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| --- | --- | --- | --- | --- |
| **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***

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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:****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