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| All Meals Served with 8 oz. 2% Low Fat Milk |  |  |  | FRIDAY 1, 2019Pork Tamale (3 oz. Pork, 2 oz. Red Chile, 3 oz. Masa)1/2c Pinto Beans 1c Zucchini1/2c Applesauce |
| Monday 4, 2019Beef 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, 2019Beef Stew(3oz Beef,1/4c Potato, 1/4c Carrots,1/2c Sauce) 1/2c Cole Slaw1 Slice Cornbread w/ 1 tsp. Margarine 1/2c Apricots | Wednesday 6, 2019Pork Stir-Fry(3oz Pork, 1/2c Stir-Fry Vegetable) 1/2c Rice 1/2c Mixed Vegetables 1 Biscuit w/ 1 tsp. Margarine1/2c Pineapples | Thursday 7, 2019Corn Dog(3oz Turkey Frank, 1- Bun) 1/2c Potatoes1/2c Carrot Salad1/2c Plum Cobbler | Friday 8, 2019Tuna Salad- (4oz Tuna Salad, 2 Slices Bread)3/4c Tomato Soup1/2c Carrots 1/2c Pears |
| Monday 11, 2019Pork Fajita(3oz Pork, 1/4c Red Peppers 1/4c Green Peppers, 1/4c Onions) 1/2c Pinto Beans1/2c Zucchini1 Tortilla1/2c Peaches | Tuesday 12, 2019Green 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, 2019Meat Loaf(3oz Ground Beef, 1 oz. Sauce)1/2c Potato W/ 1 oz. Low Sodium Gravy 1/2c Broccoli1 Dinner Roll w/ 1 tsp. Margarine1/2c Mandarin Oranges  | Thursday 14, 20193oz Beef Patty1/2c Mashed Potato W/1 oz. Low Sodium Gravy1/2c Peas And Carrots1 Biscuit w/ 1 tsp. Margarine1 Slice Cake1/2c Pineapple | Friday 15, 2019Navajo Taco (2oz Ground Beef, 1/2c Pinto Beans, 1oz Cheese, 1 Fry Bread)1/2c Lettuce, Tomato & Onions1/2c Beets, 1/2c Apple Sauce |
| Monday 18, 2019Sloppy Joe(3oz Ground Beef, 1oz Sauce, 1 Bun) 1/2c Potato1/2c Spinach 1/2c Apricots | Tuesday 19, 2019Stuffed Sopapilla- (2oz Ground Beef, 1/2c Pinto Beans, 1oz Cheese, 1 Sopapilla) 1/2c Zucchini1/2c Spinach 1/2c Spanish Rice1slice Pineapple Cake | Wednesday 20, 2019BBQ Pork Sandwich (3oz Pork, 1 oz. BBQ Sauce, 1 Whole Bun) 1/2c Potato, 1/2c Mixed Vegetables1/2c Fruit Cocktail | Thursday 21, 20193oz Turkey1/2c Poultry Dressing W/ Low-fat Sodium Gravy1c Green Beans with Onions1 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 Salad1/2c Plums |
| Monday 25, 2019Ham & Cheese Sandwich(2oz Low Sodium Ham, 1oz Cheese, 2 Slices Bread, 1/2c Lettuce & Tomato) 3/4c Cream Broccoli Soup1/2c Carrots 1/2c Fruit Cocktail | Tuesday 26, 2019Beef/Potato Burrito-(2oz Ground Beef, 1/2c Potato, 1oz Cheese, 2oz Green Chili Sauce) 1 Tortilla1/2c Spinach 1/2c Apple Crisp | Wednesday 27, 2019Hamburger (3oz Hamburger Patty, 1/2c Lettuce, Tomato & Onion, 1 Bun)1/2c Potato Salad1/2c Beets 1slice Cake W/ 1/2c Strawberries | Thursday 28, 2019Closed | Friday 29, 2019Taco 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 Rice1/2c Zucchini1/2c 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