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| --- | --- | --- | --- | --- |
|  | **Tuesday 1,**  **3 oz. Chicken Adovada**  **1/2c Pinto Beans**  **1 Tortilla**  **1/2c Strawberries** | **Wednesday 2,**  **Grilled Ham & Cheese**  **3/4c Chicken Noodle Soup**  **6 each Crackers**  **1 sl. Chocolate Cake** | **Thursday 3,**  **3 oz. Baked Dill Fish**  **1/2c Tatar Sauce**  **1/2c Papas Fritas**  **1/2c Coleslaw**  **1 sl. Wheat Bread w/**  **1 tsp. Margarine**  **1/2c Apricots** | **Friday 4,**  **3 oz. Chicken Nuggets**  **1/2c tatar Tpts**  **1/2c Celery w/ 2T Ranch**  **1 Roll w/ 1 tsp. Margarine**  **1/2 c Orange** |
| **Monday 7,**  **4 oz. Pork Chop Suey**  **/12c Rice**  **1/2c Broccoli w/ 1 tsp. Margarine**  **3/4c Cantaloupe**  **1/2c Strawberry Yogurt** | **Tuesday 8,**  **Turkey Wrap**  **(;3 oz. turkey, 1 oz. Cheese, 1/2c Lettuce & Tomato, 1 Tortilla)**  **1 oz. Chips**  **1/2c pasta Salad**  **1/2c Peach** | **Wednesday 9,**  **1c Beef Barley Soup**  **(4 oz. beef, 1 oz. Barley, 3 oz. Broth)**  **1/2c Brussel Sprouts**  **1/2c Scalloped potatoes**  **6 Crackers**  **1/2c Banana Pudding** | **Thursday 10,**  **Taco Salad**  **(2 oz. Beef, 1 oz. Cheese, 2 oz. Lettuce, 2 oz. Tomato, 1 oz. Tortilla Chip)**  **1/2c Onion Rings**  **1/2c Squash w/ Zucchini**  **1/2c Pear** | **Friday 11,**  **Chili Dog**  **(1 Frank, 2 oz. Chili, 1 oz. Cheese, 1 Bun)**  **1/2c Parmesan Potatoes**  **1/2c Carrot Coins**  **1/2c Applesauce** |
| **Monday 14,**  **Chicken Salad Sandwich**  **(4 oz. Chicken Salad, 2 sl. Bread)**  **1/2c Lettuce & Tomato**  **1/2c Pea Salad**  **1/2c Apples** | **Tuesday 15,**  **3 oz. Low Sodium Glazed ham**  **1/2c Cauliflower**  **1/2c Au Gratin Potatoes**  **1/2c Stuffing**  **1c Watermelon** | **Wednesday 16,**  **Cheese Burger**  **(3 oz. Beef, 1 oz. cheese, 1 Bun)**  **1/2c Lettuce & Tomato**  **1 oz. Onion, 1 oz. Pickle**  **1/2c French Fries**  **1c Cantaloupe** | **Thursday 17,**  **Hamburger Macaroni**  **(3 oz. Beef, 1 oz. Sauce,**  **4 oz. Macaroni)**  **1/2c Parsley Potatoes**  **1/2c Potato Salad**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Pineapple** | **Friday 18,**  **Green Chile Enchiladas**  **(3 oz. Chicken, 1 oz. Cheese, 1 oz. Green Chile, 2 Corn Tortillas)**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **6 Crackers**  **1/2c Plums** |
| **Monday 21,**  **Pigs In A Blanket**  **(1 Frank, 1 Biscuit)**  **1/2c Tatar Tots**  **1/2c mixed Vegetables**  **1/2c Fruit Cocktail** | **Tuesday 22,**  **Pork Stew**  **(3 oz. Pork, 1 oz. Green Chile Sauce, 2 oz. Veggies, 2 oz. Potatoes)**  **6 Crackers**  **1 sl. Upside-Down Cake** | **Wednesday 23,**  **3 oz. Chicken Strips**  **1/2c mashed Potatoes**  **1 oz. Gravy**  **1/2c Peas & Carrots**  **1 sl. Wheat Bread w/ 1 tsp. Margarine**  **/12c Apricots** | **Thursday 24,**  **Chicken Macaroni**  **(3 oz. Chicken, 1 oz. Sauce,**  **4 oz. Macaroni)**  **1/2c Cucumber Salad**  **1/2c Corn**  **1 Granola Bar** | **Friday 25,**  **Ravioli & Tomato Sauce**  **Steamed Bell Pepper & Onion**  **1/2c Vegetables Blend**  **1/2c Jell-O w/ Fruit** |
| **Monday 28,**  **Hamburger Steak w/**  **1 oz. Gravy**  **1/2c Rice**  **1/2c Capri Vegetables**  **1 Roll w/ 1 tsp. Margarine**  **1 Peanut Butter Cookie** | **Tuesday 29,**  **Sausage Pizza**  **1/2c Salad w/ 2T Low Fat Dressing**  **1 sl. Garlic Bread**  **1 Cupcake** | **Wednesday 30,** | **Thursday 31,** | **ALL MEALS SERVED WITH**  **1% 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: 5** | **Days in Week: 5** | **Days in Week: 5** | **Days in Week: 5** | **Days in Week: 4** |
| Calories | 700 |  |  |  |  |  |
| % Carbohydrates from Calories | 45-55% |  |  |  |  |  |
| % Protein from Calories | 15-25% |  |  |  |  |  |
| % Fat from Calories | 25-35% |  |  |  |  |  |
| Saturated Fat | less than 8g |  |  |  |  |  |
| Fiber | 5-7g |  |  |  |  |  |
| Vitamin B-12 | .8ug |  |  |  |  |  |
| Vitamin A | 300ug RAE |  |  |  |  |  |
| Vitamin C | 30mg |  |  |  |  |  |
| Iron | 2.6mg |  |  |  |  |  |
| Calcium | 400mg |  |  |  |  |  |
| Sodium | less than 1000mg |  |  |  |  |  |

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