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| --- | --- | --- | --- | --- |
| **Monday 30, 2020**  **Closed** | **Tuesday 1, 2020**  **Grilled Cheese Sandwich**  **(3 oz. Cheese, 2 sl. Bread)**  **1/2c Corn**  **1/2c Carrots**  **1/2c Fruit Cocktail** | **Wednesday 2, 2020**  **Cheese Burgers**  **(2 oz. Beef, 1 oz. Cheese, 1 Bun)**  **1/2c French Fries**  **1/2c Lettuce/Tomato/Onion**  **1c Peas**  **1 Sugar Cookie** | **Thursday 3, 2020**  **3 oz. Chicken Strips**  **1/2c Mashed Potatoes**  **1 oz. Low Sodium Gravy**  **1/2c Mixed Vegetables**  **1/2c Applesauce** | **Friday 4, 2020**  **Hot Dogs**  **(3 oz. Turkey Frank, 1 Bun)**  **1/2c Baked Beans**  **1/2c Squash**  **1 oz. Chips**  **1/2c Pineapple Chunks** |
| **Monday 7, 2020**  **Sloppy Joe**  **(3 oz. Beef, 1 oz. Sauce, 1 Bun)**  **1/2c Tater Tots**  **1/2c Mixed Vegetables**  **1/2c Bananas In 1/2c Pudding** | **Tuesday 8, 2020**  **Breakfast For Lunch**  **2 med. Scrambled Eggs**  **1 oz. Low Sodium Sausage**  **1c Hash Brown with Onions**  **1 Biscuit w/ 1 tsp. Margarine**  **1 Apple** | **Wednesday 9, 2020**  **3 oz. Lemon Chicken**  **1/2c Cauliflower**  **1/2c Roasted Potatoes**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1/2c Apricots** | **Thursday 10, 2020**  **Red Pork Posole**  **(3 oz. Pork, 1/4c Red Chile,**  **1/2c Hominy)**  **1/2c Spanish Rice**  **1/2c Shredded Cabbage**  **1 Tortilla**  **1 Sugar Cookie** | **Friday 11, 2020**  **Green Chile Cheeseburger**  **(3 oz. Beef, 1 oz. Cheese**  **1/4c Green Chile, 1 Bun,**  **1/2c Lettuce/Tomato/Onion)**  **1/2c Baked Beans**  **1/2c French Fries**  **1 Sugar Cookie** |
| **Monday 14, 2020**  **3 oz. Baked Chicken**  **W/1 oz. Mushrooms**  **1/2c Carrots**  **1c Corn**  **1 sl. Garlic Bread**  **1/2c Peaches** | **Tuesday 15, 2020**  **Chile Beans W/ Beef**  **(3 oz. Beef, 1/2c Beans,**  **1/4c Red Chile)**  **1/2c Mixed Vegetables**  **1 sl. Cornbread w/**  **1 tsp. Margarine**  **1/2c Pineapple Tidbits** | **Wednesday 16, 2020**  **3 oz. Chicken Drum Stick**  **1 med. Baked Potato**  **1/2c Green Beans**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1/2c Plums** | **Thursday 17, 2020**  **3 oz. Low Sodium Glazed Ham**  **1/2c Candied Yams**  **1/2c Scalloped Potatoes**  **1 WW Roll w/ 1 tsp. Margarine**  **1 sl. Christmas Cake** | **Friday 18, 2020**  **Bean & Cheese Burrito**  **(1c Beans, 1 oz. Cheese,**  **1 Tortilla)**  **1/2c Beets**  **1/2c Corn**  **1/2c Mixed Fruit** |
| **Monday 21, 2020**  **1/2c Spaghetti W/**  **4 oz. Meat Sauce**  **1/2c Spinach**  **1/2c Corn**  **1 sl. Garlic Bread**  **1/2c Peaches** | **Tuesday 22, 2020**  **Soft Beef Tacos**  **(3 oz. Beef, 1/2c Lettuce & Tomato, 2 Corn Tortillas)**  **1/2c Pinto Beans**  **1/2c Spanish Rice**  **1 Apple** | **Wednesday 23, 2020**  **4 oz. Meatloaf**  **1/2c Green Beans**  **1c Mashed Potatoes**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1/2c Peaches**  **1 Sugar Cookie** | **Thursday 24, 2020**  **Christmas Eve**  **"Center Closed"** | **Friday 25, 2020**  **Christmas Day**  **Closed** |
| **Monday 28, 2020**  **Grilled Ham Sandwich**  **(3 oz. Low Sodium Ham,**  **2 Sl. Bread)**  **1/2c Brussel Sprouts**  **1/2c French Fries**  **1/2c Mandarin Oranges** | **Tuesday 29, 2020**  **3 oz. Chicken Tenders**  **1c Mashed Potatoes**  **1/2c Broccoli**  **1 oz. Gravy**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1/2c Banana Pudding** | **Wednesday 30, 2020**  **Beef & Noodles**  **(3 oz. Beef, 1 oz. Sauce,**  **1/2c Noodles)**  **1c Salad w/ 2T Low Fat Dressing**  **1/2c Peas & Carrots**  **1 WW Roll** **w/ 1 tsp. Margarine**  **1/2c Mixed Fruit** | **Thursday 31, 2020**  **4 oz. Asado**  **1/2c Pinto Beans**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 Tortilla**  **1/2c Pineapple W/1/2c Cottage**  **Cheese** | **Friday January 1, 2020**  **New Years Day**  **Closed**  **All Meals Served With 8 oz.**  **1% Low-Fat Milk** |

***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: |  | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week:**  **4** |
| Calories | 700 or more | 701.4 | 824.4 | 702.5 | 829.9 | 737.5 |
| % Carbohydrates from Calories | 45-55% | 50.1% | 53% | 52% | 52.1% | 51.1% |
| % Protein from Calories | 15-25% | 22.3% | 21.4% | 22.8% | 22.5% | 23.1% |
| % Fat from Calories | 25-35% | 27.6% | 25.7% | 25.2% | 25.5% | 25.8% |
| Saturated Fat | less than 8g | 7.6g | 7.4g | 5.8g | 7.6g | 7.5g |
| Fiber | 10g or more | 10.7g | 12.1g | 13g | 13.7g | 12.5g |
| Vitamin B-12 | .8ug or more | 2ug | 2.4ug | 1.8ug | 3.5ug | 1.7ug |
| Vitamin A | 300ug RAE or more | 606.6ug | 406.9ug | 435.4ug | 518.8ug | 631.3ug |
| Vitamin C | 30mg or more | 30.9mg | 94.5mg | 39.3mg | 34.4mg | 81.6mg |
| Iron | 2.6mg or more | 5.3mg | 6.2mg | 5.1mg | 8.1mg | 5.8mg |
| Calcium | 400mg or more | 668.4mg | 515.1mg | 461.2mg | 457.2mg | 466.3mg |
| Sodium | less than 766mg | 761.6mg | 732.9mg | 661.9mg | 499.3mg | 701.1mg |

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