|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 1, 2021**  **4 oz. Meatballs In**  **1 oz. Marinara Sauce**  **1/2c Penne Pasta**  **1/2c Baby Carrots**  **1c Caesar Salad**  **2T Low Fat Dressing**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Fruit Salad** | **Tuesday 2, 2021**  **Turkey Pot Pie**  **(3 oz. Turkey, 1 oz. Sauce, 1/2c Veggies, 1 oz. Crust)**  **1/2c Brussel Sprouts**  **1/2c Beets**  **1/2c Peaches** | **Wednesday 3, 2021**  **3 oz. Pot Roast**  **1/2c Scalloped Potatoes**  **1/2c Asparagus**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 sl. Chocolate Cake** | **THURSDAY 4, 2021**  **Chicken Fajita**  **(3 oz. Chicken, 1/2c Peppers & Onion, 1 Tortilla)**  **1/2c Buttered Corn**  **1/2c Pinto Beans**  **1/2c Pineapple in 1/2c Tapioca Pudding** | **FRIDAY 5,2021**  **Cheese Burger**  **(3 oz. Beef, 1 oz Cheese, 1/2c Lettuce/Tomato/Onion, 1 Bun)**  **1/2c French Fries**  **1/2c Baked Beans**  **1/2c Sherbet** |
| **Monday 8, 2021**  **3 oz. Baked Pork Chop**  **1/2c Baked Yam**  **1/2c Mixed Vegetables**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Strawberries on**  **1 Sl. Pound Cake** | **Tuesday 9, 2021**  **Beef Lasagna**  **(3oz. Beef, 1 oz Cheese,**  **1 oz. Sauce, 1/2c Noodles)**  **1/2c Cauliflower**  **1c Tossed Salad W/**  **2T Low Fat Dressing**  **1 sl. Garlic Bread**  **1/2c Apricots** | **Wednesday 10, 2021**  **4 oz. Pork Asada**  **1/2c Pinto Beans**  **1/2c Mixed Vegetables**  **1/2c Spanish Rice**  **1 Tortilla**  **1/2c Rice Pudding** | **Thursday 11, 2021**  **3 oz. Orange Chicken**  **1/2c White Sticky Rice**  **1c Asian Vegetables**  **1 Egg Roll**  **1/2c Mandarin Oranges** | **Friday 12, 2021**  **Sloppy Joe**  **(3 oz. Beef, 1 oz Sauce, 1 Bun)**  **1/4c Pickle & Onion Slices**  **1/2c Tater Tots**  **1/2c Green Beans**  **1/2c SF Vanilla Ice Cream** |
| **Monday 15, 2021**  **“Center Closed”**  **President’s Day** | **Tuesday 16, 2021**  **4 oz. Meat Loaf**  **1/2c Garlic Mashed Potatoes**  **W/1 oz. Low Sodium Gravy**  **1/2c California Vegetables**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Peach Cobbler** | **Wednesday 17, 2021**  **3 oz. Tilapia**  **1/2c Wild Rice**  **1/2c Cole Slaw**  **1/2c Brussel Sprouts**  **1 Hush Puppy**  **1/2c Mixed Fruit** | **Thursday 18, 2021**  **Frito Pie**  **(3 oz. Beef, 1 oz Cheese,**  **1 oz. Red Chile, 1 oz Fritos)**  **1c Tossed Salad W/**  **2T Low Fat Dressing**  **1/2c Corn Salsa**  **1 sl. Jalapeno Cornbread**  **1/2c Plums** | **Friday 19, 2021**  **Breakfast For Lunch**  **2 Hot Cakes**  **3 med. Scrambled Eggs**  **1 oz Low Sodium Sausage**  **1c Hash Brown & Peppers**  **1 Orange** |
| **Monday 22, 2021,**  **4 oz. Steak Ranchero**  **1/2c Roasted Potatoes**  **1/2c Ranch Style Beans**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Bananas**  **in 1/2c Vanilla Pudding** | **Tuesday 23, 2021**  **3 oz. Country Fried Steak**  **1 Baked Potato**  **1/2c Spinach**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Peaches In 1/2c Jell-O** | **Wednesday 24, 2021**  **Tater Tot Casserole**  **(3 oz. Beef, 1/2c Potato,**  **1 oz. Sauce)**  **1/2c Cauliflower**  **1/2c Peas & Onions**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 Apple** | **Thursday 25, 2021**  **Gc Chicken Enchiladas**  **(3oz Chicken, 1 oz. Cheese, 1/4c Green Chile, 2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **4 Crackers**  **1/2c Pears** | **Friday 26, 2021**  **3 oz. Chicken Strips**  **1/2c Mashed Potatoes**  **1/2c Carrots**  **1/2c Broccoli**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 Chocolate Chip Cookie** |
|  |  |  |  | **8 oz-1% Milk Served**  **With All Meals** |

***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:**  **4** | **Days in Week:**  **5** |
| Calories | 700 | 764.6 | 775 | 801.6 | 819.3 |
| % Carbohydrates from Calories | 45-55% | 47.4% | 50.5% | 52.7% | 52.1% |
| % Protein from Calories | 15-25% | 25.6% | 23.7% | 22.2% | 22.6% |
| % Fat from Calories | 25-35% | 27% | 25.8% | 25% | 25.4% |
| Saturated Fat | less than 8g | 7.3g | 7.3g | 6.8g | 7.4g |
| Fiber | 10g | 10.9g | 11.5g | 12.1g | 15.3g |
| Vitamin B-12 | .8ug | 3ug | 2.4ug | 3.1ug | 2.3ug |
| Vitamin A | 300ug RAE | 403.9ug | 493.7ug | 475.5ug | 684.1ug |
| Vitamin C | 30mg | 33.3mg | 54.6mg | 80.7mg | 93.2mg |
| Iron | 2.6mg | 6.4mg | 5.6mg | 6.5mg | 6.9mg |
| Calcium | 400mg | 485.8mg | 525.7mg | 574.3mg | 511.9mg |
| Sodium | less than 766mg | 593.8mg | 600.5mg | 595.8mg | 585.6mg |

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