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| --- | --- | --- | --- | --- |
| **All Meals Served With 8 oz.**  **1% Low-Fat Milk** |  |  |  | **Friday 1, 2021**  CLOSED  HAPPY NEW YEAR |
| **Monday 4, 2021**  3 oz. Pork Loin W/  1 oz. Low Sodium Gravy  1/2c Cabbage  1/2c Black Eyed Peas  1 Sl. Cornbread W/ 1 Tsp. Margarine  1/2c Peaches | **Tuesday 5, 2021**  Green Chile Chicken Enchiladas  (3 oz. Chicken, 1/4c Green Chile,  2 Corn Tortillas)  1/2c Pinto Beans  1c Tossed Salad W/  2T Low Fat Dressing  1 sl. Coconut Cream Pie | **Wednesday 6, 2021**  Chicken Spaghetti  (3 oz Chicken, 1 oz. Sauce,  1/2c Noodles)  1/2c Corn  1/2c Green Beans  1 sl. Garlic Bread  1/2c Oranges In 1/2c Jell-O | **Thursday 7, 2021**  3 oz. Pot Roast W/  1 oz Low Sodium Gravy  1c Mashed Potatoes  1/2c Broccoli & Cauliflower  1 Roll W/ 1 Tsp. Margarine  1 sl. Strawberry Shortcake | **Friday 8, 2021**  3 oz. Fish Sticks  1/2c Tater Tots  1/2c Mixed Vegetables  1 Sl. Bread W/ 1 Tsp. Margarine  1/2c Tropical Fruit |
| **Monday 11, 2021**  Lasagna  (3 oz. Beef, 1 oz. Cheese,  1 oz. Sauce, 1/2c Noodles)  1/2c Corn  1c Tossed Salad W/  2T Low Fat Dressing  1 sl. Garlic Bread  1/2c Pears | **Tuesday 12, 2021**  3 oz. Catfish  1/2c Potato Wedges  1/2c Spinach  1 Hushpuppy  1 sl. Pineapple Cake | **Wednesday 13, 2021**  4 oz. Stir Fry Pork  1/2c Stir Fry Rice  1 Veggie Egg Roll  1c Asian Vegetables  1/2c Strawberries | **Thursday 14, 2021**  4 oz. Meatloaf  1/2c Mashed Potatoes  1/2c Fried Okra  1 Roll W/ 1 Tsp. Margarine  1 Sugar Cookie Bar | **Friday 15, 2021**  Corn Dogs  (3 oz. Turkey Frank,  1 oz. Breading)  1/2c Tater Tots  1/2c Mixed Vegetables  1/2c Fruit Cocktail |
| **Monday 18, 2021**  Closed  Martin Luther King Jr. Day | **Tuesday 19, 2021**  3 oz. Salmon Patties  1/2c Macaroni & Cheese  1c Broccoli & Carrots  1 Hushpuppy  1/2c Pineapple In 1/4c Cobbler | **Wednesday 20, 2021**  3 oz. Steak Fingers  1/2c Mashed Potatoes  1/2c Green Peas  1 Roll W/ 1 Tsp. Margarine  1/2c Pears | **Thursday 21, 2021**  3 oz. Pork Chop W/  1 oz. Low Sodium Gravy  1/2c Rice Pilaf  1c Winter Blend Vegetables  1 Sl. Bread W/ 1 Tsp. Margarine  1 sl. Apple Cake | **Friday 22, 2021**  Smothered Burritos  (3 oz. Beef, 1 oz. Cheese, 1 Tortilla, 1/4c Red Chile)  1c Tossed Salad W/  2T Low Fat Dressing  1/2c Pinto Beans  1 oz. Salsa  1/2c Pears |
| **Monday 25, 2021**  3 oz. Beef Tips W/  1 oz. Low Sodium Gravy  1c Mashed Potatoes  1/2c Fried Okra  1 Roll W/ 1 Tsp. Margarine  1/2c Tropical Fruits | **Tuesday 26, 2021**  3 oz. Baked Fish  1/2c Wild Rice  1c Spinach with Onions  1 Hushpuppy  1/2c Banana Pudding | **Wednesday 27, 2021**  Chicken Pot Pie  (3 oz. Chicken, 1 oz. Sauce,  1/2c Veggies, 1 oz. Crust)  1/2c Spinach  1/2c Beets  1/2c Pineapples in 1/2c Jell-O | **Thursday 28, 2021**  Cheese Enchiladas  (3 oz. Cheese, 1/4c Red Chile,  2 Corn Tortillas)  1c Pinto Beans  1/2c Calabacitas  1 oz. Salsa  1 Brownie | **Friday 29, 2021**  Sloppy Joes  (3 oz. Beef, 1 oz. Sauce, 1 Bun)  1/2c Potato Wedges  1/2c Carrots  1/2c Pears |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- |
| 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 or more | 709.8 | 701.9 | 774.3 | 718.2 |
| % Carbohydrates from Calories | 45-55% | 49.4% | 49.4% | 48.1% | 49.4% |
| % Protein from Calories | 15-25% | 24.3% | 19.1% | 24.7% | 24% |
| % Fat from Calories | 25-35% | 26.3% | 31.5% | 27.2% | 26.6% |
| Saturated Fat | less than 8g | 6.3g | 7.4g | 7.7g | 7.1g |
| Fiber | 10g or more | 11.2g | 10.4g | 14.4g | 12.4g |
| Vitamin B-12 | .8ug or more | 1.8ug | 2.1ug | 3.3ug | 2.3ug |
| Vitamin A | 300ug RAE or more | 403.2ug | 595.5ug | 656.9ug | 638.4ug |
| Vitamin C | 30mg or more | 94.4mg | 36.9mg | 68.1mg | 58.1mg |
| Iron | 2.6mg or more | 4.7mg | 5.2mg | 5.9mg | 6.2mg |
| Calcium | 400mg or more | 447mg | 454.1mg | 603.2mg | 609.7mg |
| Sodium | less than 766mg | 457.6mg | 647.2mg | 623.2mg | 597.1mg |

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