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| **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***

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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:****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