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| **MONDAY 2, 2019**  **Chicken & Noodles**  **(3 oz. Chicken, 1 oz. Low Sodium Gravy, 1/2c Noodles)**  **1c Steamed Cauliflower and Broccoli**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Fruit Cocktail**  **1/2c Rice Pudding**  **8 oz-1% Milk** | **TUESDAY 3, 2019**  **4 oz. Meatloaf**  **1/2c Carrot Raisin Salad**  **1/2c Scalloped Potatoes**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Strawberries / Tapioca Pudding**  **8 oz. Low Fat Chocolate Milk** | **WEDNESDAY 4, 2019**  **Taco Salad**  **(3 oz. Beef, 1 oz. Cheese, 1 oz. Tortilla Chips, 1c Lettuce & Tomato)**  **1/2c Spanish Rice**  **1/2c Squash w/ 1 tsp. Margarine**  **6 Low Sodium Crackers**  **1 Orange**  **8 oz-1% Milk** | **THURSDAY 5, 2019**  **3 oz. Braised Pork Chops**  **1/2c 3 - Bean Salad**  **1/2c Peas w/1 tsp. Margarine**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Baked Apple Slices**  **8 oz. Low Fat Chocolate Milk** | **FRIDAY 6, 2019**  **Green Chile Burger**  **(3 oz. Beef, 1oz. Green Chile,**  **1 Bun)**  **1/2c Lett/Tom/Onion**  **1/2c Butter Beans**  **1/2c Carrots & Peppers**  **1/2c Chocolate Pudding**  **8 oz-1% Milk** |
| **MONDAY 9, 2019**  **Beef Stew**  **(3 oz. Beef, 1 oz. Sauce,**  **1/4c Potatoes, 1/4c Carrots)**  **1c Steamed Rice**  **1/2c Beets**  **1 Biscuit w/ 1 tsp. Margarine**  **1 Orange**  **8 oz-1% Milk** | **TUESDAY 10, 2019**  **3oz. Oven Fried Chicken**  **1/2c Sweet Potato w/**  **1 tsp. Margarine**  **1/2c Mixed Vegetables**  **1 WW Sl. Bread w/**  **1 tsp. Margarine**  **1/2c Peaches in Crisp**  **8 oz. Low Fat Chocolate Milk** | **WEDNESDAY 11, 2019**  **Green Chile Chicken Enchiladas**  **(3 oz. Chicken, 1 oz. Cheese, 1oz. Green Chile, 2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Pinto Beans**  **1/2c Spanish Rice**  **1/2c Mandarin Oranges**  **8 oz-1% Milk** | **THURSDAY 12, 2019**  **Lasagna**  **(2 oz. Beef, 1 oz. Cheese,**  **1 oz. Sauce, 1/2c Noodles)**  **1/2c Garden Salad w/**  **2T Low Fat Dressing**  **1/2c Mixed Vegetables**  **1 sl. French Bread w/**  **1 tsp. Margarine**  **1 piece Plum Cobbler**  **8 oz. Low Fat Chocolate Milk** | **FRIDAY 13, 2019**  **3 oz. Baked Fish**  **1/2c Wild Rice**  **1c Cauliflower & Carrots w/**  **1 tsp. Margarine**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Low-Fat Yogurt**  **8 oz-1% Milk** |
| **MONDAY 16, 2019**  **3 oz. Chicken Fried Steak**  **1/2c Mashed Potatoes w/**  **1 oz. Low Sodium Gravy**  **1/2c Mixed Vegetables**  **1 WW Sl. Bread w/**  **1 tsp. Margarine**  **1/2c Strawberries/Vanilla Wafers**  **8 oz-1% Milk** | **TUESDAY 17, 2019**  **Green Chile Chicken Enchiladas**  **(3 oz. Chicken, 1 oz. Cheese, 1oz. Green Chile, 2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Pinto Beans**  **1/2c Spanish Rice**  **1/2c Ice Cream w/Strawberries**  **8 oz. Low Fat Chocolate Milk** | **WEDNESDAY 18, 2019**  **3 oz. Chicken w/1 oz. Low Sodium Gravy**  **1/2c Mashed Potatoes**  **1/2c Carrots**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Fruit Cocktail w/Jell-O**  **8 oz-1% Milk** | **THURSDAY 19, 2019**  **4 oz. Meatloaf**  **1/2c Au Gratin Potatoes**  **1/2c Mixed Vegetables**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 Orange**  **8 oz. Low Fat Chocolate milk** | **FRIDAY 20, 2019**  **2 oz. Turkey &**  **1 oz. Low Sodium Ham**  **1/2c Mashed Potato &**  **1 oz. Gravy**  **1/2c Scandinavian Vegetables**  **1/2c Cranberry Salad**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 sl. Pumpkin Pie w/**  **1T Topping**  **8 oz-1% Milk** |
| **MONDAY 23, 2019**  **Red Beef Enchiladas**  **(3 oz. Beef, 1 oz. Cheese, 1 oz. Red**  **Chile, 2 Corn Tortillas)**  **1c Lettuce & Tomato**  **1/4c Jalapeno, Onion, Tomato Salsa**  **1/2c Spanish Rice**  **1 c Mandarin Oranges**  **8 oz-1% Milk** | **TUESDAY 24, 2019**  **Turkey Sandwich**  **(3oz. Turkey, 2 sl. Bread)**  **1 oz. Baked Potato Chips**  **1 C. Carrot & Celery Sticks**  **1 Apple**  **2 Oatmeal Raisin Cookies**  **8 oz. Low Fat Chocolate Milk** | **WEDNESDAY 25, 2019**  **CLOSED** | **THURSDAY 26, 2019**  **1/2c Spaghetti & 4 oz. Meat Sauce**  **1c Steamed Broccoli & Cauliflower**  **1 sl. Garlic Bread**  **1/2c Applesauce in Cake**  **8 oz. Low Fat Chocolate Milk** | **FRIDAY 27, 2019**  **Pork Posole**  **(3 oz. Pork, 1/2c Hominy,**  **1 oz. Red Chile)**  **1c Calabacitas (Squash) w/ Corn**  **1 Flour Tortilla**  **1 Oatmeal Cookie**  **8 oz-1% Milk** |
| **Monday 30, 2019**  **Hamburger Mac**  **(3 oz. Beef, 1 oz. Sauce,**  **1/2c Macaroni)**  **1/2c Green Beans**  **1/2c Corn**  **1/2c Apricots**  **1 Peanut Butter Cookie**  **8 oz-1% Milk** | **Tuesday 31, 2019**  **Tamale**  **(3 oz. Pork, 2 oz. Red Chile,**  **1 oz. Masa)**  **1/2c Vegetable Salad**  **1/2c Pinto beans**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Mandarin Oranges**  **8 oz. Low Fat Chocolate Milk** | **Wednesday, January 1, 2019**  **CLOSED** | **Thursday 2, 2019**  **3 oz. Pork Ribs**  **1c Broccoli**  **1/2c Carrot Raisin Salad**  **1 sl. WW Bread w/ 1 tsp Margarine**  **1/2c Applesauce in Cake**  **8 oz. Low Fat Chocolate Milk** | **Friday 3, 2019**  **3 oz. Baked Chicken**  **1/2c Green Beans**  **1/2c Scalloped Potatoes**  **1/2c Carrot Raisin Salad**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Pineapple in Sugar Free Jell-O**  **8 oz-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:**  **4** | **Days in Week:**  **4** |
| Calories | 700 or more | 734 | 823 | 833 | 840 | 781 |
| % Carbohydrates from Calories | 45-55% | 49.3% | 52% | 51.6% | 53.4% | 51% |
| % Protein from Calories | 15-25% | 23.7% | 22.2% | 23.4% | 21.2 | 21.9% |
| % Fat from Calories | 25-35% | 27% | 25.8% | 25% | 25.3% | 27% |
| Saturated Fat | less than 8g | 7.4g | 7.2g | 7.9g | 8g | 7.5g |
| Fiber | 10g or more | 10.6g | 13.9g | 14.7g | 12.3g | 11.4g |
| Vitamin B-12 | .8ug or more | 2.7ug | 2.1ug | 2.1ug | 2.4ug | 2.4ug |
| Vitamin A | 300ug RAE or more | 705.1ug | 732.9ug | 575.8ug | 587.6ug | 601mg |
| Vitamin C | 30mg or more | 85mg | 77.4mg | 71.6mg | 105.2mg | 90.1mg |
| Iron | 2.6mg or more | 5.5mg | 5.5mg | 6.1mg | 6mg | 5.6mg |
| Calcium | 400mg or more | 534mg | 534mg | 523.9mg | 509.2mg | 458.1mg |
| Sodium | less than 766mg | 623.4mg | 606mg | 716.3mg | 709.3mg | 650.9mg |

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