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| **All Meals Served With 8 oz.** **2% Low-Fat Milk** |  |  | THURSDAY 1, 20211/2c Summer Salad3 oz. Turkey 1 Slice Bread1c Mashed Potatoes w/ 1 oz. Low Sodium Gravy1c Squash With Corn1 Apple | FRIDAY 2, 20211/2c Macaroni Salad3 oz. Chicken Meat1/2c Sliced Tomato1/2c Cucumber1 Whole Wheat Roll w/ 1 tsp. Margarine1/2c Cantaloupe |
| Monday 5, 2021Closed Holiday | Tuesday 6, 20211/2c Spinach Salad W/ Egg4 oz. Meatloaf1/2c Mashed Potatoes1/2c Broccoli1 Whole Wheat Roll w/ 1 tsp. Margarine1/2c Yogurt With Fruit | Wednesday 7, 20211/2c Pea Salad3 oz. Cornflake Chicken Breast1/2c Stuffing1/2c Mixed Vegetables1 Whole Wheat Roll w/ 1 tsp. Margarine1/2c Diced Peaches | Thursday 8, 20211/2c Garden Salad w/2T Low Fat Dressing1 Cup Rigatoni (3 oz. Meat, 1/2c Penne Pasta)1/2c Cauliflower1 Whole Wheat Roll w/ 1 tsp. Margarine1 Banana | Friday 9, 20211/2c Pineapple Coleslaw3 oz. Pork Roast1/2c Yam1/2c Peas1-Piece Cornbread1/2c Diced Pears |
| Monday 12, 20211/2c Garden Salad w/2T Low Fat Dressing 1 Cup Green Chile Meat (3 oz. Meat 1/2c Potato & Veggies, 1 oz. Green Chile)½ Sup Sopa1/2c Pinto Beans1 Tortilla1/2c Honey Dew Melon | Tuesday 13, 20211/2c Spinach Salad W/ Egg3 oz. Roast Beef 1/2c Mashed Potatoes1/2c Peas And Carrots1 Whole Wheat Roll w/ 1 tsp. Margarine1 Orange | Wednesday 14, 20211/2c Garden Salad w/2T Low Fat Dressing Lasagna (3 oz. Meat, 1 oz. Cheese, 1 oz. Sauce, 1/2c Noodles)1/2c Brussel Sprouts1 Whole Wheat Roll w/ 1 tsp. Margarine1/2c Apricots | Thursday 15, 20211/2c Garden Salad w/2T Low Fat Dressing 3 oz. Oven Baked Chicken1/2c Cornbread Stuffing1/2c Baby Carrots1 Whole Wheat Roll w/ 1 tsp. Margarine1/2c Cherry Crisp | Friday 16, 20211/2c Lettuce And TomatoMeat Enchiladas(3 oz. Beef, 1/4c Red Chile, 2 Corn Tortillas)1/2c Spanish Rice1/2c Pinto Beans1/2c Sherbet  |
| Monday 19, 20211/2c Summer Salad4 oz. Beef Stroganoff1/2c Rice1/2c Green Beans1 Whole Wheat Roll w/ 1 tsp. Margarine1 Banana | Tuesday 20, 20211/2c Spinach Salad W/ Egg1/2c Sauce W/ 3 oz. Meat1/2c Spaghetti1/2c Italian Vegetables1 Whole Wheat Roll w/ 1 tsp. Margarine1/2c Tropical Fruit | Wednesday 21, 20211/2c Garden Salad w/2T Low Fat Dressing Red Chile Meat(3 oz. Beef, 1/4c Red Chile)1/2c Sopa1/2c Pinto Beans1 Tortilla1/2 Cup Pineapple  | Thursday 22, 20211/2c Cucumber Salad3 oz. Chicken W/ 1T LS Teriyaki Sauce1/2c Fried Rice1/2c Oriental Vegetables1 Whole Wheat Roll w/ 1 tsp. Margarine1/2c Blueberry Crisp | Friday 23, 20211/2c Potato Salad3 oz. Beef W/ 1 oz. BBQ Sauce1 Whole Wheat Roll w/ 1 tsp. Margarine1/2c Ranch Style Beans1/2c Celery And Carrot Sticks1/2c Fruit Salad  |
|  Monday 26, 20211/2c Pineapple Coleslaw3 oz. Fish1/2c Dill Potatoes1/2c Asparagus1 Whole Wheat Roll w/ 1 tsp. Margarine1/2c Apricots | Tuesday 27, 20211/2c Steamed Cabbage Beef Stew (3 oz. Meat, 1/2c Potato & Carrot, 1 oz. Sauce)1/2c Broccoli W/ 1oz. Cheese1-Piece Mexican Cornbread1/2c Fruit Cocktail  | Wednesday 28, 20211/2c Beet Salad3 oz. Tuna1/2c Tomato1 Whole Wheat Roll1 Oatmeal Cookie1/2c Watermelon | Thursday 29, 20211/2c Spinach Salad W/ Egg1 oz. Alfredo W/ 3 oz. Chicken1/2c Penne Pasta1/2c Mixed Vegetables1 Whole Wheat Roll w/ 1 tsp. Margarine1-Piece Lemon Cake | Friday 30, 20211/2c Garden Salad w/2T Low Fat Dressing 3 oz Pork W/ 1 oz. Sweet And Sour Sauce1/2c Egg Noodles1/2c Oriental Vegetables1 Whole Wheat Roll w/ 1 tsp. Margarine1 Banana |

***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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 745.8 | 742.9 | 882.8 | 806.6 | 719.5 |
| % Carbohydrates from Calories | 45-55% | 51% | 48.3% | 51% | 50.3% | 46.1% |
| % Protein from Calories | 15-25% | 23.6% | 23.8% | 22.4% | 22.5% | 24.1% |
| % Fat from Calories | 25-35% | 25.4% | 27.9% | 26.6% | 27.1% | 29.8% |
| Saturated Fat | less than 8g | 5.1mg | 6.2g | 7.3g | 6.7g | 6.7g |
| Fiber | 10g or more | 10.2g | 13.3g | 14.4g | 13g | 10.1g |
| Vitamin B-12 | .8ug or more | 1.6ug | 2.8ug | 3.1ug | 3ug | 2.7ug |
| Vitamin A | 300ug RAE or more | 393.4ug | 561.3ug | 824.4ug | 630.6ug | 637.8ug |
| Vitamin C | 30mg or more | 44.4mg | 54.5mg | 96.2mg | 49.5mg | 47.8mg |
| Iron | 2.6mg or more | 4.3mg | 6.2mg | 8.5mg | 7.2mg | 5.6mg |
| Calcium | 400mg or more | 411.1mg | 445.2mg | 516.8mg | 434.2mg | 510.5mg |
| Sodium | less than 766mg | 490mg | 591mg | 555.8mg | 605.6mg | 610mg |

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