|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **All Meals Served**  **with 1% Low-Fat Milk** |  |  | **THURSDAY 2, 2020**  **4 oz. Chicken, Cranberry, Grapes & Pecan Salad (3oz. Meat or more)**  **1/2c Beet & Onion Salad**  **1/2c Sliced Tomato**  **1 WW Rolle**  **1/2c Mandarin Orange Cup**  **1 Oatmeal Cookie** | **FRIDAY 3, 2020**  **1 svg. Beef Caldillo**  **(2oz. Meat or more)**  **1/2c Steamed Cabbage**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 Tortilla**  **1/2c Chilled Pineapple** |
| **MONDAY 6, 2020**  **4.7 oz. Baked Fish**  **1/2c Pineapple Coleslaw**  **1/2c Oven Dill Potatoes**  **1/2c Seasoned Spinach**  **1 Dinner Roll**  **1 Apple** | **TUESDAY 7, 2020**  **8 oz. Beefaroni (3oz. Meat or more)**  **1/2c Spinach Salad w/ Egg**  **1/2c Baby Carrots**  **1 Cheese Biscuit**  **1 Banana** | **WEDNESDAY 8,2020**  **13 oz. Yankee Pot Roast w/ Potato, Celery, Carrots & Onion**  **(2oz. Meat or more, 1/2c Veg or more)**  **1/2c Garden Salad**  **1 pc. Cornbread**  **2 Tangerine**  **1 sl. Pineapple Upside Down Cake** | **THURSDAY 9, 2020**  **1 svg. Roast Turkey**  **(3oz. Meat or more)**  **1/2c Cornbread Stuffing**  **1/2c Seasoned Peas**  **1/2c Tossed Salad**  **1 Dinner Roll**  **1 pc. Blueberry Crisp** | **FRIDAY 10, 2020**  **1 item Sweet & Sour Chicken**  **(3oz. Meat or more)**  **1/2c Spinach Salad w/ Egg**  **1/2c Egg Noodles**  **1/2c Peas & Carrots**  **1 Dinner Roll**  **1/2c Chilled Apricots** |
| **MONDAY 13, 2020**  **1 svg. Green Enchilada**  **(3oz. Meat or more)**  **1/2c Lettuce & Tomato**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 Oatmeal Cookie** | **TUESDAY 14, 2020**  **3 oz. Chicken Fried Steak**  **1/2c Pea Salad**  **1/2c Mashed Potatoes**  **1/2c Mixed Vegetables**  **1 WW Roll**  **1/2c Diced Pears** | **WEDNESDAY 15, 2020**  **1 svg. Meatloaf**  **(3oz. Meat or more)**  **1 svg. Garden Salad**  **(1/2c Vegetables or more)**  **1/2c Brussel Sprouts**  **1 WW Roll**  **1/2c Sliced Cinnamon Apples** | **THURSDAY 16, 2020**  **8.5 oz. Chicken Alfredo**  **1/2c Spinach Salad w/ Egg**  **1/2c Penne Pasta**  **1/2c Winter Mix Vegetables**  **1 Dinner Roll**  **1 Orange**  **1 Neiman Marcus Cookie** | **FRIDAY 17, 2020**  **1 svg. Hot Roast Beef Sandwich**  **(3oz. Meat or more, 1 Sl Bread or more)**  **1/2c Carrot Raisin Salad**  **1/2c Mashed Potatoes**  **1/2c Seasoned Green Beans**  **1 Pear** |
| **MONDAY 20, 2020**  **Closed** | **TUESDAY 21, 2020**  **8 oz. Rigatoni w/ Meat Sauce**  **(3oz. Meat or more, 1/2c Pasta or more)**  **1 svg. Garden Salad**  **(1/2c Vegetables or more)**  **1 svg. Cauliflower**  **(1/2c Vegetables or more)**  **1 Dinner Roll**  **1/2c Tropical Fruit** | **WEDNESDAY 22, 2020**  **1 svg. BBQ Beef Sandwich**  **(3oz. Meat or more, 1 Sl Bread or more)**  **1/2c Vinaigrette Cole Slaw**  **1/2c Oven Roasted Potatoes**  **1/2c Seasoned Carrots**  **1 Banana** | **THURSDAY 23, 2020**  **1 svg. Beef Fajita**  **(3oz. Meat or more)**  **1/2c Summer Salad**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 Tortilla**  **1 svg. Pico De Gallo w/ Avocado**  **1 pc. Orange Jell-O w/**  **Mandarin Oranges**  **(1/2c Fruit or more)** | **FRIDAY 24, 2020**  **1 item Corn Flake Chicken Breast (3oz. Meat or more)**  **1/2c Cucumber Salad**  **1/2c Mashed Potatoes**  **1/2c Mixed Vegetables**  **1 WW Roll**  **1 pc. Cherry Crisp** |
| **MONDAY 27, 2020**  **1 svg. Chicken Tetrazzini**  **(3oz. Meat or more)**  **1/2c Spinach Salad w/ Egg**  **1/2c Winter Mix Vegetables**  **1 WW Roll**  **1/2c Chilled Apricots** | **TUESDAY 28, 2020**  **1 item Taco Salad**  **(3oz. Meat or more)**  **1 svg. Garden Salad**  **(1/2c Vegetables or more)**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 pc. Banana Bread** | **WEDNESDAY 29, 2020**  **1 svg. Baked Pork Chop**  **(3oz. Meat or more)**  **1/2c Pineapple Cloe Slaw**  **1/2c Baked Yam**  **1/2c Mixed Vegetables**  **1 pc. Jalapeno Cornbread**  **1/2c Applesauce** | **THURSDAY 30, 2020**  **1 svg. Green Chile w/ Meat**  **(3oz. Meat or more)**  **1/2c Summer Salad**  **3/4c Sopa**  **1/2c Pinto Beans**  **1 Tortilla**  **1/2c Fruit Cocktail** | **FRIDAY 31, 2020**  **3.3 oz. Lime Grilled Chicken Breast**  **1/2c Tossed Salad w/**  **1T Dressing**  **1/2c Calico Rice**  **1/2c Seasoned Squash W/ Corn**  **1 WW Roll**  **1.5 pc. Blueberry Crisp** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 778.9 | 872.7 | 772.3 | 811.2 | 802.2 |
| % Carbohydrates from Calories | 45-55% | 52.1% | 52.2% | 50.3% | 49.7% | 53.5% |
| % Protein from Calories | 15-25% | 22.5% | 21.3% | 21.2% | 23.3% | 21.3% |
| % Fat from Calories | 25-35% | 25.4% | 26.5% | 28.4% | 27% | 25.3% |
| Saturated Fat | less than 8g | 5.9g | 7.5g | 8g | 6.3g | 7.2g |
| Fiber | 10g or more | 12.3g | 11.1g | 11.3g | 12.3g | 11.9g |
| Vitamin B-12 | .8ug or more | 2.4ug | 2.9ug | 2.6ug | 3.6ug | 2.3ug |
| Vitamin A | 300ug RAE or more | 373.3ug | 674.9ug | 526.0ug | 576.5ug | 421.1ug |
| Vitamin C | 30mg or more | 110mg | 65.2mg | 57.2mg | 93.9mg | 53.8mg |
| Iron | 2.6mg or more | 6.8g | 6.8mg | 5.0mg | 7.2mg | 6.1mg |
| Calcium | 400mg or more | 446.7mg | 508.4mg | 572.5mg | 472mg | 480.2mg |
| Sodium | less than 766mg | 672.8mg | 704.5mh | 730.6mg | 577.9mg | 658.5mg |

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