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| **All Meals Served With**  **1c 2% Low-Fat Milk** |  |  | **THURSDAY 1, 2021**  4 oz. Turkey  1/2c Spinach  1/2c Sweet Potato  1 square Cornbread w/  1 tsp. Margarine  1/2c Pineapple | **FRIDAY 2, 2021**  Cheese Enchiladas  (1T Sour Cream /3 oz. Cheese  Enchilada, 2 Corn Tortillas)  1/2c Spanish Rice  1/2c Pinto Beans  1/4c Green Chilies/1/4c Salsa  1 Oatmeal Cookie  1/2c Plums |
| **MONDAY 5, 2021**  Tuna Salad Sandwich  (1/2c Tuna Salad,  2 sl Wheat Bread)  1/2c Wild Rice  1c Green Beans & Corn  1/2c Peaches | **TUESDAY 6, 2021**  4 oz. BBQ Chicken  1/2c Potato Salad  1c Okra  1sl White Bread w/  1 tsp. Margarine  1/2 Pears | **WEDNESDAY 7, 2021**  3 oz. Low Sodium Sausage  3/4 cup Wild Rice  1 cup Broccoli & Mushrooms  1 Sl. Wheat Bread w/  1 tsp. Margarine  1 square Lemon Bars | **THURSDAY 8, 2021**  Beef Tacos  (3 oz. Beef, 1 oz. Cheese,  1c Lettuce & Tomato,  2 Corn Tortillas)  1/2c Spanish Rice  1/2c Buttered Corn  1/2c Apricots | **FRIDAY 9, 2021**  3oz Chicken Tenders  1 Baked Potato  1/4c LS Cream Gravy  1c Mixed Vegetables  1sl White Bread w/  1 tsp. Margarine  1/2c Banana Pudding |
| **MONDAY 12, 2021**  Ham & Cheese Sandwich  (2 oz. LS Ham, 1 oz. Cheese,  2 sl. Bread)  1/2c Lettuce/Tomato  1/2c Baked Beans  1/2c Cottage Cheese  1/2c Peaches | **TUESDAY 13, 2021**  GC Meat & Cheese Burrito  (2 oz. Beef, 1oz. Cheese, 1/4c Green Chile, 1 Tortilla)  1c Lettuce/Tomato Salad w/  2T Low Fat Dressing  1/2c Corn  1 Sl. Iced Chocolate Cake | **WEDNESDAY 14, 2021**  Beef Stew  (3 oz. Beef, 1 oz. Sauce,  1/2c Potatoes & Carrots)  1 c Steamed Cabbage  1 sl. Cornbread w/  1 tsp. Margarine  1/2c Vanilla Pudding | **Thursday 15, 2021**  3oz Fried Chicken  1/2c Mashed Potatoes  1oz LS Gravy  1/2c Green Peas  1 slice White Bread w/  1 tsp. Margarine  1/2c Pears | **FRIDAY 16, 2021**  Frito Pie  (1/2c Pinto Beans,  2 oz. Cheese/1oz Sauce/  1oz Fritos/1c Lettuce &  Tomato/2tbsp Onions)  1/2c Applesauce in 1 Sl. Cake |
| **MONDAY 19, 2021**  Spaghetti  1/2c (3 oz. Beef) Meat Sauce  1/2c Pasta  1c Broccoli & Cauliflower  1 slice Garlic Bread  1 Brownie | **Tuesday 20, 2021**  4 oz. Chicken Salad  1 oz. Cheese Stick  1c Carrots & Corn  6 LS Crackers  1/2c Chocolate Pudding | **WEDNESDAY 21, 2021**  Chili Dog  (3oz Beef Frank, 1 Bun  1oz Chili Sauce, 1oz Cheese)  1/2c Baked Beans  1/2c Sauerkraut  1/2c Apple in 1/4c Crisp | **THURSDAY 22, 2021**  3oz Baked Chicken  1/2c White Rice  1c Spinach Salad W/Tomatoes  1 slice Wheat Bread w/  1 tsp. Margarine  1/2c Low Fat Yogurt W/  1/2c Peaches | **FRIDAY 23, 2021**  Beef Enchilada Casserole  (3 oz. Beef, 1 oz. Cheese,  1 oz. Red Chili, 2 Corn Tortillas)  1/2c Span. Rice/ 1/2c Pinto Beans  1/2 Lettuce/Tomato Salad  1 sl. White Cake  1/2c Apricots |
| **Monday 26, 2021**  Macaroni & Cheese  (3 oz. Cheese, 1/2c Macaroni)  1c Brussels Sprouts & Onions  1sl Wheat Bread w/  1 tsp. Margarine  1/2c Chocolate Pudding | **Tuesday 27, 2021**  4oz Hamburger Steak  1/4c LS Brown Gravy  1/2c Garlic Mashed Potatoes  1/2c Sliced Carrots  1sl Wheat Bread w/  1 tsp. Margarine  1/2 c Apricots | **Wednesday 28, 2021**  Chicken Fajita  (3oz Chicken, 1/2c Peppers & Onions  1 Tortilla)  1/2c Steamed Cauliflower  w/1tsp Margarine  1/2 c Fruit Cocktail | **Thursday 29, 2021**  1c Taco Salad  (3 oz. Beef, 1/2c Lettuce/Tomato,  2T Shredded Cheese,1 oz Tortilla Chips, 2 Tbsp Salsa)  1/2c Buttered Corn  1/2c Pears | **Friday 30, 2021**  Lasagna  (3oz Beef, 1oz Cheese,  1 oz Sauce ,1/2c Pasta)  1 cup Mixed Vegetables  1 cup Lettuce/Tomato Salad  1 slice Garlic Bread  1/2c Plum Cobbler |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 786.6 | 794.7 | 748.2 | 739.8 | 720.1 |
| % Carbohydrates from Calories | 45-55% | 51.4% | 53.4% | 49.4% | 49.7% | 46.6% |
| % Protein from Calories | 15-25% | 22.8% | 21.3% | 23% | 25.3% | 24.4% |
| % Fat from Calories | 25-35% | 25.8% | 25.3% | 27.5% | 25% | 29% |
| Saturated Fat | less than 8g | 7.5g | 5.8g | 7g | 7.5g | 7.9g |
| Fiber | 10g or more | 11.8g | 12g | 11.6g | 11.4g | 10.2g |
| Vitamin B-12 | .8ug or more | 1.7ug | 2.2ug | 2.3ug | 2.6ug | 3ug |
| Vitamin A | 300ug RAE or more | 752.8ug | 489.5ug | 622.9ug | 549.4ug | 637.6ug |
| Vitamin C | 30mg or more | 147.8mg | 37.2mg | 59.3mg | 62.9mg | 49.1mg |
| Iron | 2.6mg or more | 5.9mg | 5.5mg | 5.5mg | 5.9mg | 5.5mg |
| Calcium | 400mg or more | 680.7mg | 475.6mg | 593.3mg | 633.7mg | 550.5mg |
| Sodium | less than 766mg | 640.2mg | 682.8mg | 724.4mg | 605.5mg | 598.4mg |

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