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| --- | --- | --- | --- | --- |
| **8 oz. 1% Low Fat Milk**  **Served With All Meals** |  |  |  | **FRIDAY 1, 2021**  **CLOSED IN OBSERVANCE OF NEW YEAR’S DAY HOLIDAY** |
| **Monday 4, 2021**  3 oz. Baked Chicken  1c California Veggies  1 Baked Potato  1 sl. Cornbread  1/2c Plums | **Tuesday 5, 2021**  1c Spaghetti W/ 4 oz. Meat Sauce  1/2c Spinach  1c Corn  1 sl. Garlic Bread  1/2c Peaches | **Wednesday 6, 2021**  3 med. Scrambled Eggs  1 oz. Low Sodium Sausage  1c Hash Browns W/Peppers & Onions  1 Biscuit w/ 1 tsp. Margarine  1 Orange | **Thursday 7, 2021**  Chicken Pot Pie  (3 oz. Chicken, 1 oz. Sauce,  1/4c Veggies, 1 oz. Crust)  1c Broccoli  1/2c Beets  1/2c Pineapple Slices | **Friday 8, 2021**  Green Chile Beef Burrito  (3 oz. Beef, 1 oz. Cheese,  1/4c Green Chile, 1 Tortilla)  1c Cauliflower  1/2c Squash  1/2c Mixed Fruit |
| **Monday 11, 2021**  4 oz. Orange Chicken  1c Oriental Vegetables  1/2c Brown Rice  1/2c Bananas In 1/2c Vanilla Pudding | **Tuesday 12, 2021**  3 oz. Pork Chop  1/2c Scalloped Potatoes  1/2c Mixed Vegetables  1 WW Roll w/ 1 tsp. Margarine  1/2c Baked Apple Slices | **Wednesday 13, 2021**  3 oz. Country Fried Steak  1/2c Mashed Potatoes W/  1 oz. Low Sodium Gravy  1c Green Beans w/ Peppers  1 WW Roll w/ 1 tsp. Margarine  1 Chocolate Chip Cookie | **Thursday 14, 2021**  Hamburger Macaroni  (3 oz. Ground Beef, 1 oz. Sauce,  1/2c Macaroni)  1/2c Peas & Onions  1/2c Spinach  1 Sl. Bread w/ 1 tsp. Margarine  1/2c Peaches | **Friday 15, 2021**  Chili Dog  (1 oz. Frank, 2 oz Beef Chili, 1 Bun)  1/2c French Fries  1/2c Carrots  1/2c Apple Crisp |
| **Monday 18, 2020**  **Closed In Observance Of Martin Luther King Jr. Day** | **Tuesday 19, 2021**  4 oz. Sweet & Sour Pork  1c White Rice  1c Stir Fry Vegetables  1 Apple | **Wednesday 20, 2021**  Soft Beef Taco  (3 oz. Beef, 1 oz. Cheese, 1/2c Lettuce & Tomato,  1 Tortilla)  1/2c Pinto Beans  1/2c Spanish Rice  1/2c Apricots | **Thursday 21, 2021**  Stuffed Bell Peppers  (3 oz. Beef, 3 oz. Bell Pepper, 1 oz. Sauce, 1/4c Rice)  1/2c Carrots  1/2c Green Beans  1 WW Roll w/ 1 tsp. Margarine  1/2c Peach Cobbler | **Friday 22, 2021**  Grilled Turkey & Cheese  (2 oz. Turkey, 1 oz. Cheese,  2 Sl. Bread)  1/2c Brussel Sprouts  1/2c Sweet Potato Fries  1/2c Mandarin Oranges |
| **Monday 25, 2021**  Sloppy Joes  (3oz Beef, 1 oz. Sauce, 1 Bun)  1/2c French Fries  1/2c Mixed Vegetables  1/2c Pineapple In 1/2c Jell-O | **Tuesday 26, 2021**  3 oz. Talapia  1/2c Wild Rice  1c Broccoli & Cauliflower  1 WW Roll w/ 1 tsp. Margarine  1/2c Strawberries In 1/2c Yogurt | **Wednesday 27, 2021**  Chicken Fajitas  (3 oz. Chicken, 1/2c Peppers & Onion,  1 Tortilla)  1/2c Corn Salsa  1/2c Pinto Beans  1/2c Pears | **Thursday 28, 2021**  4 oz. Meatloaf  1/2c Corn  1 Baked Potato  1 Sl. Bread w/ 1 tsp. Margarine  1/2c SF Chocolate Pudding | **Friday 29, 2021**  3 oz. Chicken Tenders  1/2c Buttered Corn  1/2c French Fries  1 sl. Cornbread w/ 1 tsp. Margarine  1 Raisin Cookie |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 |
|  |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 735.1 | 775.5 | 810.1 | 729.6 |
| % Carbohydrates from Calories | 45-55% | 47.2% | 51.7% | 51.3% | 50% |
| % Protein from Calories | 15-25% | 25% | 21.1% | 22.9% | 24.1% |
| % Fat from Calories | 25-35% | 27.7% | 27.1% | 25.8% | 26% |
| Saturated Fat | less than 8g | 7g | 7.5g | 7.7g | 5.9g |
| Fiber | 10g or more | 11.4g | 11.1g | 13.6g | 10.8g |
| Vitamin B-12 | .8ug or more | 2.5ug | 2.5ug | 2.7ug | 2.5ug |
| Vitamin A | 300ug RAE or more | 519.8ug | 650.1ug | 753.3ug | 331.2ug |
| Vitamin C | 30mg or more | 105.4mg | 35.9mg | 66.1g | 63mg |
| Iron | 2.6mg or more | 6.3mg | 6.1mg | 6.2mg | 5.1mg |
| Calcium | 400mg or more | 499.1mg | 473mg | 600.2mg | 447.3mg |
| Sodium | less than 766mg | 610.9mg | 649.3mg | 590.3mg | 605.4mg |

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