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| **All Meals Served With**  **1c 2% Low-Fat Milk** |  |  |  | **FRIDAY 1, 2021**  **Tuna Casserole**  **(3 oz. Tuna, 1 oz. Sauce**  **1c Noodles)**  1c Carrots Green Beans  1c Salad w/ 2T Low Fat Dressing  1 Roll w/ 1 tsp Margarine  1/2c Grapes |
| **MONDAY 4, 2021**  **Potato Soup**  (3 oz. Cheese, 1/2c Potato,  1 oz. Broth)  4 Crackers  1/2c Celery Sticks Carrot Sticks  1 sl. Carrot Cake | **TUESDAY 5, 2021**  **4 oz.** **Honey Mustard Chicken**  1/2c Yams  1/2c Peas  1 Roll w/ 1 tsp Margarine  1/2c Cherries in 1/4c Cobbler | **WEDNESDAY 6, 2021**  **Open Faced Beef Sandwich**  (3 oz. Beef, 1 oz. Low Sodium Gravy,  1 Sl. Bread)  1/2c Mashed Potatoes &  1 oz. Low Sodium Gravy  1/2c Carrots  1/2c Pineapple Tidbit | **THURSDAY 7, 2021**  **Taco Salad**  (3 oz. Beef, 1 oz. Cheese, 1c Lettuce & Tomato, 1 oz Tortilla Chips)  1/2c Pinto Beans  1/2c Rice & Corn  1 Brownie | **FRIDAY 8, 2021**  Classic Chili  (3 oz. Beef, 1/2c Beans, 1/4c Red Chile)  1c Salad w/  2T Low Fat Dressing  1 oz. Oyster Crackers  1 sl. Cornbread  1/2c Pears In 1/2c Cottage Cheese |
| **MONDAY 11, 2021**  **BBQ Chicken Sliders**  (3 oz. Chicken, 1 Bun,  1 oz. BBQ Sauce)  1/2c Red Potatoes  1/2c Peas & Pearl Onions  1 Roll w/ 1 tsp Margarine  1/2c Grapes | **TUESDAY 12, 2021**  **3 oz. Breaded Pork Chop**  1/2c Potato Salad  1/2c Carrots  1 Roll w/ 1 tsp Margarine  1/2c Apricots | **WEDNESDAY 13, 2021**  **Parmesan Spaghetti**  (3 oz. Beef, 1 oz. Sauce,  1 oz. Cheese, 1/2c Noodles)  1/2c Italian Green Beans  1c Salad w/ 2T Low Fat Dressing  1 Roll w/ 1 tsp Margarine  1/2c LF Strawberry Ice Cream | **THURSDAY 14, 2021**  **4 oz. Shredded Pork In Thai Sauce**  1c Rice  1c Oriental Vegetables  1 Roll w/ 1 tsp Margarine  1/2c Mandarin Orange | **FRIDAY 15, 2021**  **Omelet**  (2 med. Eggs, 1oz. Cheese)  1 oz. Low Sodium Sausage  1 Biscuit & 1 oz. Gravy  1c Potato & Onion  1 Blueberry Muffin  1/2c Grapefruit |
| **MONDAY 18, 2021**  **4 oz. Carnitas**  1/2c Spanish Rice  1/2c Pinto Beans  1/2c Lettuce & Tomato  1 oz. Tortilla Chip  1/2c Pineapple Tidbits | **TUESDAY 19, 2021**  **Navajo Taco**  (3 oz. Beef, 1 oz. Cheese,  1c Lettuce, Onion & Tomato,  1oz. Fry Bread)  1/2c Pinto Beans  1/2c Squash  1 Oatmeal Cookie | **WEDNESDAY 20, 2021**  **Corn Chowder**  (3 oz. Low Sodium Ham, 1/2c Corn,  1 oz. Sauce)  1c California Vegetables  1 Roll w/ 1 tsp Margarine  1/2c Strawberry Yogurt | **THURSDAY 21, 2021**  **3 oz. Chicken Fried Steak**  1c Mashed Potatoes  1 oz. Low Sodium Gravy  1/2c Green Beans  1 Roll w/ 1 tsp Margarine  1/2c Apples in 1/4c Crisp | **FRIDAY 22, 2021**  **3 oz.** **Lemon Fish**  1/2c Long Grain Rice  1c Winter Vegetable Blend  1 Roll w/ 1 tsp Margarine  1/2c Plums |
| **MONDAY 25, 2021**  **Manicotti**  (3 oz. Cheese, 1 oz. Sauce,  1/2c Pasta)  1/2c Italian Green Beans  1c Salad w/ 2T Low Fat Dressing  1 Roll w/ 1 tsp Margarine  1/2c Pears | **TUESDAY 26, 2021**  **Chicken Fajita**  (3 oz. Chicken, 1/2c Peppers & Onion, 1 Tortilla)  1/2c Pinto Beans  1 oz. Tortilla Chips  1 Sugar Cookie | **WEDNESDAY 27, 2021**  **4 oz. Lemon Garlic Chicken Breast**  1c 5 Way Vegetables  1 Roll w/ 1 tsp Margarine  1/2c Fruit Cocktail | **THURSDAY 28, 2021**  **Frank & Beans**  (2 oz. Frank, 1/2c Beans,  1 oz. Sauce)  1c Steak Fries  1/2c Scandinavian Vegetables  1 Roll w/ 1 tsp Margarine  1/2c LF Strawberry Ice Cream | **FRIDAY 29, 2021**  **1c Butternut Squash Soup**  (3/4c Squash, 2oz. Sauce)  3 oz. Turkey Patty  1c 5 Way Vegetables  1 Roll w/ 1 tsp Margarine  1 Apple |

***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:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 775.6 | 754.1 | 764.6 | 755.4 | 735.2 |
| % Carbohydrates from Calories | 45-55% | 53.1% | 49.2% | 46.3% | 49% | 49.3% |
| % Protein from Calories | 15-25% | 20.6% | 23.1% | 22.4% | 21.5% | 21.2% |
| % Fat from Calories | 25-35% | 26.3% | 27.7% | 31.3% | 29.5% | 29.5% |
| Saturated Fat | less than 8g | 5.3g | 7.5g | 7.5g | 6.9g | 6.6g |
| Fiber | 10g or more | 15.4g | 11.1g | 11g | 13.5g | 15.3g |
| Vitamin B-12 | .8ug or more | 3.5ug | 2.7ug | 2.2ug | 2.4ug | 1.5ug |
| Vitamin A | 300ug RAE or more | 1839.6ug | 677.2ug | 667.2ug | 506ug | 638.4ug |
| Vitamin C | 30mg or more | 33.9mg | 45.4mg | 40.8mg | 41mg | 31.6mg |
| Iron | 2.6mg or more | 7.9mg | 6mg | 4.9mg | 5.2mg | 4.8mg |
| Calcium | 400mg or more | 470.5mg | 534.3mg | 483.9mg | 470mg | 464.1mg |
| Sodium | less than 766mg | 725.1mg | 534.9mg | 666.9mg | 666.8mg | 536.4mg |

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