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| --- | --- | --- | --- | --- |
|  | **Tuesday 1,**  **Chili Cheese Dogs**  **(1 Frank, 2 oz. Chili, 1 oz. Cheese, 1 Bun)**  **1/2c Macaroni Salad**  **1/2c Baked Beans**  **1/2c Fruit-Cocktail** | **Wednesday 2,**  **Hamburgers**  **(3 oz. Beef, 1 Bun)**  **1/2c Lettuce & Tomatoes**  **1/2c Pasta Salad**  **1/2c Brussel Sprouts**  **1c Watermelon** | **Thursday 3,**  **3 oz. Pork Roast**  **1/2c Mashed Potatoes**  **W/ 1 oz. Low Sodium Gravy**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Green Beans**  **1/2c Jell-O-Fruit-Cocktail** | **Friday 4,**  **Chicken Enchiladas**  **Casserole**  **(3 oz. Chicken, 1 oz. Cheese,**  **1 oz. Green Chile, 2 Corn Tortillas)**  **1 Tortilla w/ 1 tsp. Margarine**  **1/2c Beans**  **1/2c Garden Vegetables**  **1/2c Apples** |
| **Monday 7,**  **Cheese Burger**  **(3 oz. Beef, 1 oz. Cheese, 1 Bun)**  **1/2c Lettuce & Tomatoes**  **1/2c Potato Salad**  **1/2c Beets**  **1/2c Fruit-Cocktail** | **Tuesday 8,**  **Pork Posole**  **(3 oz. Pork, 1 oz. Red Chile,**  **4 oz. Hominy)**  **1 oz. Side/Red Chile**  **1 Tortilla**  **1/2c Beans**  **1/2c Spanish Rice**  **1/2c Jell-O-Pears** | **Wednesday 9,**  **Ham, Macaroni &**  **Cheese Casserole**  **(2 oz. Low Sodium Ham,**  **1 oz. Cheese, 5 oz. Macaroni)**  **1/2c Pea & Carrots**  **1 Biscuits w/ 1 tsp. Margarine**  **3/4c Cantaloupe** | **Thursday 10,**  **4 oz. BBQ Chicken**  **1/2c Mashed Potatoes**  **W/ 1 oz. Low Sodium Gravy**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Garden Salad w/**  **2T Low Fat Dressing**  **1/2c Peaches** | **Friday 11,**  **Navajo Taco**  **(1 Fry Bread, 2 oz. Beef,**  **4 oz. Beans, 2 oz. Lettuce,**  **2 oz. Tomatoes & 1 oz. Cheese)**  **1/2c Cal-Blend**  **1 Oatmeal Cookies** |
| **Monday 14,**  **Ham & Cheese**  **Sandwich**  **(2 oz. Low Sodium Ham,**  **1 oz. Cheese, 2 sl. Bread)**  **1/2c Lettuce & Tomatoes**  **3/4c Potatoes Soup**  **1/2c Mix-Veggies**  **1/2c Pineapple Chucks** | **Tuesday 15,**  **4 oz. Pork Stir Fry**  **W/ 4oz. Stir Fry Vegetable**  **Over 1/2c Rice**  **1 Biscuits w/ 1 tsp. Margarine**  **1 piece Cobbler-Apple** | **Wednesday 16,**  **Chicken Lasagna**  **(2 oz. Chicken, 1 oz. Cheese,**  **1 oz. Sauce, 4 oz. Pasta)**  **1/2c Tossed Salad**  **W/ 2T Low Fat Dressing**  **1 Roll w/ 1 tsp. Margarine**  **3/4c Honey Dew Melon** | **Thursday 17,**  **4 oz. Meat Loaf**  **1 med Baked Potato**  **1/2c Tossed Salad**  **W/ 2T Low Fat Dressing**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Peaches** | **Friday 18,**  **Beef Enchilada Casserole**  **(3 oz. Beef, 1 oz. Cheese,**  **1 oz. Red Chile, 2 Corn Tortillas)**  **1 Tortilla w/ 1 tsp. Margarine**  **1/2c Beans**  **1/2c Garden Veggies**  **1/2c Oranges** |
| **Monday 21,**  **BBQ Pork Sandwich**  **(4 oz. BBQ Pork, 1 Bun)**  **1/2c Oven Fries**  **1/2c Peas & Carrots**  **1/2c Jell-O-Apples** | **Tuesday 22,**  **Burrito**  **(2 oz. Beef, 4 oz. Beans,**  **1 oz. Cheese, 1 Tortilla)**  **1c Tossed Salad**  **W/ 2T Low Fat Dressing**  **1/2c Mixed Vegetables**  **1/2c Fruit Cocktail** | **Wednesday 23,**  **4 oz. Spaghetti Noodles W/**  **4 oz. Meat Sauce**  **1c Tossed Salad**  **W/ 2T Low Fat Dressing**  **1 Biscuits w/ 1 tsp. Margarine**  **1/2c Crisp-Peach** | **Thursday 24,**  **3 oz. Baked Chicken**  **1/2c Potato Salad**  **1/2c Baked Beans**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Garden Salad w/**  **2T Low Fat Dressing**  **1/2c Pears** | **Friday 25,**  **Navajo Taco**  **(1 Fry Bread, 2 oz. Beef,**  **4 oz. Beans, 2 oz. Lettuce,**  **2 oz. Tomatoes & 1 oz. Cheese)**  **1/2c Mix-Veggies**  **1 sl. B-Cake**  **1/2c Sherbet** |
| **Monday 28,**  **4 oz. BBQ Chicken Sandwich**  **W/ 1 Bun**  **1/2c Coleslaw**  **1/2c Beets**  **1/2c Mandarin Oranges** | **Tuesday 29,**  **Frito Pie Casserole**  **(2 oz. Beef, 1 oz. Cheese,**  **4 oz. Beans, 1 oz. Fritos)**  **1/2c Tossed Salad**  **W/ 2T Low Fat Dressing**  **1/2c Mixed Vegetables**  **1 piece Peach Cobbler** | **Wednesday 30,**  **Beef Chili Macaroni**  **(3 oz. Beef, 1 oz. Red Chile,**  **4 oz. Macaroni)**  **1/2c Tossed Salad**  **W/ 2T Low Fat Dressing**  **1 sl. Cornbread**  **1/2c Cal Blend**  **1/2c Fruit Cocktail** | **Thursday 31,**  **2 oz. Ham**  **1/2c Scallop Potatoes**  **1/2c Tossed Salad**  **W/ 2T Low Fat Dressing**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Pineapple Chucks** | **ALL MEALS SERVED WITH**  **2% MILK** |

***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: 4** | **Days in Week: 5** | **Days in Week: 5** | **Days in Week: 5** | **Days in Week: 4** |
| Calories | 700 | 730 | 700 | 747 | 851 | 819 |
| % Carbohydrates from Calories | 45-55% | 51.3% | 49.3% | 50.2% | 52.4% | 53% |
| % Protein from Calories | 15-25% | 21.2% | 25.2% | 23.4% | 22.5% | 21.6% |
| % Fat from Calories | 25-35% | 27.5% | 25.4% | 26.4% | 25.1% | 25.3% |
| Saturated Fat | less than 8g | 7.5g | 7.1g | 7.4g | 7.7g | 6.5g |
| Fiber | 5-7g | 13g | 10.6g | 11.2g | 15.3g | 12.5g |
| Vitamin B-12 | .8ug | 2.1ug | 2.4ug | 2.4ug | 2.8ug | 2.7ug |
| Vitamin A | 300ug RAE | 382ug | 516ug | 487ug | 645ug | 514ug |
| Vitamin C | 30mg | 51.5mg | 43.2mg | 52.7mg | 31mg | 54.7mg |
| Iron | 2.6mg | 5.7mg | 5.5mg | 5.6mg | 7.4mg | 6.4mg |
| Calcium | 400mg | 522mg | 508mg | 541mg | 537.9mg | 529mg |
| Sodium | less than 1000mg | 963mg | 954mg | 875mg | 946mg | 995mg |

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