|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 Adovada  1c Country Blend Vegetables  1 Flour Tortilla  1/2c Pinto Beans  1/2c Beet Salad  1 sl. Lemon Poppy Seed Cake  1 Apple | **FRIDAY 3 , 2020**  Bean & Cheese Tostada  (1/2c Beans, 2 oz. Cheese,  1 Corn Tortilla)  1c Lettuce/Tomato  1 oz. Salsa  1/2c Spanish Rice  1 Fudge Brownie  1 Orange |
| **MONDAY 6, 2020**  1/2c Cabbage W/ 3 oz. Ground Beef  1 oz. Green Onion  1 Flour Tortilla  1/2c Diced Carrots  1/2c Banana Pudding | **TUESDAY 7, 2020**  1/2c Tuna Salad  1/2c Lettuce/Tomato  6 Whole Wheat Crackers  1/2c Strawberry Spinach Salad  1c Diced Cantaloupe | **WEDNESDAY 8, 2020**  Meat Ball Sandwich  (3 oz. Meat Balls, 1 oz. Sauce,  1 oz. Cheese, 1 Bun)  1/2c Corn Salad  1/2c Italian Vegetables  1/2c Tater Tots  1/2c Chilled Plums Halves | **THURSDAY 9, 2020**  4 oz. Chicken Nuggets With  1T Honey Mustard  1c Buttered Cauliflower & Broccoli  1 Cheese Biscuit w/ 1tsp. Margarine  1/2c Cherry Crisp | **FRIDAY 10, 2020**  Stuffed Sopapilla  (3 oz. Ground Beef,  1 oz. Cheese, 1 Tortilla)  1/2c Lettuce/Tomato/Onion  1/2c Spanish Rice  1c Roasted Corn  1/2c Mango Chunks |
| **MONDAY 13, 2020**  Pita Burger With  (3 oz. Beef, 1 oz. Cheese, 1 Pita)  1c Lettuce, Tomato,  Pickles & Onions  1/2c Curly Fries  1/2c Pork & Beans  1/2c 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 ,Onions  1/2c Refried Beans  1/2c Spring Blend Vegetables  1/2c 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 Carrots  1/2c Tater Tots  1c Watermelon Chunks | **THURSDAY 16, 2020**  Ranchero Tornados  (3 oz. Beef, 1 oz. Cheese,  1 oz. Tomato, 1 Tortilla)  1/2c Roasted White Corn  1/2c Cucumber/Onion Salad  1 oz. Salsa  1/2c 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 Fries  1c Broccoli Salad  1 Chocolate Chip Cookie  1/2c Pineapple |
| **MONDAY 20, 2020**  **Martin Luther king Day** | **TUESDAY 21, 2020**  3 oz. Roast Beef  1/2c Parmesan Potato’s  1 oz. Low Sodium Brown Gravy  1/2c Green Beans & Tomato  1/2c Garden Salad w/  2T Low Fat Dressing  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Chilled Pears | **WEDNESDAY 22, 2020**  Turkey Sloppy Joes  (3 oz. Ground Turkey, 1 oz. Sauce,  1 Bun)  1/2c Tomato / Onions  1/2c Potato Wedge  1/2c Baked Beans  1/2c Coconut Pudding | **THURSDAY 23, 2020**  3 oz. Steak Fingers  1/2c Scalloped Potato  1/2c Lima Beans  1 Honey Biscuit w/ 1 tsp. Margarine  1/2c Red Grapes | **FRIDAY 24, 2020**  Chicken Tacos  (3 oz. Chicken, 1 oz. Cheese, 1/2c Lettuce & Tomato, 2 Corn Tortillas)  1/2c Ranch Beans  1 oz. Salsa  1/2c Asparagus  1/2c 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. Salsa  1/2c Strawberries on Short Cakes | **TUESDAY 28 , 2020**  4 oz. Meat Loaf  1/2c Mashed Potato  W/1 oz. Pepper Gravy  1/2c California Blend  1 Dinner Roll w/ 1 tsp. Margarine  1/2c Applesauce | **WEDNESDAY 29 , 2020**  Turkey Wrap  (3 oz. Turkey, 1/2c Lettuce & Tomato 6”Tortilla)  1 oz. Baked Lays  1c 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 & Onion  1/2c Carrot Raisin salad  1/2c California Mix Fruit | **FRIDAY 31, 2020**  Stuffed Cabbage Roll  (3 oz. Cabbage, 3 oz. Beef,  1 oz. Rice)  1/2c California Vegetables  1/2c Garden Salad  1 WW Roll w/ 1 tsp. Margarine  1 sl. Carrot Cake |

***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 | 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