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|  | **DECEMBER 1**  Green Chile Pork Stew  (3 oz. Pork, 1/4c Green Chile,  1/2c Potatoes & Onions)  1/2c Calabacitas  1 sl. Cornbread  1/2c Peaches | **DECEMBER 2**  3 oz. Meatballs  1/2c Beefy Noodles  1c Salad w/ 2T Low Fat Dressing  1 Roll w/ 1 tsp. Margarine  1/2c LF Pudding | **DECEMBER 3**  3 oz. Baked Pork Chop  1/2c Rice Pilaf  1c Spinach & Onions  1 Roll w/ 1 tsp. Margarine  1 Orange | **DECEMBER 4**  Chicken Corn Casserole  (3 oz Chicken, 1 oz. Sauce,  1/2c Corn)  1/2c Pinto Beans  1/2c Spinach  1 Tortilla  1/2c Fruit Salad |
| **DECEMBER 7**  Breakfast Quiche  (3 med. Eggs, 1 oz. Cheese)  1 Bagel  1 oz. Low Sodium Sausage  1c Potatoes & Peppers  1/2c Berries | **DECEMBER 8**  3 oz. Mandarin Chicken  1/2c Rice Pilaf  1c Stir Fry Vegetables  1 Banana | **DECEMBER 9**  Pork Tamale  (3 oz. Pork, 1/4c Red Chile, 1/2c Masa)  1/2c Roasted Corn  1/2c Black Beans  1 oz. Corn Chips  1 Apple | **DECEMBER 10**  Ruben Sandwich  (3 oz. Corned Beef, 1/4c Cabbage,  2 sl. Bread)  1c Mediterranean Vegetables  1 oz. Sun Chips  1/2c SF Jell-O | **DECEMBER 11**  3 oz. Beef & 1/2c Cabbage  1/2c Parsley Potatoes  1/2c Beets  1 Roll w/ 1 tsp. Margarine  1/2c 1% Cottage Cheese |
| **DECEMBER 14**  3 oz. Pork Butt Roast  1/2c Yams  1/2c Lima Beans  1 Roll w/ 1 tsp. Margarine  1 Oatmeal Cookie | **DECEMBER 15**  Smothered Bean & Cheese Burrito  (1/2c Beans, 1 oz. Cheese,  1/4c Red Chile, 1 Tortilla)  1/2c Rice  1c Salad w/ 2T Low Fat Dressing  1 Orange | **DECEMBER 16**  Goulash  (3 oz. Beef, 1 oz. Sauce, 1/2c Pasta)  1c Chuckwagon Vegetables  1 sl. Texas Toast  1/2c Cherries in 1/4c Cobbler | **DECEMBER 17**  3 oz. Low Sodium Bratwurst &  1/2c Sauerkraut  1/2c French Style Green Beans  1 Roll w/ 1 tsp. Margarine  1 sl. Cake | **DECEMBER 18**  1c Clam Chowder  (3 oz. Clams, 5oz. Sauce)  6 Crackers  1/2c Coleslaw  1/2c Carrots  1 Roll w/ 1 tsp. Margarine  1 Banana |
| **DECEMBER 21**  Broccoli Chicken  (3 oz. Chicken, 1 oz. Sauce,  1/2c Broccoli)  1/2c Peas & Pearl Onions  1 sl. Cornbread  1/2c Peaches | **DECEMBER 22**  3 oz. Chicken Strips  1 oz. Sauce  1/2c Scalloped Potatoes  1/2c Carrots  1 Roll w/ 1 tsp. Margarine  1 Banana | **DECEMBER 23**  3 oz. Salisbury Steak  1/2c Mashed Potatoes  1 oz. Low Sodium Gravy  1/2c Peas & Carrots  1 Roll w/ 1 tsp. Margarine  1 Oatmeal Cookie  1/2c Pineapple | **DECEMBER 24**  **HOLIDAY** | **DECEMBER 25**  **HOLIDAY** |
| **DECEMBER 28**  Santa Fe Chicken  (3 oz. Chicken, 1/2c Green Chile & Tomato)  1/2c Rice  1/2c Zucchini & Onion  1 sl. Cornbread  1 Sugar Cookie | **DECEMBER 29**  Sloppy Joe  (3 oz. Beef, 1 oz. Sauce, 1 Bun)  1/2c Potato Wedges  1/2c 5 Way Vegetables  1/2c Applesauce | **DECEMBER 30**  Beef Stew  (3 oz. Beef, 1 oz Sauce, 1/2c Potatoes & Carrots)  1c Salad w/ 2T Low Fat Dressing  1 sl. Cornbread  1 Orange | **DECEMBER 31**  3 oz. Smothered Shredded Pork  1/2c Mashed Potatoes  1c Salad w/ 2T Low Fat Dressing  1 Roll w/ 1 tsp. Margarine  1 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