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| --- | --- | --- | --- | --- |
| **All Meals Served With**  **8 oz. 1% Low-Fat Milk** |  |  | **Thursday 1, 2019**  4 oz Chicken in Chicken Stir Fry  1c Stir Fry Vegetables  1c Rice  1 Sl. Bread w/ 1 tsp. Margarine  1/2c Pears | **Friday 2, 2019**  1c Turkey Salad w/ Peppers  (2 oz Turkey, 3/4c Vegetables)  6 Crackers w/ 1 tsp. Margarine  1c Carrots/Celery  1 oz. Cheese Stick  1/2c Applesauce |
| **Monday 5, 2019**  Green Chili Cheeseburger  (3 oz. Beef, 1 oz. Green Chile,  1 oz. Cheese, 1/2c Lett/Tom/Onion & Pickle, 1 Bun)  1/2c French Fries  1/2c Cucumber Salad  1/2c Mandarin Oranges | **Tuesday 6, 2019**  3 oz. Baked Fish  1c Wild Rice  1/2c Asparagus  1c Carrots  1 Hushpuppy  1/2c Bread Pudding | **Wednesday 7, 2019**  3 oz. Cornflake Chicken  1c Broccoli  1/2c Scalloped Potatoes  1 Sl. Bread w/ 1 tsp. Margarine  1/2c Tropical Fruit | **Thursday 8, 2019**  3 oz. Pork Chop  W/ 1 oz. Low Sodium Gravy  1/2c Sweet Potatoes  1c Green Beans  1 Roll w/ 1 tsp. Margarine  1 sl. Coconut Cream Pie | **Friday 9, 2019**  Turkey Wrap  (3 oz. Turkey, 1 oz. Cheese, 1/2c Lett/Tom & Onion, 1 Tortilla)  1 oz Chips  1/2c 3 Bean Salad  1/2c Bananas & Strawberries |
| **Monday 12, 2019**  3 oz. Beef Tips W/  1 oz. Low Sodium Gravy  1/2c Mashed Potatoes  1/2c California Vegetables  1 Roll w/ 1 tsp. Margarine  1/2c Peaches | **Tuesday 13, 2019**  Chicken Enchiladas  (3 oz. Chicken, 1 oz. Green Chile,  1 oz. Cheese, 2 Corn Tortillas)  1c Tossed Salad w/  2T Low Fat Dressing  1/2c Pinto Beans  1 oz. Salsa  1/2c Banana Pudding | **Wednesday 14, 2019**  1/2c Spaghetti w/ 4 oz Meat Sauce  1/2c Green Beans  1/2c Corn  1 sl. Garlic Bread  1/2c Pineapples | **Thursday 15,2019**  3 oz. Catfish  1/2c Coleslaw  1/2c Pork N Beans  1 Hush Puppies  1/2c Fruit Cocktail Cake | **Friday 16, 2019**  Sloppy Joes  (3 oz Beef, 1 oz Sauce,  1 Bun)  1/2c Tater Tots  1/2c Mixed Vegetables  1/2c Pears |
| **Monday 19, 2019**  3 oz. Steak Fingers  1/2c Mashed Potatoes w/  1 oz. Low Sodium Gravy  1/2c Zucchini’s & Tomatoes  1 Roll w/ 1 tsp. Margarine  1c Mandarin Oranges | **Tuesday 20, 2019**  Chicken Pot Pie  (3 oz. Chicken, 1 oz. Sauce, 1/2c Veggies, 1 oz. Crust)  1/2c Beets  1/2c Spinach  1/2c Cherry Cobbler | **Wednesday 21, 2019**  3 oz. Pork Chop  1/2c Wild Rice  1/2c Green Beans  1/2c Carrots  1 Roll w/ 1 tsp. Margarine  1/2c Fruit Cocktail | **Thursday 22, 2019**  Taco  (3 oz Beef, 1 oz Cheese, 2 Corn Tortillas)  1/2c Spanish Rice  1/2c Pinto Beans  1/2c Lett/Tom/Onion  1 sl. Applesauce Cake | **Friday 23, 2019**  Chicken Salad Sandwich  (4 oz Chicken Salad, 1/2c Lett/Tom/ & Onion, 2 Sl. Bread)  1/2c Carrots/Celery  1 oz Cheese Stick  1/2c Pears |
| **Monday 26, 2019**  4 oz. Meatloaf  1/2c Mashed Potatoes  1/2c Green Peas  1 Roll w/ 1 tsp. Margarine  1/2c Strawberries & Peaches | **Tuesday 27, 2019**  2 oz. BBQ Chicken  1 oz. Smoked Sausage  1/2c Macaroni & Cheese  1c Coleslaw  1 Sl. Bread w/ 1 tsp. Margarine  1 Brownie | **Wednesday 28, 2019**  Chili Relleno Casserole  (3 oz. Green Chile, 3 oz. Cheese,  1 oz. Breading)  1c Tossed Salad w/ 2T Low Fat Dressing  1/2c Squash  1 oz. Tortilla Chips & 1 oz. Salsa  1/2c Fruit Cocktail | **Thursday 29, 2019**  4 oz. Sweet & Sour Pork  1c Asian Vegetables  1c Rice  1 Sl. Bread w/ 1 tsp. Margarine  1 sl. Banana Cream Pie | **Friday 30, 2019**  Tuna Salad Sandwich  (4 oz Tuna Salad, 2 sl. Bread,  1/2c Lett/Tom)  1/2c Corn  1 oz. Baked Chips  1/2c Plums |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 826 | 703 | 776 | 786 | 751 |
| % Carbohydrates from Calories | 45-55% | 50.9% | 48.6% | 51.5% | 50.5% | 50.3% |
| % Protein from Calories | 15-25% | 22.7% | 25.6% | 23.2% | 22.9% | 21.2% |
| % Fat from Calories | 25-35% | 26.4% | 25.8% | 25.3% | 26.6% | 28.5% |
| Saturated Fat | less than 8g | 6.9g | 7.6g | 6.8g | 7.7g | 7.9g |
| Fiber | 10g or more | 13.5g | 10.5g | 12.7g | 13.2g | 11.2g |
| Vitamin B-12 | .8ug or more | 1.5ug | 2.2ug | 2.7ug | 2.2ug | 2.2ug |
| Vitamin A | 300ug RAE or more | 834.3ug | 793.2ug | 622.1ug | 728.1ug | 750.4ug |
| Vitamin C | 30mg or more | 40.5mg | 68.3mg | 62.4mg | 34.8mg | 82mg |
| Iron | 2.6mg or more | 4.3mg | 4.8mg | 6mg | 6mg | 5.3mg |
| Calcium | 400mg or more | 557mg | 565.4mg | 515.9mg | 577.9mg | 508.6mg |
| Sodium | less than 766mg | 764.2mg | 634.3mg | 632.9mg | 620.5mg | 682.8mg |

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