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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***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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