|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **All Meals Served With 8 oz.**  **1% Low-Fat Milk** |  |  | **Thursday 1,2021**  **Fideos Carne (3oz Beef, 1oz Sauce & 3/4c Noodles)**  **1/2c Salad W/ 2T Dressing**  **1/2c Mix Vegs.**  **1 Flour Tortilla w/**  **1 tsp. Margarine**  **1/2c Orange Pineapple Mix** | **Friday 2, 2021**  **Closed** |
| **Monday 5, 2021**  **Chicken Spaghetti W/**  **(3oz Chicken In 1 oz. Sauce & 1c Noodles)**  **1/2c Beets**  **1/2c Green Beans**  **1sl Garlic Bread**  **1/2c Peach Crisp** | **Tuesday 6, 2021**  **3oz Baked Ham**  **1/2c Sweet Potatoes**  **1c Broccoli**  **1 WW Roll W/ 1 tsp Margarine**  **1/2c Pineapple** | **Wednesday 7, 2021**  **3oz Steak & Stuff W 1oz Peppers**  **1/2c Potato Wedges**  **1/2c Spinach**  **1 WW Roll W/ 1tsp Margarine**  **1/2c Tropical Fruit** | **Thursday 8, 2021**  **3oz Chicken Fajita W/**  **1/4c Peppers & Onions**  **1 Flour Tortilla**  **1/2c Pinto Beans**  **1/2c Tossed Salad W/**  **2T LF Dressing**  **1 Oatmeal Cookie** | **Friday 9, 2021**  **Sweet & Sour Meatballs**  **(3oz Beef, 1oz Sauce**  **1/2c Rice)**  **1/2c Oriental Vegetables**  **1/2c Buttered Cabbage**  **1 WW Roll W/ 1tsp Margarine**  **1/2c Apricots** |
| **Monday 12, 2021 Navajo Taco**  **(1oz. Fry Bread, 2oz Beef, & 1oz Cheese W/ 1c Lettuce & Tomato)**  **1/2c Pinto Beans**  **1/2c Squash**  **1 Lemon Bar** | **Tuesday 13, 2021**  **3oz Marinated Chicken**  **1/2c Wild Rice**  **1/2c Cauliflower**  **1/2c Beets**  **1sl Garlic Bread**  **1/2c Apricot** | **Wednesday 14, 2021**  **3 oz Trailblazer/ Au Jus**  **(3 oz Beef, 1 oz. Cheese, 1 Bun)**  **1/2c Ranch Beans**  **1/2c California Vegetables**  **1 WW Roll W/ 1 tsp Margarine**  **1/2c Pears** | **Thursday 15, 2021**  **3oz Chicken & 1/2c Noodle**  **1/2c Broccoli**  **1/2c Salad W 2T LF Dressing**  **1 Biscuit w/ 1tsp Margarine**  **1/2c Plums** | **Friday 16, 2021**  **3oz Meatloaf**  **1/2c Parsley Potatoes**  **1/2c Spinach**  **1 WW Roll w/ 1 tsp. Margarine 1/2c Peach Cobbler** |
| **Monday 19, 2021**  **3oz Chicken Strips**  **1c Mashed Potatoes W/**  **1 oz. Low Sodium Gravy**  **1/2c Green Beans**  **1 WW Roll W/ 1tsp Margarine**  **1/2c Peaches** | **Tuesday 20, 2021**  **3oz Beef Tip In 1 oz. Sauce**  **1/2c Egg Noodles**  **1/2c Carrots**  **1/2c Salad W 2T LF Dressing**  **1 WW Roll W/ 1tsp Margarine**  **1/2c Pears** | **Wednesday 21, 2021**  **3oz Pork Chop**  **1/2c Stuffing W/**  **1 oz. Low Sodium Gravy**  **1/2c Cauliflower**  **1/2c Salad W 1tsp Dressing**  **1/2c Apricots** | **Thursday 22, 2021**  **Red Chile Cheese Enchilada (3oz Cheese, 1/4c Chile &**  **1 Corn Tortilla)**  **1/2c Pinto Beans**  **1/2c Squash**  **1sl Cake** | **Friday 23, 2021**  **3oz Italian Baked Chicken**  **1/2c Brown Rice**  **1c Mixed Vegetables**  **1/2c Buttered Cabbage**  **1sl Garlic Bread**  **1/2c Chocolate**  **Pudding** |
| **Monday 26, 2021**  **2 Chicken Tacos (2 oz. Chicken & 1 oz. Cheese &**  **2 Corn Tortillas, 1tsp. Salsa, 1/2c Lettuce & Tomato)**  **1/2c Pinto Beans**  **1/2c Squash**  **1 Sugar Cookie** | **Tuesday 27, 2021**  **3oz Fish**  **1/2c Macaroni & Cheese**  **1/2c Spinach**  **1/2c Broccoli**  **1sl Cornbread w/**  **1tsp Margarine**  **1/2c Plums** | **Wednesday 28, 2021**  **Tater Tot Casserole**  **(3oz Beef In 1 oz. Sauce & 1/2c Tots, 1/2c California Vegetables)**  **1/2c Beets**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Pears** | **Thursday 29, 2021**  **Hot Ham Sandwich (2oz Low Sodium Ham,**  **1oz Cheese & 1 Bun)**  **1/2c Potato Wedges 1/2c Salad w/ 2T LF Dressing**  **1/2c Peach Cobbler** | **Friday 30, 2021**  **3oz Baked Chicken 1 oz Alfredo Sauce**  **1/2c Noodles**  **1/2c Oriental Vegetables**  **1/2c Carrots**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Oranges in 1/2c Jell-O** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 773.3 | 707.7 | 811.2 | 712.6 | 840.2 |
| % Carbohydrates from Calories | 45-55% | 48.4% | 49% | 50% | 47.8% | 50.7% |
| % Protein from Calories | 15-25% | 23.5% | 24.5% | 24.8% | 23.7% | 22.7% |
| % Fat from Calories | 25-35% | 28.2% | 26.5% | 25.2% | 28.5% | 26.6% |
| Saturated Fat | less than 8g | 7.2g | 5.9g | 7.4g | 7.4g | 7.8g |
| Fiber | 10g or more | 10.1g | 11.4g | 13.7g | 10.8g | 13.9g |
| Vitamin B-12 | .8ug or more | 3.6ug | 2.2ug | 2.7ug | 1.8ug | 2.2ug |
| Vitamin A | 300ug RAE or more | 697.8ug | 581.7ug | 583.9ug | 607.7ug | 724.8ug |
| Vitamin C | 30mg or more | 53.8mg | 64.8mg | 37.8mg | 45.2mg | 53.2mg |
| Iron | 2.6mg or more | 7.7mg | 6.3mg | 7.3mg | 4.6mg | 6.3mg |
| Calcium | 400mg or more | 436.5mg | 453.1mg | 585.3mg | 574.9mg | 677.9mg |
| Sodium | less than 766mg | 524.1mg | 654.8mg | 608.6mg | 578mg | 756.9mg |

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