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| **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***

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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:****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