|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY 1,**  **Closed** | **TUESDAY 2,**  **1 svg. Beef Caldillo**  **1/2c Steamed Cabbage**  **1/2c Spanish Rice**  **1 Flour Tortilla**  **1/2c Chilled Pineapple Chunks** | **WEDNESDAY 3,**  **1/2c Chicken, Cranberry, Grape & Pecan Salad**  **1/2c Beet & Onion Salad**  **1/2c Tomato Wedges**  **1 Dinner Roll**  **1 Chocolate Chip Cookie** | **THURSDAY 4,**  **1 item Red Enchilada**  **1 svg. Garden Salad**  **1/2c Pinto Beans**  **1/2c Spanish Rice**  **1 pc. Apple Crisp** | **FRIDAY 5,**  **4.7 oz. Baked Fish**  **1/2c Oven Dill Potatoes**  **1/2c Seasoned Spinach**  **1 Dinner Roll**  **1/2c Chilled Pears** |
| **MONDAY 8,**  **1c Beefaroni**  **1 svg. Garden Salad**  **1/2c Baby Carrots**  **1 Cheese Biscuit**  **1/2c Chilled Pears** | **TUESDAY 9,**  **13 oz. Yankee Pot Roast w/ Potatoes, Carrots, Celery & Onion**  **2 sl. Sliced Tomato**  **1 pc. Cornbread**  **1 pc. Pineapple Upside Down Cake** | **WEDNESDAY 10,**  **1 svg. Roast Turkey**  **1/2c Cranberry Salad**  **1 svg. Cornbread Stuffing**  **1/2c Peas w/ Pimentos**  **1 Dinner Roll**  **1/2c Fruit Salad** | **THURSDAY 11,**  **1 item Sweet & Sour Chicken**  **1/2c Noodles**  **1/2c Peas & Carrots**  **1 Dinner Roll**  **1/2c Chilled Apricots** | **FRIDAY 12,**  **1 svg. Green Enchiladas**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 Oatmeal Raisin Cookie** |
| **MONDAY 15,**  **Closed** | **TUESDAY 16,**  **3 oz. Chicken Fried Steak**  **1/2c Pea Salad**  **1/2c Mashed Potatoes**  **1/2c Mixed Vegetables**  **1 Apple** | **WEDNESDAY 17,**  **5.8 oz. Meatloaf w/ Gravy**  **1/2c Mashed Potatoes**  **1/2c Corn**  **1/2c Tapioca Pudding** | **THURSDAY 18,**  **8.5 oz. Chicken Alfredo**  **1/2c Winter Mix Vegetables**  **1 Dinner Roll**  **1 med Orange**  **1 svg. Neiman Marcus Cookie** | **FRIDAY 19,**  **1 svg. Hot Roast Beef Sandwich**  **1/2c Carrot Raisin Salad**  **1/2c Mashed Potatoes**  **1/2c Green Beans**  **1/2c Jell-O Chiffon** |
| **MONDAY 22,**  **1c Rigatoni w/ Meat Sauce**  **1 svg. Garden Salad**  **1 svg. Cauliflower**  **1 Dinner Roll**  **1/2c Tropical Fruit** | **TUESDAY 23,**  **1 svg. BBQ Beef Sandwich**  **1/2c Vinaigrette Cole Slaw**  **1/2c Oven Roasted Potatoes**  **1/2c Sliced Carrots**  **1 Banana** | **WEDNESDAY 24,**  **1 svg. Beef Fajitas**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 Tortilla**  **1 svg. Pico De Gall0 w/ Avocado**  **1 pc. Orange Jell-O w/ Mandarin Oranges** | **THURSDAY 25,**  **1 item Cornflake Chicken**  **1/2c Mashed Potatoes w/ Gravy**  **1/2c Squash w/ Corn**  **1 pc. Cherry Crisp** | **FRIDAY 26,**  **1 item Taco Salad**  **1/2c Lettuce & Tomato**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 pc. Banana Bread** |
| **MONDAY 29,**  **1 svg. Chicken Tetrazzini**  **1/2c Seasoned Spinach**  **1 Dinner Roll**  **1/2c Butterscotch Pudding** | **TUESDAY 30,**  **1 svg. Baked Pork Chop**  **1/2c Pineapple Coleslaw**  **1/2c Baked Yam**  **1/2c Mixed Vegetables**  **1 pc. Jalapeno Cornbread**  **1/2c Applesauce** | **WEDNESDAY 31,**  **1 svg. Green Chile w/ Meat**  **3/4c Sopa**  **1/2c Pinto Beans**  **1 Tortilla**  **1/2c Fruit cocktail** |  | **8 oz. 1% Low Fat Milk Served Daily** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 | 710 | 777 | 721 | 749 | 766 |
| % Carbohydrates from Calories | 45-55% | 50.6% | 52.9% | 47.7% | 49.1% | 52.6% |
| % Protein from Calories | 15-25% | 21.8% | 21.6% | 23.7% | 23.7% | 21.6% |
| % Fat from Calories | 25-35% | 27.6% | 25.5% | 28.2% | 27.3% | 25.8% |
| Saturated Fat | less than 8g | 7.3g | 7.8g | 7.7g | 7.4g | 7.1g |
| Fiber | 5-7g | 9.1g | 7.8g | 7.8g | 9g | 9g |
| Vitamin B-12 | .8ug | 2.2mg | 2.6ug | 3.2ug | 3.3ug | 2.3ug |
| Vitamin A | 300ug RAE | 1334ug | 539ug | 515ug | 404ug | 374ug |
| Vitamin C | 30mg | 82.7mg | 48.1mg | 46.1mg | 73mg | 36.5mg |
| Iron | 2.6mg | 5.2mg | 5.4mg | 3.6mg | 6.2mg | 5.1mg |
| Calcium | 400mg | 518mg | 504mg | 561mg | 479mg | 475mg |
| Sodium | less than 1000mg | 643mg | 661mg | 681mg | 534mg | 710mg |

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