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| --- | --- | --- | --- | --- |
| **MONDAY 2, 2021****½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing****1 Cup Picadillo w/ 3 oz. Meat****½ Cup Pinto Beans****1 Tortilla****½ Diced Peaches** | **TUESDAY 3, 2021****½ Cup Pea Salad****3 oz Roast Beef****½ Mashed Potatoes****½ Cup Carrots****1 Whole Wheat Roll****½ Cup Honey Dew** | **WEDNESDAY 4, 2021****½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing****3 oz Chicken Parmesan** **½ Cup Linguine****½ Cup Cauliflower****1 Whole Wheat Roll****1 Apple** | **THURSDAY 5, 2021****½ Cup Applesauce****3 oz Pork Chop****½ Baked Yam****½ Cup Winter Mix Vegetables****1 Piece Cornbread****1 Orange** | **FRIDAY 6, 2021****½ Cup Spinach Salad w/ 2 Tbsp Ranch Dressing****3 oz Curried Chicken****½ Cup Egg Noodles****½ Cup Brussel Sprouts****1 Dinner Roll****½ Cup Banana Pudding** |
| **MONDAY 9, 2021****½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing****3 oz Ground Beef w/ 1 oz Frito Corn Chips****½ Cup Mixed Vegetables****1 Biscuit****½ Cup Plums** | **TUESDAY 10, 2021****3 oz Chicken Fajita****½ Cup Peppers and Onions****½ Cup Spanish Rice****½ Cup Pinto Beans****2 oz Pico de Gallo w/ avocado****1 Piece Marble Cake** | **WEDNESDAY 11, 2021****½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing****4 oz Meat Lasagna****½ Cup Italian Vegetables****1 Whole Wheat Roll****1 Banana** | **THURSDAY 12, 2021****½ Cup Sunshine Salad****3 oz Chicken Salad w/ 1 Wheat Bun****½ Cup Tomatoes****1 oz Sun Chips****1 Orange****½ Cup Yogurt w/ 1/2c Fruit** | **FRIDAY 13, 2021****½ Cup Spinach Salad w/ 2 Tbsp Ranch Dressing****3 oz Roast Beef w/ 1 Slice of Bread****½ Cup Mashed Potatoes****½ Cup Squash w/ Corn****½ Cup Blueberry Crisp** |
| **MONDAY 16, 2021****½ Cup Spinach Salad w/ 2 Tbsp Ranch Dressing****1 Cup Chili Macaroni w/ 3 oz of Meat****½ Cup Mixed Vegetables****1 Whole Wheat Roll****1 Pear** | **TUESDAY 17, 2021****½ Cup Summer Salad****3 oz Chicken Marsala****½ Cup Penne Pasta****½ Cup Seasoned Spinach** **1 Whole Wheat Roll****½ Cup Jello** | **WEDNESDAY 18, 2021****½ Cup Tomatoes****4 oz Meat Loaf****½ Cup Mashed Potatoes****½ Cup Carrots****1 Whole Wheat Roll****½ Cup Apricots** | **THURSDAY 19, 2021****½ Cup Lettuce & Tomato****3 oz Meat w/ Enchilada****½ Cup Spanish Rice****½ Cup Pinto Beans****1 Oatmeal Cookie** | **FRIDAY 20, 2021****½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing****1 Cup Scalloped Potatoes w/ 3 oz Ham****½ Cup Green Beans****1 Whole Wheat Roll****1/2c Applesauce in 1 Piece Applesauce Cake** |
| **MONDAY 23, 2021****½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing****3 oz Sweet and Sour Chicken****½ Cup Steamed Rice****½ Cup Oriental Vegetables****1 Whole Wheat Roll****1 Apple** | **TUESDAY 24, 2021****3/4 Cup Pasta Salad****(1/2c Pasta, 1/4c Veggies)****3 oz BBQ Pork Meat w/** **1 Wheat Bun****½ Cup Ranch Beans****2 oz Sliced Onions****½ Cup Peach Cobbler** | **WEDNESDAY 25, 2021****½ Cup Beets Salad****3 oz Baked Chicken****½ Cup Poultry Dressing****½ Cup Asparagus****1 Wheat Roll****½ Cup Fruit Salad**  | **THURSDAY 26, 2021****½ Cup Pea Salad****1 Cup Beef Tips w/ 3 oz Meat****½ Cup Egg Noodles****½ Cup Carrots****1 Wheat Roll****1 Peanut Butter Cookie** | **FRIDAY 27, 2021****½ Cup Tossed Salad w/ 2 Tbsp Ranch Dressing****1 Cup Red Chili w/ 3 oz Meat****½ Cup Sopa****½ Cup Pinto Beans****1 Tortilla****½ Cup Cantaloupe** |
|  **MONDAY 30, 2021****½ Cup Summer Salad****1 Cup Chicken A La King w/ 3 oz Chicken****½ Cup Egg Noodles****½ Cup Mixed Vegetables****1 Wheat Roll****½ Cup Tropical Fruit** | **TUESDAY 31, 2021****½ Cup Spinach Salad w/ 2 Tbsp Ranch Dressing****3 oz Chicken Fried Steak** **½ Cup Mashed Potatoes****½ Cup Peas and Carrots****1 Whole Wheat Roll****½ Cup Roasted Apples** |  |  | **All Meals Served With 8 oz.****1% Low-Fat Milk** |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 783.9 | 816.3 | 773.3 | 797.3 | 786.3 |
| % Carbohydrates from Calories | 45-55% | 51% | 50.9% | 52.5% | 49.7% | 51.7% |
| % Protein from Calories | 15-25% | 22.7% | 23.4% | 20.4% | 24% | 20.5% |
| % Fat from Calories | 25-35% | 26.2% | 25.7% | 26.7% | 26.3% | 27.8% |
| Saturated Fat | less than 8g | 6.6g | 7.8g | 7.4g | 6.6g | 7g |
| Fiber | 10g or more | 11.4g | 11.7g | 11.3ug | 10.3g | 11.1g |
| Vitamin B-12 | .8ug or more | 2.3ug | 2.4ug | 2.3ug | 2ug | 2.3ug |
| Vitamin A | 300ug RAE or more | 478.3ug | 426.3ug | 556.9ug | 475.4ug | 705.7ug |
| Vitamin C | 30mg or more | 96.9mg | 87.1mg | 39.5mg | 55.6mg | 37.2mg |
| Iron | 2.6mg or more | 5.4mg | 5.9mg | 5.5mg | 5.7mg | 6.1mg |
| Calcium | 400mg or more | 466mg | 596.5mg | 549.3mg | 441.1mg | 493mg |
| Sodium | less than 766mg | 596.3mg | 680.1mg | 620.3mg | 680.2mg | 576.6mg |

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