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| **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***

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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 | 786.1 | 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