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| --- | --- | --- | --- | --- |
| **Monday 2,** **3 oz. Pork Chops****1/2c Mashed Potatoes w/** **1 oz. Low Sodium Gravy****1c Spinach****1 sl. Bread w/ 1 tsp. Margarine****1/2c Tapioca Pudding** | **Tuesday 3,****4 oz. Parmesan Chicken****1/2c Squash****1c Green Beans****1 Roll w/ 1 tsp. Margarine****1/2c Peaches & Strawberries** | **Wednesday 4,****Tacos****(3 oz. Beef, 1 oz. Cheese,** **2 Corn Tortillas)****1c Green Chili Hominy****1c Salad w/ 2T Low Fat Dressing****1 oz. Salsa****1 each Brownies** | **Thursday 5,****3 oz. Chicken Strips****1 Biscuit & 1 oz. Gravy****1 oz. Sausage****2 oz. Eggs****1c Potatoes W/Onion & Peppers****1c Fruit Cocktail** | **Friday 6,****Green Chile Stew****(3 oz. Pork, 1 oz. Green Chile,** **4 oz. Hominy)****1c Salad w/2T Low Fat Dressing****1 sl. Cornbread****1 each Peanut Butter Bars** |
| **Monday 9,****Chili Relleno Casserole****(2 oz. Cheese, 2 oz. Green Chile,** **1 oz. Breading)****1/2c Beans****1c Salad w/ 2T Low Fat Dressing****1/2c Bread Pudding** | **Tuesday 10,****Biscuit Pot Pie****(3 oz. Chicken, 1 oz. Sauce,** **1 oz. Crust, 3 oz. Veggies)****1/2c Beets****1 sl. Angel Food Cake****Strawberries W/ 1T Topping** | **Wednesday 11,** **3 oz. Baked Fish****1/2c Macaroni & Cheese****1/2c Coleslaw****2T Tartar Sauce****1 Hushpuppies****1/2c Jell-O W/Pineapple** | **Thursday 12,** **3 oz. Chicken Strips****1/2c Mashed Potatoes****1 oz. low Sodium Gravy****1/2c Peas & Carrots****1 Roll w/ 1 tsp. Margarine****1/2c Tropical Fruit** | **Friday 13,****Taco Soup****(3 oz. Beef, 1 oz. Cheese, 2 oz. Potatoes, 2 oz. Veggies)****1c Salad w/ 1 tsp Margarine****1 Flour Tortilla****1 sl. Apple Cake** |
|  **Monday 16,****Sour Cream Enchiladas****(2 oz. Green Chile, 2 oz. Cheese, 2T Sour Cream, 2 Corn Tortillas)****1/2c Beans****1c Salad w/ 2T Low Fat Dressing****1 oz. Salsa****1/2c Jell-O Salad** | **Tuesday 17,****Spaghetti****(4 oz. Meat Sauce, 4 oz. Noodles)****1/2c Corn****1c Salad w/ 2T Low Fat Dressing****1 sl. Garlic Bread****1 sl. Fruit Cocktail Cake** | **Wednesday 18,** **3 oz. Low Sodium Ham****1/2c Sweet Potato Casserole****1/2c Green Beans****1 sl. Cornbread****1/2c Cranberry Salad** | **Thursday 19,****3 oz. Salmon Patties****1 med. Baked Potato****1/2c Broccoli & Cauliflower****1 sl. Bread w/ Margarine****2T Tartar Sauce****1/2c Peaches** | **Friday 20,****French Dip Sandwich****(3 oz. Beef, 1 oz. Cheese, 1 Bun)****1 oz. Au Jus****1/2c Lett/Tom****1/2c French Fries****1/2c Spiced Apples** |
| **Monday 23,****4 oz. Meatloaf****1/2c Scalloped Potatoes****1/2c Fried Okra****1 Roll w/ 1 tsp. Margarine****1/2c Pears** | **Tuesday 24,****3 oz. Catfish****2T Tartar Sauce****1/2c Macaroni & Cheese****1/2c Mixed Vegetables****1 Sl. Bread w/ 1 tsp. Margarine****1/2c Jell-O W/Fruit** | **Wednesday 25,****Tater Tot Casserole****(3 oz. Beef, 1 oz. Sauce,** **4 oz. Potatoes)****1/2c Mixed Veggies****1c Salad w/ 2T Low Fat Dressing****12c Vanilla Pudding W/ 1T Topping** | **Thursday 26,****3 oz. Turkey & 4 oz. Dressing****1 oz. Low Sodium Gravy****1/2c Mashed Potatoes****1/2c Green Beans****1 sl. Pumpkin Bread** | **Friday 27,****Chicken Noodle Soup****(3 oz. Chicken, 1 oz. Broth,** **4 oz. Noodles)****1/2c Peas****6 each Crackers****1 Chocolate Chip Bar** |
| **Monday 30,****3 oz. Steak Fingers****1c Mashed Potatoes w/** **1 oz. Low Sodium Gravy****1/2c Broccoli W/Cheese****1 Roll w/ 1 tsp. Margarine****1/2c Jell-O Salad** | **Tuesday 31,****Hamburger Macaroni****(3 oz. Beef, 1 oz. Sauce,** **4 oz. Macaroni)****1/2c Fried Okra****1c Carrots** **1/2c Caramel Apples** |  |  | **8 oz. 1% Low Fat Milk** **Served with All 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: 5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 | 705 | 741 | 745 | 742 | 750 |
| % Carbohydrates from Calories | 45-55% | 45.2% | 48.5% | 52.5% | 48.4% | 50.2% |
| % Protein from Calories | 15-25% | 25.2% | 24% | 21.9% | 23.6% | 24.8% |
| % Fat from Calories | 25-35% | 29.6% | 27.3% | 25.6% | 28% | 25% |
| Saturated Fat | less than 8g | 7.7g | 8g | 7.3g | 7.1g | 7.9g |
| Fiber | 5-7g | 9.5g | 8g | 10.8g | 10.1g | 10.6g |
| Vitamin B-12 | .8ug | 2.2ug | 2.3ug | 3ug | 2.6ug | 3.1ug |
| Vitamin A | 300ug RAE | 751ug | 431mg | 482ug | 432mg | 774ug |
| Vitamin C | 30mg | 68.6mg | 72mg | 73mg | 30mg | 58.3mg |
| Iron | 2.6mg | 5.6mg | 4.8mg | 5.5mg | 5.4mg | 5mg |
| Calcium | 400mg | 595mg | 649mg | 621mg | 506mg | 545mg |
| Sodium | less than 1000mg | 996mg | 935mg | 856mg | 818mg | 772mg |

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