|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **8 oz-2% Milk Served With Meals**  **Occasionally We Must**  **Substitute Food Items**  **We Are Sorry For The**  **Inconvenience** |  |  | **Thursday 1, 2021**  **Roast Beef Sandwich**  **(3 oz. Beef, 1 Bun)**  **1c Lettuce, Tomato**  **1c Oven Fries**  **1/2c Apple Salad**  **1 Granola Bar** | **Friday 2, 2021**  **Tuna Salad Sandwich**  **(3 oz. Tuna, 1/2c Lettuce, Tomato, 2 Sl. Bread)**  **1c Three Bean Salad**  **1/2c Fruit Cocktail In**  **1/2c Cottage Cheese** |
| **Monday 5, 2021**  **3 oz. Low Sodium Baked Ham**  **1/2c Sweet Potato**  **1/2c Pasta Salad**  **1/2c Green Bean**  **1/2c Fruit Salad** | **Tuesday 6, 2021**  **Tamales w/**  **(3 oz. Pork, 1/2c Masa,**  **1/4c Red Chile)**  **1c Tossed Salad w/**  **2T LF Dressing**  **1/2c Hominy**  **1/2c Refried Beans**  **1/2c Grapes** | **Wednesday 7, 2021**  **3 oz. Sliced Turkey w/**  **1/4c Cranberry**  **1/2c Sweet Mashed Potato**  **1/2c Broccoli**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Pineapple** | **Thursday 8, 2021**  **Spinach Quiche**  **(3 oz. Egg, 1/4c Spinach)**  **1c California Vegetables**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Peaches In 1/2c Yogurt** | **Friday 9, 2021**  **Bean Burrito w/**  **(1c Beans, 1/4c Green Chile,**  **1 Tortilla)**  **1/2c Spanish Rice**  **1/2c Mex-Corn**  **1c Tossed Salad w/**  **2T LF Dressing**  **1/2c Rice Pudding** |
| **Monday 12, 2021**  **3 oz. Pork Chop**  **1/2c Rice Pilaf**  **1/2c Baby Carrot**  **1/2c Collard Green**  **1 Slice Bread w/**  **1 tsp. Margarine**  **1 Apple** | **Tuesday 13, 2021**  **3 oz. Fish Sticks w/**  **2T Tater Sauce**  **1/2c Coleslaw**  **1 oz. Hush Puppy**  **1/2c Butter Corn**  **1/2c Yogurt** | **Wednesday 14, 2021**  **1/2c Spanish Rice w/3 oz. Beef**  **1c Tossed Salad w/**  **2T LF Dressing**  **1/2c Country Blend**  **1 Slice Bread w/ 1 tsp. Margarine**  **1/2c Plum** | **Thursday 15, 2021**  **4 oz. Chicken Salad w/**  **1 oz. Raspberry Dressing**  **1c Lettuce & Tomato**  **6 Crackers**  **1/2c Peaches** | **Friday 16, 2021**  **Meat Ball Sandwich**  **(3 oz. Beef, 1 oz. Cheese,**  **1 oz. Sauce, 1 Bun)**  **1/2c Potato Salad**  **1/2c Green Peas**  **1/2c Applesauce** |
| **Monday 19, 2021**  **4 oz. Beef Stroganoff w/**  **1c Noodles**  **1/2c Cauliflower**  **1/2c Carrot Raisin Salad**  **1 Slice Bread w/**  **1 tsp. Margarine**  **1/2c Pears** | **Tuesday 20, 2021**  **4 oz. BBQ Chicken Legs**  **1/2c Cornbread Stuffing**  **1c Green Beans w/Almonds**  **1c Corn**  **1/2c Fruit Cocktail** | **Wednesday 21, 2021**  **Ham & Cheese Sandwich**  **(2 oz. Low Sodium Ham, 1 oz. Cheese, 2 sl. Bread, 1c Lettuce, Tomato, Pickle)**  **1 oz. Potato Chips**  **1 Banana** | **Thursday 22, 2021**  **Chili Dogs w/**  **(1 oz. Frank, 1 oz. Cheese,**  **2 oz. Beef Chili, 1 Bun)**  **1/2c Potato Salad**  **1/2c Sweet Carrots**  **1/2c Oranges** | **Friday 23, 2021**  **Beef Barley**  **(3 oz. Beef, 1 oz. Sauce,**  **1/2c Potato & Barley)**  **1c Cauliflower & Carrots**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Peaches** |
| **Monday 26, 2021**  **Cheeseburger**  **(3 oz. Beef, 1oz Cheese, 1/2c Lettuce, Tomato, 1 Bun)**  **1c Fried Potatoes**  **1/2c Broccoli Salad**  **1/2c Oranges** | **Tuesday 27, 2021**  **Taco Salad w/**  **(3 oz. Beef, 1 oz. Cheese, 1 oz. Tortilla Chips, 1/2c Lettuce & Tomato, 1 oz. Salsa)**  **1/2c Zucchini / Corn**  **1/2c Mango** | **Wednesday 28, 2021**  **4 oz. Sweet & Sour Chicken**  **1c Steam Rice**  **1c Broccoli Cauliflower**  **1 Fortune Cookie**  **1/2c Vanilla Pudding** | **Thursday 29, 2021**  **3 oz. Liver & 1/4c Onions**  **1c Mashed Potato w/**  **1 oz. LS Brown Gravy**  **1/2c Green Beans**  **1 Slice Bread w/ 1 tsp. Margarine**  **1 sl. Cake** | **Friday 30, 2021**  **Pizza w/**  **(3 oz. Meat, 1 oz. Green Chile, 1 oz. Cheese, 1 oz Sauce,**  **1 oz. Crust)**  **1c Tossed Salad w/**  **2T LF Dressing**  **1c Green Beans**  **1/2c Fruit Cocktail** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 756.2 | 791.6 | 834.9 | 710.7 | 738.6 |
| % Carbohydrates from Calories | 45-55% | 51.6% | 54.8% | 52% | 48.9% | 48.4% |
| % Protein from Calories | 15-25% | 20.4% | 19.2% | 21.6% | 22.9% | 24.4% |
| % Fat from Calories | 25-35% | 27.9% | 26% | 26.4% | 28.2% | 27.1% |
| Saturated Fat | less than 8g | 7.1g | 5.4g | 6.6g | 6.7g | 7.2g |
| Fiber | 10g or more | 11.6g | 16.7g | 11.9g | 10.7g | 10.3g |
| Vitamin B-12 | .8ug or more | 2.8ug | 1.6ug | 2.4ug | 2.5ug | 16.8ug |
| Vitamin A | 300ug RAE or more | 654.1ug | 757.1ug | 762.8ug | 710.7ug | 1831.2ug |
| Vitamin C | 30mg or more | 36.4mg | 80.6mg | 34.1mg | 53.6mg | 103.7mg |
| Iron | 2.6mg or more | 6.4mg | 7mg | 6.7mg | 5.1mg | 6.6mg |
| Calcium | 400mg or more | 455.8mg | 482.8mg | 516.2mg | 480.2mg | 569mg |
| Sodium | less than 766mg | 689.8mg | 678.2mg | 635.2mg | 658.3mg | 544.5mg |

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