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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