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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