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| --- | --- | --- | --- | --- |
| Monday 3, 2020  3 oz. Chicken Strips  1/2c Peas & Carrots  1c Salad w/ 2T Low Fat Dressing  1 Roll w/ 1 tsp. Margarine  1/2c Strawberries in Pudding | Tuesday 4, 2020  Sloppy Joe  (3 oz. Beef, 1 oz Sauce, 1 Bun)  1/2c Oven Fries  1/2c Mixed Veggies 1/2c Grapes | Wednesday 5, 2020  4 oz. Orange Pork  1/2c Rice  1/2c Oriental Vegetables  1/2c Coleslaw  1 Roll w/ 1 tsp. Margarine  1/2c Plums | Thursday 6, 2020  Lasagna  (3 oz. Beef, 1 oz Cheese,  1 oz. Sauce, 1/2c Noodles)  1/2c Mixed Veggies  1c Salad w 2T Low Fat Dressing 1 sl. Garlic Bread  1/2c Pudding | Friday 7, 2020  Beef Tacos  (3 oz. Beef, 1 oz. Cheese,  2 Corn Tortillas)  1/2c Spanish Rice  1c Salad w 2T Low Fat Dressing 1/2c Oranges |
| Monday 10, 2020  3 oz. Lemon Garlic Chicken  1/2c Rice  1c Mixed Veggies  1 Roll w/ 1 tsp. Margarine 1 sl. White Cake | Tuesday 11, 2020  G.C. Cheese Burger  (3 oz. Beef, 1 oz Cheese,  1 oz. Green Chile, 1/2c Lettuce & Tomato, 1 Bun)  1/2c Baked Beans  1 oz. Chips  1/2c LF Ice Cream  1/2c Pineapple | Wednesday 12, 2020  4 oz. BBQ Chicken  1/2c Mixed Veggies  1/2c Lettuce & Tomato  1 sl. Cornbread  1/2c Applesauce | Thursday 13, 2020  1/2c Spaghetti w/  4 oz. Meat Sauce  1c Salad w 2T Low Fat Dressing 1 sl. Garlic Bread  1 Oatmeal Cookie | Friday 14, 2020  3 oz. Rosemary Chicken  1/2c Wild Rice  1c Zucchini & Squash  1 Roll w/ 1 tsp. Margarine  1/2c Strawberries Covered in Chocolate |
| Monday 17, 2020  3 oz. Fish & 1/2c Chips  1 Lemon Wedge  2T Tartar Sauce  1c Coleslaw  1 sl. Cornbread w/ 1 tsp. Margarine  1/2c Apricots | Tuesday 18, 2020  1 Biscuit W/  1 oz Low Sodium Gravy  1 oz. Low Sodium Sausage  3 med. Eggs  1c Breakfast Potatoes & Onions  1c Cereal  1 Danish  1 Orange | Wednesday 19, 2020  Smothered Burrito  (3 oz. Beef, 1 oz. Cheese, 2 oz. Red Chile, 1 Tortilla)  1/2c Pinto Beans  1c Salad w 2T Low Fat Dressing 1 Sugar Cookie | Thursday 20, 2020  3 oz. Pork Chop  1/2c Mashed Potatoes & 1 oz. Gravy  1/2c Cauliflower  1 Roll w/ 1 tsp. Margarine 1 Brownie  1/2c Grapes | Friday 21, 2020  Chili Dogs  (1 oz. Frank, 2 oz. Beef Chili, 1 Bun)  1c Mixed Veggies  1/2c French Fries  1/2c Peaches |
| Monday 24, 2020  3 oz. Salisbury Steak  1/2c Mashed Potatoes  1/2c Green Beans  1 Roll w/ 1 tsp. Margarine 1/2c Apple Slices | Tuesday 25, 2020  Beef Stroganoff  (3 oz. Beef, 1 oz Sauce,  1/2c Noodles)  1c Broccoli & Cauliflower  1 sl. Bread w/ 1 tsp. Margarine  1/2c Oranges | Wednesday 26, 2020  4 oz. Meatloaf  1/2c Potatoes & 1 oz Low Sodium Gravy  1/2c Mixed Veggies  1 Roll w/ 1 tsp. Margarine 1/2c Fruit Cocktail | Thursday 27, 2020  Chili Relleno  (3 oz. Green Chile, 1 oz. Cheese,  1 oz. Breading, 2 oz. Beef Meat Sauce)  1c Salad w 2T Low Fat Dressing 1/2c Pinto Beans  6 Crackers  1 Apple | Friday 28, 2020  4 oz. Chicken Ala King  1/2c Tatar Tots  1c Green Beans & Corn  1 sl. Bread w/ 1 tsp. Margarine  1/2c Tapioca Pudding |

***All Meals Served with 8 oz. 2% Milk.***

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 |
|  |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 717 | 748 | 721 | 737 |
| % Carbohydrates from Calories | 45-55% | 48.6% | 47.8% | 46.6% | 49.7% |
| % Protein from Calories | 15-25% | 25.1% | 24.5% | 22.1% | 22.8% |
| % Fat from Calories | 25-35% | 26.4% | 27.7% | 31.3% | 27.5% |
| Saturated Fat | less than 8g | 6.6g | 6.6g | 7.5g | 6.2g |
| Fiber | 10g or more | 10.2g | 10.7g | 10g | 12.9g |
| Vitamin B-12 | .8ug or more | 2.9ug | 24ug | 2.9ug | 3ug |
| Vitamin A | 300ug RAE or more | 723.5ug | 597.4ug | 490.6ug | 426.8ug |
| Vitamin C | 30mg or more | 54.7mg | 53.9mg | 70mg | 89.7mg |
| Iron | 2.6mg or more | 5.8mg | 5.5mg | 6.7mg | 6.2mg |
| Calcium | 400mg or more | 519.6mg | 465.2mg | 460.1mg | 422.7mg |
| Sodium | less than 766mg | 505.8mg | 583.3mg | 712.4mg | 503.5mg |

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