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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