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| --- | --- | --- | --- | --- |
|  | **TUESDAY 1, 2021****1c Malt-O-Meal****1 oz. Low Sodium Ham****2 oz. Egg****1 oz. Cheese****1 Whole Croissant** **1 Apple** | **WEDNESDAY 2, 2021****1c Cinnamon Oatmeal****1/4c Raisins****1 sl. Toast****1 tsp. Margarine****½ Grapefruit** | **THURSDAY 3, 2021****Huevos Rancheros****with 3 oz. Egg, 1 oz. Cheese,**  **1 oz. Green Chile & 1 Large Tortilla****1 oz. Sausage Link****1c V-8 Juice****1/2c Applesauce** | **FRIDAY 4, 2021****1c Cheerios****2 sl. French Toast****1 oz. Syrup****1 oz. Bacon****1/2c Sliced Pears** |
| **MONDAY 7, 2021****1c Bran Flakes****2 sl. Waffles****1 oz. Syrup****2 oz. Low Sodium Grilled Ham****1/2c Chilled Peaches** | **TUESDAY 8, 2021****1c Malt-O-Meal****1 English Muffin with****2 oz. Scrambled Egg w/ 1 oz. Cheese, 1 oz. Green Chile****1 oz. Sausage Patty** **1/2c Mixed Fruit** | **WEDNESDAY 9, 2021****1c Oatmeal****1 oz. Scrambled Eggs****1c Potatoes & Peppers****1 oz. Canadian Bacon****4 oz. Orange Juice** | **THURSDAY 10, 2021****2 Pancakes****1 oz. Syrup &** **1 tsp. Margarine****1c Potatoes w/ Peppers****1/2c Apple Juice****1 Apple** | **FRIDAY 11, 2021****Breakfast Burrito****With 2 oz. Egg, 1 oz. Bacon, 1 oz. Cheese, 1 oz. Green Chile, 1/2c Hash browns, 1 Large Tortilla****1c Tomato Juice****1/2c Pineapple** |
| **MONDAY 14, 2021****1 Whole Biscuit****2 oz. Country Gravy****1 oz. Sausage Patty****1 Orange** | **TUESDAY 15, 2021****1c Malt-O-Meal****1 oz. Low Sodium Ham****2 oz. Egg****1 oz. Cheese****1 Whole Croissant** **1c Potatoes & Peppers****1 Apple** | **WEDNESDAY 16, 2021****1c Cinnamon Oatmeal****1/4c Raisins****1 sl. Toast****1 tsp. Margarine****½ Grapefruit** | **THURSDAY 17, 2021****Huevos Rancheros****with 3 oz. Egg, 1 oz. Cheese,** **1 oz. Green Chile& 1 Large Tortilla****1 oz. Sausage Link****1c V-8 Juice****1/2c Applesauce** | **FRIDAY 18, 2021****1c Cheerios****2 sl. French Toast****1 oz. Syrup****1 oz. Bacon****1/2c Sliced Pears** |
| **MONDAY 21, 2021****1c Bran Flakes****2 sl. Waffles****1 oz. Syrup****2 oz. Low Sodium Grilled Ham****1/2c Chilled Peaches** | **TUESDAY 22, 2021****1c Malt-O-Meal****1 English Muffin with****2 oz. Scrambled Egg w/ 1 oz. Cheese, 1 oz. Green Chile****1 oz. Sausage Patty** **1/2c Mixed Fruit** | **WEDNESDAY 23, 2021****1c Oatmeal****1 oz. Scrambled Eggs****1c Potatoes & Peppers****1 oz. Canadian Bacon****4 oz. Orange Juice** | **THURSDAY 24, 2021****2 Pancakes****1 oz. Syrup &** **1 tsp. Margarine****1c Potatoes w/ Peppers****1/2c Apple Juice****1 Apple** | **FRIDAY 25, 2021****Breakfast Burrito****With 2 oz. Egg, 1 oz. Bacon, 1 oz. Cheese, 1 oz. Green Chile, 1/2c Hash Browns, 1 Large Tortilla****1c Tomato Juice****1/2c Pineapple** |
| **MONDAY 28, 2021****1 Whole Biscuit****2 oz. Country Gravy****1 oz. Sausage Patty****1c Potatoes & Peppers****1 Orange** | **TUESDAY 29, 2021****1c Malt-O-Meal****1 oz. Low Sodium Ham****2 oz. Egg****1 oz. Cheese****1 Whole Croissant****1c Potatoes & Peppers** **1 Apple** | **WEDNESDAY 30, 2021****1c Cinnamon Oatmeal****1/4c Raisins****1 sl. Toast****1 tsp. Margarine****½ Grapefruit** |  | **All Meals Served With 8 oz.****2% Low-Fat Milk** |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Breakfast Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 450 or more | 801 | 627.1 | 699.7 | 627.1 | 665.9 |
| % Carbohydrates from Calories | 45-55% | 54.2% | 55.6% | 54.8% | 55.6% | 54.5% |
| % Protein from Calories | 15-25% | 17.5% | 17.8% | 15% | 17.8% | 16.3% |
| % Fat from Calories | 25-35% | 28.3% | 26.5% | 30.2% | 26.5% | 29.1% |
| Saturated Fat | less than 8g | 6g | 5.6g | 5.2g | 5.6g | 5.1g |
| Fiber | 10g or more | 10.5g | 12.1g | 11g | 12.1g | 10.3g |
| Vitamin B-12 | .8ug or more | 2.3ug | 3.1ug | 5ug | 3.1ug | 5.5ug |
| Vitamin A | 300ug RAE or more | 445ug | 545.9ug | 400.1ug | 545.9ug | 481.2ug |
| Vitamin C | 30mg or more | 168.4mg | 79.2mg | 124.9mg | 79.2mg | 159.8mg |
| Iron | 2.6mg or more | 8.3mg | 11.8mg | 10.7mg | 11.8mg | 12.7mg |
| Calcium | 400mg or more | 465.8mg | 465.7mg | 479.3mg | 465.7mg | 473.8mg |
| Sodium | less than 766mg | 749.8mg | 715.5mg | 744.9mg | 715.5mg | 772.5mg |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the breakfast calorie level of 450. 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