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|  | **DECEMBER 1** Green Chile Pork Stew(3 oz. Pork, 1/4c Green Chile, 1/2c Potatoes & Onions)1/2c Calabacitas1 sl. Cornbread1/2c Peaches | **DECEMBER 2** 3 oz. Meatballs1/2c Beefy Noodles1c Salad w/ 2T Low Fat Dressing1 Roll w/ 1 tsp. Margarine1/2c LF Pudding | **DECEMBER 3**3 oz. Baked Pork Chop1/2c Rice Pilaf1c Spinach & Onions1 Roll w/ 1 tsp. Margarine1 Orange | **DECEMBER 4** Chicken Corn Casserole(3 oz Chicken, 1 oz. Sauce, 1/2c Corn)1/2c Pinto Beans1/2c Spinach1 Tortilla1/2c Fruit Salad |
| **DECEMBER 7** Breakfast Quiche(3 med. Eggs, 1 oz. Cheese)1 Bagel1 oz. Low Sodium Sausage1c Potatoes & Peppers1/2c Berries | **DECEMBER 8** 3 oz. Mandarin Chicken1/2c Rice Pilaf1c Stir Fry Vegetables1 Banana | **DECEMBER 9** Pork Tamale(3 oz. Pork, 1/4c Red Chile, 1/2c Masa)1/2c Roasted Corn 1/2c Black Beans1 oz. Corn Chips1 Apple | **DECEMBER 10** Ruben Sandwich(3 oz. Corned Beef, 1/4c Cabbage, 2 sl. Bread)1c Mediterranean Vegetables1 oz. Sun Chips1/2c SF Jell-O | **DECEMBER 11** 3 oz. Beef & 1/2c Cabbage1/2c Parsley Potatoes1/2c Beets1 Roll w/ 1 tsp. Margarine1/2c 1% Cottage Cheese |
| **DECEMBER 14** 3 oz. Pork Butt Roast1/2c Yams1/2c Lima Beans1 Roll w/ 1 tsp. Margarine1 Oatmeal Cookie | **DECEMBER 15** Smothered Bean & Cheese Burrito(1/2c Beans, 1 oz. Cheese, 1/4c Red Chile, 1 Tortilla)1/2c Rice1c Salad w/ 2T Low Fat Dressing1 Orange | **DECEMBER 16** Goulash(3 oz. Beef, 1 oz. Sauce, 1/2c Pasta)1c Chuckwagon Vegetables1 sl. Texas Toast1/2c Cherries in 1/4c Cobbler | **DECEMBER 17** 3 oz. Low Sodium Bratwurst & 1/2c Sauerkraut1/2c French Style Green Beans1 Roll w/ 1 tsp. Margarine1 sl. Cake | **DECEMBER 18** 1c Clam Chowder(3 oz. Clams, 5oz. Sauce)6 Crackers1/2c Coleslaw1/2c Carrots1 Roll w/ 1 tsp. Margarine1 Banana  |
| **DECEMBER 21** Broccoli Chicken(3 oz. Chicken, 1 oz. Sauce, 1/2c Broccoli)1/2c Peas & Pearl Onions1 sl. Cornbread1/2c Peaches  | **DECEMBER 22** 3 oz. Chicken Strips1 oz. Sauce1/2c Scalloped Potatoes1/2c Carrots1 Roll w/ 1 tsp. Margarine1 Banana  | **DECEMBER 23** 3 oz. Salisbury Steak1/2c Mashed Potatoes1 oz. Low Sodium Gravy1/2c Peas & Carrots1 Roll w/ 1 tsp. Margarine1 Oatmeal Cookie1/2c Pineapple | **DECEMBER 24** **HOLIDAY** | **DECEMBER 25** **HOLIDAY** |
| **DECEMBER 28** Santa Fe Chicken(3 oz. Chicken, 1/2c Green Chile & Tomato)1/2c Rice1/2c Zucchini & Onion1 sl. Cornbread1 Sugar Cookie | **DECEMBER 29** Sloppy Joe(3 oz. Beef, 1 oz. Sauce, 1 Bun)1/2c Potato Wedges1/2c 5 Way Vegetables1/2c Applesauce | **DECEMBER 30**Beef Stew(3 oz. Beef, 1 oz Sauce, 1/2c Potatoes & Carrots)1c Salad w/ 2T Low Fat Dressing1 sl. Cornbread1 Orange | **DECEMBER 31** 3 oz. Smothered Shredded Pork1/2c Mashed Potatoes1c Salad w/ 2T Low Fat Dressing1 Roll w/ 1 tsp. Margarine1 Apple | **All Meals Served With** **1c 2% Low-Fat Milk** |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch 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:****3** | **Days in Week:****4** |
| Calories | 700 or more | 734.1 | 744.4 | 711.9 | 713.5 | 724.2 |
| % Carbohydrates from Calories | 45-55% | 48.8% | 52.4% | 51.4% | 46.7% | 49.9% |
| % Protein from Calories | 15-25% | 24.2% | 22.3% | 18.7% | 24.7% | 22.3% |
| % Fat from Calories | 25-35% | 27% | 25.3% | 29.9% | 28.6% | 27.8% |
| Saturated Fat | less than 8g | 6g | 6.2g | 6.5g | 6.1g | 6g |
| Fiber | 10g or more | 11.8g | 12.6g | 11.8g | 10.5g | 10.2g |
| Vitamin B-12 | .8ug or more | 2.1ug | 2ug | 2.6ug | 2.3ug | 2.4ug |
| Vitamin A | 300ug RAE or more | 607.2ug | 372.4ug | 526.4ug | 624.6ug | 683.7ug |
| Vitamin C | 30mg or more | 72.5mg | 61.3mg | 58.2mg | 50.4mg | 100.1mg |
| Iron | 2.6mg or more | 6.8mg | 5.8mg | 5.3mg | 5.1mg | 5.5mg |
| Calcium | 400mg or more | 499.6mg | 465.8mg | 454mg | 401.9mg | 417.3mg |
| Sodium | less than 766mg | 491.6mg | 606.9mg | 682.7mg | 533.5mg | 371.2mg |

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