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| --- | --- | --- | --- | --- |
| **MONDAY 2,****4 oz. Honey Dijon Chicken****1/2c Corn****1/2c Green Beans****1/2c Rice****1 Roll w/ 1 tsp. Margarine****1c Mandarin Oranges** | **TUESDAY 3,** **Soft Beef Tacos****(3 oz. Beef, 1 oz. Cheese,** **2 Flour Tortillas)****1/2c Pinto Beans****1/2c Carrots****1/2c Spanish Rice****1 Chocolate Chip Cookie** | **WEDNESDAY 4,** **Lasagna****(3 oz. Beef, 1 oz. Cheese, 1oz. Sauce, 3 oz. Noodles)****1/2c Italian Veggies****1/2c Spinach****1 sl. Garlic Bread****1c Peaches** | **THURSDAY 5,****4 oz. BBQ Chicken****1 med Baked Potato****1/2c Baked Beans****1 Wheat Roll w/ 1 tsp. Margarine****1/2c Cherry Cobbler** | **FRIDAY 6,** **4 oz. Tuna Salad****1/2c Celery/Carrot Sticks****1 oz. Potato Chip****1 Sl. Wheat Bread w/** **1 tsp. Margarine****1 Banana** |
| **MONDAY 9,** **Center Closed****Columbus Day** | **TUESDAY 10,** **Beef Stroganoff****(3 oz. Beef, 1 oz. Sauce,** **4 oz. Noodles)****1/2c Peas****1/2c Carrots****1 Roll w/ 1 tsp. Margarine****1/2c Jell-O w/ Pineapple** | **WEDNESDAY 11,** **4 oz. Sweet & Sour Chicken****1/2c Chuck Wagon Veggies****1/2c Broccoli****1/2c White Rice****1 WW Roll w/ 1 tsp. Margarine****1c Watermelon** | **THURSDAY 12,** **Green Chili Cheeseburger****(3 oz. Beef, 1 oz. Cheese, 1 oz. Green Chile, 1 Bun)****1/2c Lettuce, Tomato Onions****1/2c French Fries****1Sugar Cookie** | **FRIDAY 13,** **3 oz. Catfish****1/2c Coleslaw****1/2c Tater Tots****1 Hush Puppy****1/2c Fruit Cocktail** |
|  **MONDAY 16,** **3 oz. Chicken Fried Steak****1/2c Mixed Veggies****1/2c Mashed Potato****1 oz. low Sodium Gravy****1 Biscuit w/ 1 tsp Margarine****1/2c Apple Sauce** | **TUESDAY 17,** **4 oz. Fiesta Chicken****1/2c Black Beans** **1/2c Chuckwagon Veggies****1c Cilantro Rice****1/2c Banana Pudding** | **WEDNESDAY 18,** **3 oz. Pork Cutlet****1/2c Mashed Potato’s****1/2c Green Beans****1 WW Roll w/ 1 tsp. Margarine****1 Brownies** | **THURSDAY 19,** **3 oz. Oven Baked Chicken****1/2c Spinach** **1/2c Cauliflower****1/2c Rice****1 WW Roll w/ 1 tsp. Margarine****1 Brownies** | **FRIDAY 20,** **Sloppy Joe****(3 oz. Beef, 1 oz. Sauce, 1 Bun)****1/2c Peas/Carrots****1/2c Corn****1/2c Apricot** |
| **MONDAY 23,** **Spaghetti****(3 oz. Beef, 1 oz. Sauce,** **1 c Noodles)****1/2c Italian Blend Beet****1 sl. Garlic Bread****1/2c Mixed Fruit** | **TUESDAY 24,** **4 oz. Hamburger Steak****1/2c Mashed Potato****1/2c Corn****1 WW Roll w/ 1 tsp. Margarine****1/2c Tapioca Pudding** | **WEDNESDAY 25,** **4 oz. Lemon Chicken****1/2c Asparagus****1/2c Roasted Potatoes****1 Roll W/ 1 tsp. Margarine****1/2c Orange Slices** | **THURSDAY 26,** **3 oz. Low Sodium Ham****1/2c Sweet Potatoes****1/2c Peas****1 sl. Cornbread****1 sl. BD Cake** | **FRIDAY 27,** **3 oz. Cod Fillet W/** **2T Tartar Sauce****1/2c Coleslaw****1/2c French Fries****1 Hush Puppies****1/2c Pears** |
| **MONDAY 30,****Chicken Pot Pie****(3 oz. Chicken, 1 oz. Sauce, 1 oz. Crust, 3 oz. Veggies)****1/2c Mixed Vegetables****1/2c Beets****1c Fruit Cocktail** | **TUESDAY 31,** **4 oz. Meatloaf****1/2c Mashed Potatoes****1 oz. Low Sodium Gravy****1c Broccoli****1 Soft Roll w/ 1 tsp. Margarine****1 sl. Pumpkin Cake** |  |  | **8 oz. 2% Milk** **Served with Meals** |

***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: 4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 | 795 | 713 | 752 | 713 | 820 |
| % Carbohydrates from Calories | 45-55% | 50.9% | 46.3% | 46.8% | 50% | 49.9% |
| % Protein from Calories | 15-25% | 22.5% | 23.2% | 22.2% | 24.4% | 25% |
| % Fat from Calories | 25-35% | 26.6% | 30.5% | 31% | 25.6% | 25.1% |
| Saturated Fat | less than 8g | 7.1g | 7.3g | 7.7g | 5.7g | 7.6g |
| Fiber | 5-7g | 12.9g | 8g | 8.9g | 10.3g | 13.6g |
| Vitamin B-12 | .8ug | 2.5ug | 2.9ug | 2.7ug | 2.3ug | 2.6ug |
| Vitamin A | 300ug RAE | 512ug | 501ug | 537ug | 349ug | 393ug |
| Vitamin C | 30mg | 31.9mg | 75mg | 35.8mg | 57mg | 43.9mg |
| Iron | 2.6mg | 5.8mg | 5.6mg | 6mg | 5.3mg | 7.3mg |
| Calcium | 400mg | 498mg | 455mg | 441mg | 476mg | 517mg |
| Sodium | less than 1000mg | 823mg | 662mg | 703mg | 973mg | 973mg |

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