|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **8oz. 2% Milk**  **Served with All Meals** | **WEDNESDAY 1, 2020**  **HAPPY NEW YEAR**  **ALL CENTERS CLOSED** | **THURSDAY 2, 2020**  **Huevos Rancheros**  **with 3 med. Eggs, 1 oz. Cheese, 1 oz. Green Chile, 1 large Tortilla**  **1 oz. Sausage Link**  **1c V-8 Juice**  **1/2c Applesauce** | **FRIDAY 3, 2020**  **1c Cheerios**  **2 sl. French Toast**  **1 oz. Syrup**  **1 oz. Bacon**  **1/2c Sliced Pears** |
| **MONDAY 6, 2020**  **1c Bran Flakes**  **1 sl. Waffle**  **1 oz. Syrup**  **1 oz. Low Sodium Grilled Ham**  **1c Chilled Peaches** | **TUESDAY 7, 2020**  **1c Malt-O-Meal**  **1 oz. Low Sodium Ham, 3 oz. Egg & 1 oz. Cheese**  **1 Croissant**  **1 Apple** | **WEDNESDAY 8, 2020**  **1c Oatmeal**  **1 oz. Scrambled Eggs**  **1c Potatoes**  **1 oz. Canadian Bacon**  **8 oz. Orange Juice** | **THURSDAY 9, 2020**  **2 Pancakes**  **1 oz. Syrup &**  **1 tsp. Margarine**  **1c Breakfast Potatoes w/ Peppers**  **1/2c Apple Juice**  **1 Apple** | **FRIDAY 10, 2020**  **Breakfast Burrito**  **With 2 oz. Egg, 1 oz. Bacon, 1 oz. Cheese, 1 oz. Green Chile**  **and 1/2c Hash browns,**  **1 Large Tortilla**  **1c Tomato Juice**  **1/2c Pineapple** |
| **MONDAY 13, 2020**  **1 Biscuit with**  **2 oz. Country Gravy**  **1 oz Sausage Patty**  **1 Orange** | **TUESDAY 14, 2020**  **1c Malt-O-Meal**  **1 oz. Low Sodium Ham, 3 oz. Egg & 1 oz. Cheese**  **1 Croissant**  **1 Apple** | **WEDNESDAY 15, 2020**  **1c Cinnamon Oatmeal**  **1/4c Raisins**  **1 sl. Toast**  **1 tsp. Margarine**  **½ Grapefruit** | **THURSDAY 16, 2020**  **Huevos Rancheros**  **with 3 med. Eggs, 1 oz. Cheese, 1 oz. Green Chile, 1 large Tortilla**  **1 oz. Sausage Link**  **1c V-8 Juice**  **1/2c Applesauce** | **FRIDAY 17, 2020**  **1c Cheerios**  **2 sl. French Toast**  **1 oz. Syrup**  **1 oz. Bacon**  **1/2c Sliced Pears** |
| **MONDAY 20, 2020**  **ALL CENTERS CLOSED** | **TUESDAY 21, 2020**  **1c Malt-O-Meal**  **1 oz. Egg**  **1 oz. Cheese**  **1/2c Green Chile**  **1 oz. Sausage Patty**  **1 English Muffin**  **1/2c Mixed Fruit** | **WEDNESDAY 22, 2020**  **1c Oatmeal**  **1 oz. Scrambled Eggs**  **1c Potatoes**  **1 oz. Canadian Bacon**  **8 oz. Orange Juice** | **THURSDAY 23, 2020**  **2 Pancakes**  **1 oz. Syrup &**  **1 tsp. Margarine**  **1c Breakfast Potatoes w/ Peppers**  **1/2c Apple Juice**  **1 Apple** | **FRIDAY 24, 2020**  **Breakfast Burrito**  **With 2 oz. Egg, 1 oz. Bacon, 1 oz. Cheese, 1 oz. Green Chile**  **and 1/2c Hash browns,**  **1 Large Tortilla**  **1c Tomato Juice**  **1/2c Pineapple** |
| **MONDAY 27, 2020**  **1 Biscuit with**  **2 oz. Country Gravy**  **1 oz Sausage Patty**  **1 Orange** | **TUESDAY 28, 2020**  **1c Malt-O-Meal**  **1 oz. Low Sodium Ham, 3 oz. Egg & 1 oz. Cheese**  **1 Croissant**  **1 Apple** | **WEDNESDAY 29, 2020**  **1c Cinnamon Oatmeal**  **1/4c Raisins**  **1 sl. Toast**  **1 tsp. Margarine**  **½ Grapefruit** | **THURSDAY 30, 2020**  **Huevos Rancheros**  **with 3 med. Eggs, 1 oz. Cheese, 1 oz. Green Chile, 1 large Tortilla**  **1 oz. Sausage Link**  **1c V-8 Juice**  **1/2c Applesauce** | **FRIDAY 31, 2020**  **1c Cheerios**  **2 sl. French Toast**  **1 oz. Syrup**  **1 oz. Bacon**  **1/2c Sliced Pears** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Breakfast 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 | 450 or more | 678 | 617 | 607 | 588 | 788 |
| % Carbohydrates from Calories | 45-55% | 51.9% | 55.1% | 55.3% | 55.4% | 52.5% |
| % Protein from Calories | 15-25% | 21.2% | 16.7% | 18.9% | 17.9% | 21.6% |
| % Fat from Calories | 25-35% | 26.9% | 28.2% | 25.8% | 26.7% | 25.9% |
| Saturated Fat | less than 8g | 6.6g | 6.2g | 5.5g | 5.6g | 7.5g |
| Fiber | 10g or more | 10.2g | 11.6g | 10g | 12.8g | 12.5ug |
| Vitamin B-12 | .8ug or more | 7.3ug | 3.2ug | 5.6ug | 3.5ug | 2.5ug |
| Vitamin A | 300ug RAE or more | 307ug | 555.9ug | 367.9ug | 603.3ug | 511ug |
| Vitamin C | 30mg or more | 149.9mg | 88mg | 84.1mg | 108.9mg | 63.5mg |
| Iron | 2.6mg or more | 9.6mg | 11.7mg | 10.9mg | 13.7mg | 5.8mg |
| Calcium | 400mg or more | 503mg | 508.1mg | 515.1mg | 456.5mg | 497.1mg |
| Sodium | less than 766mg | 762.5mg | 746.7mg | 736.9mg | 762.9mg | 663.5mg |

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