|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **All Meals Served With 8 oz.**  **2% Low-Fat Milk** |  |  | **Thursday 1, 2021**  **Cheeseburger**  **(3 oz. Beef, 1 oz. Cheese, 1/2c Lettuce, Tomato, Pickle And Onion, 1 Bun)**  **1c Potato Salad**  **1/2c Fruit Cocktail In**  **1/2c Tapioca Pudding** | **Friday 2, 2021**  **3 oz. Baked Cod**  **1c French Fries**  **1c Coleslaw**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Peaches** |
| **Monday 5, 2021**  **Chicken Alfredo**  **(3 oz. Chicken, 1 oz. Sauce,**  **1/2c Noodles)**  **1c Peas & Carrots**  **1 sl. Garlic Toast**  **1/2c Pears** | **Tuesday 6, 2021**  **Tamale**  **(3 oz. Pork, 1/2c Masa,**  **1 oz. Red Chile)**  **1/2c Lettuce & Tomato**  **1/2c Beans**  **1 sl. Cake** | **Wednesday 7, 2021**  **Beef Macaroni**  **(3 oz. Beef, 1 oz Sauce,**  **1/2c Macaroni)**  **1c Mixed Veggies**  **6 Crackers**  **1/2c Peaches** | **Thursday 8, 2021**  **3 oz. Salisbury Steak**  **1c Mashed Potatoes**  **1 oz. Low Sodium Brown Gravy**  **1/2c Corn**  **1 Roll w/ 1 tsp. Margarine**  **1 Oatmeal Cookie** | **Friday 9, 2021**  **3 oz. Fish Sticks**  **1/2c Potato Wedges**  **1/2c Coleslaw**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Chocolate Pudding**  **1/2c Apple** |
| **Monday 12, 2021**  **Chile Relleno**  **(1/2c Green Chile, 1 oz. Breading, 1/4c Beef Green Chile Sauce, 1 oz. Cheese)**  **1/2c Lettuce & Tomato**  **1/2c Rice**  **1/2c Mixed Fruit** | **Tuesday 13, 2021**  **3 oz. Chicken Strips**  **1c Mashed Potatoes**  **1 oz. Cream Gravy**  **1/2c Green Beans**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Butterscotch Pudding** | **Wednesday 14, 2021**  **Lasagna**  **(3 oz. Beef, 1 oz Cheese,**  **1 oz. Sauce, 1/2c Pasta)**  **1c Garden Salad w/**  **2T Low Fat Dressing**  **1 sl. Garlic Toast**  **1 Banana** | **Thursday 15, 2021**  **Red Chile Meat Enchiladas**  **(3 oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas)**  **3/4c Beans**  **1/2c Spanish Rice**  **6 Crackers**  **1 sl. Cake** | **Friday 16, 2021**  **3 oz. Pork Chop**  **1/2c Scalloped Potatoes**  **1/2c California Blend Veggies**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Applesauce** |
| **Monday 19, 2021**  **3 oz. Chicken Patty**  **1c Broccoli & Cauliflower**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Peaches in 1/2c Cottage Cheese** | **Tuesday 20, 2021**  **Pulled Pork Sandwich**  **(3 oz. Pork, 1/2c Lettuce & Tomato, 1 Bun)**  **1/2c Corn Cob**  **1c Macaroni Salad w/ Veggies**  **1/2c Plums** | **Wednesday 21, 2021**  **Chicken Fajitas**  **(3 oz. Chicken, 1 oz. Cheese, 1/2c Peppers & Onions, 1 Tortilla)**  **1/2c Fajita Veggies**  **1/2c Beans**  **1 Oatmeal Cookie** | **Thursday 22, 2021**  **Sloppy Joe Sandwich**  **(3 oz. Beef, 1 oz. Sauce, 1 Bun)**  **1c French Fries**  **1/2c Pork & Beans**  **1/2c Fruit Cocktail** | **Friday 23, 2021**  **Pork Posole**  **(3 oz. Pork, 1/4c Red Chile, 1/2c Hominy)**  **1/2c Spinach**  **1 Tortilla**  **1 Orange** |
| **Monday 26, 2021**  **3 oz. Steak Fingers**  **1c Mashed Potatoes**  **1 oz. Low Sodium Brown Gravy**  **1/2c California Blend Veggies**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Pears** | **Tuesday 27, 2021**  **Green Chile Chicken Enchiladas**  **(3 oz. Chicken, 1/4c Green Chile, 2 Corn Tortillas)**  **1/2c Rice**  **1/2c Pinto Beans**  **1/2c Lettuce & Tomato**  **1/2c Mandarin Oranges** | **Wednesday 28, 2021**  **Grilled Cheese**  **(3 oz. Cheese, 2 sl. Bread)**  **1/2c French Fries**  **1/2c Cucumber & Onion Salad**  **1/2c Cottage Cheese**  **1/2c Grapes** | **Thursday 29, 2021**  **1/2c Spaghetti**  **4 oz. Meat Sauce**  **1c Garden Salad w/**  **2T Low Fat Dressing**  **1 sl. Garlic Toast**  **1/2c Pineapple** | **Friday 30, 2021**  **Chile Cheese Dog**  **(1 oz. Frank, 2 oz. Beef Chile,**  **1 oz. Cheese, 1 Bun)**  **1/2c Tater Tots**  **1/2c Corn**  **1/2c Cinnamon Apples** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | 786.1 | 787 | 753.1 | 704.9 | 768.9 |
| % Carbohydrates from Calories | 45-55% | 50.2% | 51.4% | 50.4% | 46% | 50% |
| % Protein from Calories | 15-25% | 22.9% | 22.8% | 22.9% | 25% | 23.4% |
| % Fat from Calories | 25-35% | 26.9% | 25.7% | 26.6% | 29% | 26.6% |
| Saturated Fat | less than 8g | 7g | 6.6g | 7.3g | 6.6g | 7.9g |
| Fiber | 10g or more | 10.6g | 12.4g | 10g | 11.4g | 11.5g |
| Vitamin B-12 | .8ug or more | 3ug | 2.6ug | 2.6ug | 2.1ug | 2.7ug |
| Vitamin A | 300ug RAE or more | 444.3ug | 527.7ug | 446.1ug | 460.2ug | 458.4ug |
| Vitamin C | 30mg or more | 63.9mg | 39.6mg | 81mg | 74.2mg | 85.3mg |
| Iron | 2.6mg or more | 5.9mg | 6.7mg | 5.5mg | 5.5mg | 6mg |
| Calcium | 400mg or more | 547.2mg | 462mg | 536.1mg | 480.4mg | 565.9mg |
| Sodium | less than 766mg | 644.4mg | 508.9mg | 534.5mg | 619.1mg | 591.6mg |

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