinach)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Corn**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1/2c Baked Apples** | **Friday 15, 2021**  **3 oz. Fish Stick w/**  **2T Tartar Sauce**  **1/2c Wild Rice**  **1/2c Coleslaw**  **1/2c Green Beans**  **1/2c SF Pudding** |
| **Monday 18, 2021**  **SENIOR CENTER CLOSED**  **MARTIN LUTHER KING**  **BIRTHDAY** | **Tuesday 19, 2021**  **3 oz. Baked Chicken Wings**  **1/2c Potato Salad**  **1/2c Carrots Stix w/**  **2T LF Ranch**  **1 Bread Stix w/**  **1 tsp. Margarine**  **1/2c SF Pudding** | **Wednesday 20, 2021**  **3 oz. Beef Pattie w/ 1/4c Onions**  **1/2c Mashed Potato w/**  **1 oz Low Sodium Gravy**  **1c Country Blend**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1c Apricots** | **Thursday 21, 2021**  **BBQ Ribs Sandwich**  **(3 oz. Pork, 1 oz. BBQ Sauce,**  **1 Bun)**  **1c Chuck Wagon Blend**  **1/2c Baked Beans**  **1/2c Baked Apples** | **Friday 22, 2021**  **Crab Salad Sandwich**  **(3 oz. Crab Salad, 1/2c Lettuce & Tomato, 1 Bun)**  **1/2c Cucumber Salad**  **1 oz. Potato Chips**  **1c Pears** |
| **Monday 25, 2021**  **Chile Macaroni**  **(3 oz. Beef, 1 oz Red Chile,**  **1/2c Macaroni)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Mixed Vegetable**  **1 Sl. Bread w/ 1 tsp. Margarine 1/2c Plums** | **Tuesday 26, 2021**  **Frito Pie**  **(3 oz. Beef, 1 oz Red Chile,**  **1 oz. Fritos)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Baby Carrots**  **1/2c Applesauce** | **Wednesday 27, 2021**  **4 oz. Pork Carne Adovada**  **1c Yellow Squash w/Onion**  **1/2c Spanish Rice**  **1 Flour Tortilla**  **1/2c Fruit Cocktail** | **Thursday 28, 2021**  **Chicken A La King**  **(3 oz. Chicken, 1oz. Sauce,**  **1/2c Veggies)**  **1/2c Steam Rice**  **1/2c Cauliflower**  **1 Sl. Bread w/ 1 tsp. Margarine 1/2c Peach Crisp** | **Friday 29, 2021**  **Lamb Stew**  **(3 oz. Lamb, 1/2c Potatoes & Carrots, 1 oz. Sauce)**  **1 Biscuit 1 tsp. Margarine**  **1c Squash & Zucchini**  **1/2c Fruit Salad** |

***Nutrient Table***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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 | 757.5 | 708.3 | 775.8 | 746.1 |
| % Carbohydrates from Calories | 45-55% | 49.6% | 51.6% | 52% | 49.6% |
| % Protein from Calories | 15-25% | 23% | 20.1% | 21% | 21% |
| % Fat from Calories | 25-35% | 27.3% | 28.4% | 27% | 29.4% |
| Saturated Fat | less than 8g | 6.8g | 6.2g | 5.6g | 6.8g |
| Fiber | 10g or more | 11.9g | 10.6g | 14.8g | 11g |
| Vitamin B-12 | .8ug or more | 5.9ug | 1.8ug | 2.5ug | 2.6ug |
| Vitamin A | 300ug RAE or more | 630.7ug | 611.9ug | 700.9ug | 748.6ug |
| Vitamin C | 30mg or more | 57.4mg | 48.5mg | 30.1mg | 69mg |
| Iron | 2.6mg or more | 6.3mg | 4.5mg | 5.4mg | 5.7mg |
| Calcium | 400mg or more | 476.3mg | 584.3mg | 449.6mg | 406.1mg |
| Sodium | less than 766mg | 658.7mg | 723.1mg | 662mg | 545.7mg |

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