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| --- | --- | --- | --- | --- |
| **8 oz. 2% Low Fat Milk Served With All Meals** |  |  |  | **Friday 1, 2021**  **CLOSED HAPPY NEW YEAR** |
| **Monday 4, 2021**  **3 oz Beef Stroganoff W/**  **1c Noodles**  **1c Broccoli & Carrots**  **1 WW Roll w/**  **1 tsp. Margarine**  **1/2c Apricots** | **Tuesday 5,2021**  **3 oz. Chicken Patty Sandwich W/ 1 oz. Cheese, 1/2c Lettuce & Tomato**  **1 Bun**  **1/2c Tatar Tots**  **1/2c Carrots**  **1 Orange** | **Wednesday 6, 2021**  **Chile Relleno W**  **(1 oz. Cheese, 3 oz Green Chile,**  **2 oz. Beef Red Chile Sauce,**  **1 oz. Breading)**  **1/2c Pinto Beans**  **1/2c Mixed Vegetables**  **1/2c Peaches** | **Thursday 7, 2021**  **3 oz. Low Sodium Corned Beef**  **1/2c Cabbage**  **1/2c Potatoes**  **1 WW Roll w/ 1 tsp. Margarine**  **1c Plums** | **Friday 8, 2021**  **3 oz Baked Fish**  **1/2c Wild Rice**  **1c Carrots & Green Beans**  **1 WW Roll w/ 1T Margarine**  **1/2c Fruit Cocktail** |
| **Monday 11, 2021**  **3 oz. Salisbury Steak**  **1c Mashed Potatoes &**  **1 oz. Low Sodium Gravy**  **1/2c Peas**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Apricots** | **Tuesday 12, 2021**  **1 Biscuit &**  **2 oz. Low Sodium Sausage Gravy**  **2 med. Eggs & 1 oz. Cheese**  **1c Hash Browns & Onion**  **1/2c Oranges** | **Wednesday 13, 2021**  **3 oz. Pork Chops**  **1/2c Mashed Potatoes &**  **1 oz. Low Sodium Gravy**  **1/2c Mixed Vegetables**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Apple Slices** | **Thursday 14, 2021**  **Chicken Alfredo**  **(3 oz. Chicken, 1 oz Alfredo Sauce, 1c Noodles)**  **1c Green Beans & Mushrooms**  **1 Roll w/ 1 tsp. Margarine**  **1 Apple** | **Friday 15, 2021**  **1/2c Spaghetti W/**  **4 oz. Meat Sauce**  **1c Green Beans and Corn**  **1 sl. Garlic Bread**  **1 Orange** |
| **Monday 18, 2021**  **Chili Cheese Dog W/**  **(1 oz. Frank, 1/2c Chili Beans, 1 oz. Cheese, 1 Bun)**  **1c Mixed Veggies**  **1 Pear** | **Tuesday 19, 2021**  **4 oz. Sweet & Sour Pork**  **1/2c White Rice**  **1c Oriental Vegetables**  **1/2c Pineapple** | **Wednesday 20, 2021**  **4 oz. BBQ Chicken**  **1c Broccoli & Cauliflower**  **1 Roll w/ 1 tsp. Margarine**  **1 sl. Cake** | **Thursday 21, 2021**  **Cheeseburger**  **(3 oz. Beef, 1 oz. Cheese,**  **1 Bun, 1/2c Lettuce & Tomato)**  **1/2c Tater Tots**  **1/2c Peach Cobbler** | **Friday 22, 2021**  **Breaded Pork Patty**  **(3 oz. Pork, 1 oz Breading)**  **1c Mashed Potatoes &**  **1oz. Gravy**  **1c Mixed Veggie**  **1 Roll w/**  **1 tsp. Margarine**  **1/2c Plums** |
| **Monday 25, 2021**  **4 oz. Chicken Strips**  **1/2c Mashed Potatoes &**  **1 oz. Low Sodium Gravy**  **1/2c Carrots**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Grapes** | **Tuesday 26, 2021**  **Pork Tamale**  **(3 oz. Pork, 1/4c Red Chile,**  **1/2c Masa)**  **1/2c Pinto Beans**  **1/2c Zucchini**  **1/2c Applesauce** | **Wednesday 27, 2021**  **Veggie Lasagna**  **(3 oz. Cheese, 1/4c Spinach,**  **1/4c Sauce, 1/2c Noodles)**  **3/4c Green Beans**  **1 Roll w/ 1 tsp. Margarine**  **1 Oatmeal Cookie** | **Thursday 28, 2021**  **3oz Beef Fajitas**  **1/2c Black Beans**  **1/2c Green Beans**  **1 Tortilla**  **1/2c Apricots** | **Friday 29, 2021**  **3 oz. Chicken Fried Steak**  **1/2c Mashed Potatoes &**  **1 oz. Low Sodium Gravy**  **1/2c Brussel Sprouts**  **1 Roll w/ 1 tsp. Margarine**  **1 Apple** |

***Nutrient Table***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 718.5 | 747.2 | 794.8 | 723.1 |
| % Carbohydrates from Calories | 45-55% | 50.1% | 50.9% | 52.5% | 49.6% |
| % Protein from Calories | 15-25% | 23.2% | 21.7% | 21.9% | 22.5% |
| % Fat from Calories | 25-35% | 26.7% | 27.4% | 25.5% | 27.9% |
| Saturated Fat | less than 8g | 7.4g | 7.2g | 7.4g | 7.8g |
| Fiber | 10g or more | 11.8g | 12g | 13.3g | 12.2g |
| Vitamin B-12 | .8ug or more | 2.3ug | 2ug | 2.1ug | 2ug |
| Vitamin A | 300ug RAE or more | 649.3ug | 370.6ug | 478.8ug | 475.9ug |
| Vitamin C | 30mg or more | 93.6mg | 50.9mg | 64.1mg | 51.9mg |
| Iron | 2.6mg or more | 5.5mg | 5.3mg | 5.7mg | 6.1mg |
| Calcium | 400mg or more | 543.6mg | 520.5mg | 560mg | 583.1mg |
| Sodium | less than 766mg | 694.2mg | 609.9mg | 611.3mg | 553.2mg |

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