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|  **MONDAY , 2020****Meal Donation****60 + $ 1.00****Non Seniors****$ 8.50****8oz. 2% Milk Served Daily** | **TUESDAY , 2020****OCCASIONALLY WE MUST****SUBSTITUTE FOOD ITEMS****WE ARE SORRY FOR THE****INCONVENIENCE** | **WEDNESDAY** **Milk Served Daily****Lunch Served****11:30 AM****To****1:00 PM** | **THURSDAY 2 , 2020** 4 oz. Chicken Adovada1c Country Blend Vegetables1 Flour Tortilla1/2c Pinto Beans1/2c Beet Salad1 sl. Lemon Poppy Seed Cake1 Apple | **FRIDAY 3 , 2020**Bean & Cheese Tostada(1/2c Beans, 2 oz. Cheese, 1 Corn Tortilla)1c Lettuce/Tomato1 oz. Salsa1/2c Spanish Rice1 Fudge Brownie1 Orange |
| **MONDAY 6, 2020**1/2c Cabbage W/ 3 oz. Ground Beef1 oz. Green Onion1 Flour Tortilla1/2c Diced Carrots1/2c Banana Pudding | **TUESDAY 7, 2020**1/2c Tuna Salad1/2c Lettuce/Tomato6 Whole Wheat Crackers1/2c Strawberry Spinach Salad1c Diced Cantaloupe | **WEDNESDAY 8, 2020**Meat Ball Sandwich(3 oz. Meat Balls, 1 oz. Sauce, 1 oz. Cheese, 1 Bun)1/2c Corn Salad1/2c Italian Vegetables1/2c Tater Tots1/2c Chilled Plums Halves | **THURSDAY 9, 2020**4 oz. Chicken Nuggets With1T Honey Mustard1c Buttered Cauliflower & Broccoli1 Cheese Biscuit w/ 1tsp. Margarine1/2c Cherry Crisp | **FRIDAY 10, 2020**Stuffed Sopapilla(3 oz. Ground Beef, 1 oz. Cheese, 1 Tortilla)1/2c Lettuce/Tomato/Onion1/2c Spanish Rice1c Roasted Corn1/2c Mango Chunks |
| **MONDAY 13, 2020**Pita Burger With(3 oz. Beef, 1 oz. Cheese, 1 Pita) 1c Lettuce, Tomato,Pickles & Onions1/2c Curly Fries1/2c Pork & Beans1/2c Sorbet Cups | **TUESDAY 14, 2020**Green Chili Cheese Enchiladas(2 oz. Chicken, 1 oz. Cheese, 1 oz. Green Chile, 2 Corn Tortillas)1/2c Lettuce, Tomato ,Onions1/2c Refried Beans1/2c Spring Blend Vegetables1/2c Butterscotch Pudding | **WEDNESDAY 15, 2020**Chili Cheese Dog(2 oz. Beef Chili, 1 oz Frank, 1/2 oz. Cheese, 1 Bun, 1 oz. Onions)1/2c Baby Carrots1/2c Tater Tots1c Watermelon Chunks | **THURSDAY 16, 2020**Ranchero Tornados(3 oz. Beef, 1 oz. Cheese, 1 oz. Tomato, 1 Tortilla)1/2c Roasted White Corn1/2c Cucumber/Onion Salad1 oz. Salsa1/2c Peaches in Crisp | **FRIDAY 17, 2020**French Dip Sandwich(3 oz. Beef, 1 oz. Swiss Cheese & 1 oz. Au JU Sauce, 1 Bun/Roll)1/2c Sweet Potato Fries1c Broccoli Salad1 Chocolate Chip Cookie1/2c Pineapple |
| **MONDAY 20, 2020****Martin Luther king Day** | **TUESDAY 21, 2020**3 oz. Roast Beef1/2c Parmesan Potato’s1 oz. Low Sodium Brown Gravy1/2c Green Beans & Tomato1/2c Garden Salad w/ 2T Low Fat Dressing1 Wheat Roll w/ 1 tsp. Margarine1/2c Chilled Pears | **WEDNESDAY 22, 2020**Turkey Sloppy Joes(3 oz. Ground Turkey, 1 oz. Sauce, 1 Bun)1/2c Tomato / Onions1/2c Potato Wedge1/2c Baked Beans1/2c Coconut Pudding | **THURSDAY 23, 2020**3 oz. Steak Fingers1/2c Scalloped Potato1/2c Lima Beans1 Honey Biscuit w/ 1 tsp. Margarine1/2c Red Grapes | **FRIDAY 24, 2020**Chicken Tacos(3 oz. Chicken, 1 oz. Cheese, 1/2c Lettuce & Tomato, 2 Corn Tortillas)1/2c Ranch Beans1 oz. Salsa1/2c Asparagus1/2c Mandarin Oranges In Jell-O |
| **Monday 27, 2020**Nacho Supreme(3 oz. Beef, 1 oz. Cheese Sauce, 1T Sour Cream, 1c Lettuce/ Tomato, 1 oz. Tortilla Chips)1 oz. Salsa1/2c Strawberries on Short Cakes | **TUESDAY 28 , 2020**4 oz. Meat Loaf1/2c Mashed PotatoW/1 oz. Pepper Gravy1/2c California Blend1 Dinner Roll w/ 1 tsp. Margarine1/2c Applesauce | **WEDNESDAY 29 , 2020**Turkey Wrap(3 oz. Turkey, 1/2c Lettuce & Tomato 6”Tortilla)1 oz. Baked Lays1c Pasta Salad w/ Veggies (1/2c Pasta, 1/2c Veggies)1 Fudge Brownie Cookie | **THURSDAY 30 , 2020**Chicken Katsu Sandwich(3 oz. Chicken, 1 Broche Bun)1c Lettuce, Tomato, Pickle & Onion1/2c Carrot Raisin salad1/2c California Mix Fruit  | **FRIDAY 31, 2020**Stuffed Cabbage Roll(3 oz. Cabbage, 3 oz. Beef, 1 oz. Rice)1/2c California Vegetables1/2c Garden Salad1 WW Roll w/ 1 tsp. Margarine1 sl. Carrot Cake |

***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 | 986 | 718 | 746 | 754 | 757 |
| % Carbohydrates from Calories | 45-55% | 55.2% | 48.2% | 49.6% | 51.1% | 46.8% |
| % Protein from Calories | 15-25% | 19.8% | 24.9% | 24.6% | 21.2% | 23.4% |
| % Fat from Calories | 25-35% | 25% | 26.8% | 25.8% | 27.7% | 29.8% |
| Saturated Fat | less than 8g | 7.5g | 6.8g | 8g | 6.8g | 6.7g |
| Fiber | 10g or more | 26.1g | 10g | 10.9g | 14.2g | 10.6g |
| Vitamin B-12 | .8ug or more | 1.5ug | 3.3ug | 3ug | 2.5ug | 2.8ug |
| Vitamin A | 300ug RAE or more | 790.3mg | 682.3ug | 662.9ug | 410.9ug | 821.9ug |
| Vitamin C | 30mg or more | 102.5mg | 71.6mg | 74.4mg | 56.2mg | 42.8mg |
| Iron | 2.6mg or more | 7.2mg | 6.4mg | 6.3mg | 6.4mg | 5.9mg |
| Calcium | 400mg or more | 609.9mg | 518.1mg | 604.6mg | 509.5mg | 464.8mg |
| Sodium | less than 766mg | 666.8mg | 697.3mg | 682.5mg | 494.1mg | 616.8mg |

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