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| --- | --- | --- | --- | --- |
| 8oz. 2% Milk Served  with All Meals | TUESDAY 1, 2019  Chicken Cesar Salad  (3 oz. Chicken, 1 oz. Cheese,  1c Lettuce & Tomato)  1 Garlic Knot  1/2c Fruit Cocktail in Yogurt | WEDNESDAY 2, 2019  3 oz. Salisbury Steak  1/2c Mashed Potato w/  1 oz. Low Sodium Gravy  1/2c Cauliflower  1 WW Roll w/ 1 tsp. Margarine  1/2c Sliced Apples w/Cinnamon | THURSDAY 3, 2019  3 oz. Baked Fish w/ 2T Tartar Sauce  1c Green Beans & Peppers  1/2c Wild Rice  1 sl. Cornbread  1/2c Cherries in Cherry Cobbler | FRIDAY 4, 2019  Chicken Soft Tacos w/ 1 oz. Salsa  (3 oz. Chicken, 1 oz. Cheese,  1 Tortilla, 1/2c Lettuce, Tomato)  1/2c MexiCorn  1/2c Pinto Beans  1 Brownie |
| MONDAY 7, 2019  4oz. Pepper Steak  1/2c Egg Noodles  1c Garden Salad w/  2T Low Fat Dressing  1 Garlic Knot  1/2c Apples in Cobbler | TUESDAY 8, 2019  4oz. Lemon Pepper Chicken Breast  1/2c Roasted Potatoes w  1 oz. Low Sodium Gravy  1/2c California Vegetables  1 WW Roll w/ 1 tsp. Margarine  1/2c Fruit Salad | WEDNESDAY 9, 2019  Chile Relleno  (3 oz. Cheese, 3 oz. Green Chile,  1 oz. Breading)  1/2c Spanish Rice  1/2c Beans  1c Garden Salad w/  2T Low Fat Dressing  1 sl. Chocolate Cake | THURSDAY 10, 2019  Sloppy Joe  (3 oz. Beef, 1 oz. Sauce, 1 Bun)  1/2c Tater Tots  1/2c Coleslaw  1 Oatmeal Cookie | FRIDAY 11, 2019  4oz. Chicken Parmesan w/  1 oz. Marinara  1c Noodles  1c Green Beans & Carrots  1 Bread Stick  1/2c Peaches |
| MONDAY 14, 2019  CLOSED | TUESDAY 15, 2019  Chef Salad  (1 oz. Low Sodium Ham,  1 oz. Turkey, 1 HB Egg, 1 oz. Cheese, 1c Lettuce & Tomato)  1 Garlic Knot  1 Apple | WEDNESDAY 16, 2019  Beef Fajitas  (3 oz. Beef, 1/2c Peppers & Onion,  1 Tortilla)  1/2c Beans  1/2c Calabacitas  1/2c Low Fat Chocolate Pudding | THURSDAY 17, 2019  3 oz. Oven Roasted Pork Chops  1/2c Mashed Potatoes w/ 1 oz. Gravy  1c Peas  1 WW Roll w/ 1 tsp. Margarine  1/2c Spiced Pears | FRIDAY 18, 2019  3 oz. Baked Fish  1c Rice  1c Broccoli & Cauliflower  1 WW Roll w/ 1 tsp. Margarine  1/2c Oranges in Jell-O |
| MONDAY 21, 2019  Red Chile Beef Frito Pie  (3 oz. Beef, 1/2c Beans, 1 oz. Cheese, 1 oz. Red Chile, 1 oz. Fritos,  1c Lettuce, Tomato & Onion)  1 Sugar Cookie | TUESDAY 22, 2019  3 oz. Roasted Chicken Breast  1/2c Scalloped Potatoes  1c Garden Salad w/  2T Low Fat Dressing  1 WW Roll w/ 1 tsp. Margarine  1/2c Peaches in Cobbler | WEDNESDAY 23, 2019  1/2c Spaghetti w/ 4oz. Meat Sauce  1/2c Green Beans  1c Garden Salad w/  2T Low Fat Dressing  1 Garlic Knot  1/2c Strawberries on Shortcake | THURSDAY 24, 2019  Chicken Pot Pie  (3 oz. Chicken, 1 oz. Sauce, 1c Mixed Veggies, 1 oz. Crust)  1 sl. Cornbread w/ 1 tsp. Margarine  1/2c Cinnamon Apples | FRIDAY 25, 2019  Tuna Casserole  (3 oz. Tuna, 1 oz Sauce,  1/2c Egg Noodles)  1c Corn & Green Beans  1 WW Roll w/ 1 tsp. Margarine  1/2c Yogurt |
| MONDAY 28, 2019  4oz. Creamy Chicken Alfredo over  1c Fettuccine Noodles  1c Garden Salad w/  2T Low Fat Dressing  1 Garlic Knot  1/2c Apples in Crisp | TUESDAY 29, 2019  Green Chile Stew  (3 oz Pork, 1 oz Green Chile,  1/2c Potatoes & Onion)  1/2c Beans  1 Tortilla  1 sl. Cake  1/2c Pineapple | WEDNESDAY 30, 2019  4oz. Meatloaf  1/2c Mashed Potatoes w/  1 oz. Low Sodium Gravy  1c Cauliflower  1 WW Roll w/ 1 tsp. Margarine  1/2c Fruit Cocktail in Cottage Cheese | THURSDAY 31, 2019  3 oz. Lemon Pepper Baked Fish  1c Wild Rice  1c Spinach w/ Mushrooms  1 Chocolate Chip Cookies  1 Banana |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 708 | 798 | 704 | 835 | 816 |
| % Carbohydrates from Calories | 45-55% | 47.6% | 50.9% | 45.9% | 49.3% | 51.1% |
| % Protein from Calories | 15-25% | 24.6% | 22.8% | 22.9% | 22.1% | 22.5% |
| % Fat from Calories | 25-35% | 27.8% | 26.4% | 31.2% | 28.6% | 26.4% |
| Saturated Fat | less than 8g | 5.6g | 7.6g | 6.9g | 7g | 7.2g |
| Fiber | 10g or more | 10g | 10.8g | 10.7g | 13.5g | 10g |
| Vitamin B-12 | .8ug or more | 2.3ug | 2.5ug | 2.1ug | 3ug | 2.4ug |
| Vitamin A | 300ug RAE or more | 512.4mg | 626.9ug | 530.8ug | 692.6ug | 475.4ug |
| Vitamin C | 30mg or more | 44.8mg | 74.6mg | 66mg | 65mg | 77.9mg |
| Iron | 2.6mg or more | 5mg | 6.1mg | 4.5mg | 6.3mg | 6.7mg |
| Calcium | 400mg or more | 448.7mg | 568.6mg | 481.4mg | 508.3mg | 476.7mg |
| Sodium | less than 766mg | 527.8mg | 569mg | 673.5mg | 595.7mg | 552.6mg |

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