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| All Meals Served with 8 oz.  2% Low Fat Milk |  |  |  | FRIDAY 1, 2019  Pork Tamale  (3 oz. Pork, 2 oz. Red Chile,  3 oz. Masa)  1/2c Pinto Beans  1c Zucchini  1/2c Applesauce |
| Monday 4, 2019  Beef Enchilada  (3oz Ground Beef, 1oz Cheese, 1/4c Red Chile, 2 Corn Tortilla)  1/2c Spanish Rice  3/4c Salad W/ 2T Low-fat Dressing  1/2c Peaches | Tuesday 5, 2019  Beef Stew  (3oz Beef,1/4c Potato,  1/4c Carrots,1/2c Sauce)  1/2c Cole Slaw  1 Slice Cornbread w/  1 tsp. Margarine  1/2c Apricots | Wednesday 6, 2019  Pork Stir-Fry  (3oz Pork, 1/2c Stir-Fry Vegetable)  1/2c Rice  1/2c Mixed Vegetables  1 Biscuit w/ 1 tsp. Margarine  1/2c Pineapples | Thursday 7, 2019  Corn Dog  (3oz Turkey Frank, 1- Bun)  1/2c Potatoes  1/2c Carrot Salad  1/2c Plum Cobbler | Friday 8, 2019  Tuna Salad-  (4oz Tuna Salad, 2 Slices Bread)  3/4c Tomato Soup  1/2c Carrots  1/2c Pears |
| Monday 11, 2019  Pork Fajita  (3oz Pork, 1/4c Red Peppers  1/4c Green Peppers, 1/4c Onions) 1/2c Pinto Beans  1/2c Zucchini  1 Tortilla  1/2c Peaches | Tuesday 12, 2019  Green Chile Chicken Enchilada-  (3oz Chicken, 1oz Cheese,  1/4c Green Chili, 2-Corn Tortilla)  1/2c Pinto Beans  1/2c Salad W/2T Low-Fat Dressing  1/2c Pears W/ Jell-O | Wednesday 13, 2019  Meat Loaf  (3oz Ground Beef, 1 oz. Sauce)  1/2c Potato W/ 1 oz. Low Sodium Gravy  1/2c Broccoli  1 Dinner Roll w/ 1 tsp. Margarine  1/2c Mandarin Oranges | Thursday 14, 2019  3oz Beef Patty  1/2c Mashed Potato W/  1 oz. Low Sodium Gravy  1/2c Peas And Carrots  1 Biscuit w/ 1 tsp. Margarine  1 Slice Cake  1/2c Pineapple | Friday 15, 2019  Navajo Taco  (2oz Ground Beef, 1/2c Pinto Beans, 1oz Cheese, 1 Fry Bread)  1/2c Lettuce, Tomato & Onions  1/2c Beets,  1/2c Apple Sauce |
| Monday 18, 2019  Sloppy Joe  (3oz Ground Beef, 1oz Sauce, 1 Bun)  1/2c Potato  1/2c Spinach  1/2c Apricots | Tuesday 19, 2019  Stuffed Sopapilla-  (2oz Ground Beef, 1/2c Pinto Beans, 1oz Cheese, 1 Sopapilla)  1/2c Zucchini  1/2c Spinach  1/2c Spanish Rice  1slice Pineapple Cake | Wednesday 20, 2019  BBQ Pork Sandwich  (3oz Pork, 1 oz. BBQ Sauce,  1 Whole Bun)  1/2c Potato,  1/2c Mixed Vegetables  1/2c Fruit Cocktail | Thursday 21, 2019  3oz Turkey  1/2c Poultry Dressing W/  Low-fat Sodium Gravy  1c Green Beans with Onions  1 Dinner Roll  1 Slice Pumpkin Pie W/ 1tbs Whip Cream | Friday 22, 2019  Chili Dog  (3oz Turkey Frank, 1/2c Chili Sauce, 1 Bun)  1/2c French Fries  1/2c Carrot Salad  1/2c Plums |
| Monday 25, 2019  Ham & Cheese Sandwich  (2oz Low Sodium Ham, 1oz Cheese, 2 Slices Bread, 1/2c Lettuce & Tomato)  3/4c Cream Broccoli Soup  1/2c Carrots  1/2c Fruit Cocktail | Tuesday 26, 2019  Beef/Potato Burrito-  (2oz Ground Beef, 1/2c Potato, 1oz Cheese, 2oz Green Chili Sauce)  1 Tortilla  1/2c Spinach  1/2c Apple Crisp | Wednesday 27, 2019  Hamburger  (3oz Hamburger Patty, 1/2c Lettuce, Tomato & Onion, 1 Bun)  1/2c Potato Salad  1/2c Beets  1slice Cake W/ 1/2c Strawberries | Thursday 28, 2019  Closed | Friday 29, 2019  Taco Salad  (2oz Ground Beef, 1/2c Pinto Beans, 1oz Cheese, 1/2c Lettuce & Tomato, 1tbs Onions,1/2c Crushed Tortilla Chips, 1/4 Chili Salsa)  1/2c Spanish Rice  1/2c Zucchini  1/2c Apple |

***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:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 950 | 718 | 717 | 762 | 750 |
| % Carbohydrates from Calories | 45-55% | 55.3% | 51.2% | 48.6% | 51.1% | 52.5% |
| % Protein from Calories | 15-25% | 19.4% | 20.3% | 25.1% | 23.6% | 22% |
| % Fat from Calories | 25-35% | 25.3% | 28.5% | 26.4% | 25.3% | 25.5% |
| Saturated Fat | less than 8g | 6.9g | 6.1g | 6.8g | 6.8g | 7.2g |
| Fiber | 10g or more | 18.3g | 10.8g | 13.9g | 10.5g | 12.8g |
| Vitamin B-12 | .8ug or more | 1.7ug | 2.5ug | 2.7ug | 2.8ug | 2.8ug |
| Vitamin A | 300ug RAE or more | 387.9ug | 742.4ug | 445.7ug | 609.4ug | 680.4ug |
| Vitamin C | 30mg or more | 184.8mg | 57.3mg | 99.7mg | 51.3mg | 103.2mg |
| Iron | 2.6mg or more | 11.1g | 5.1mg | 5.9mg | 7.3mg | 6.9mg |
| Calcium | 400mg or more | 493.7mg | 464.6mg | 502.3mg | 506.6mg | 610.3mg |
| Sodium | less than 766mg | 272.3mg | 614.7mg | 503.4mg | 714.2mg | 711.2mg |

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