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|  |  | **WEDNESDAY 1,****8oz Green Chile Stew****6oz Mexican Salad****2x2 Jalapeno Corn Bread****4oz Applesauce** | **THURSDAY 2,****3oz Swiss Steak****4oz Mashed Potato w/2oz Gravy****4oz Winter Blend Vegetables****4oz Tossed Salad****4oz Banana Pudding** | **FRIDAY 3,****3oz Chicken Salad/ 2 Sl. WW Bread****4oz Baked Beans****4oz Cucumber Salad****1 Sugar Cookie** |
| **MONDAY 6,****3ea Beef Raviolis****6oz California Blend Vegetables****6oz Spinach Salad****1ea WW Roll****6oz Peaches** | **TUESDAY 7,****3oz Pork Chops****4oz Mashed Potatoes w/ 2oz Gravy****6oz Candied Carrots****1ea WW Roll****6oz Fruit Salad** | **WEDNESDAY 8,****3oz Beef/ 6oz Fajitas Blend****4oz Pinto Beans****4oz Tossed Salad****1-6” Tortilla****4oz Vanilla Pudding** | **THURSDAY 9,****8oz Chicken Noodle Casserole****4oz Winter Blend Vegetables****1ea WW Roll****1pc Angel Food Cake/ 2 oz. Peaches/1 Tbsp. Topping** | **FRIDAY 10,****Celebrating Veterans Day****3oz Roast Beef****4oz Mashed Potato w/2oz Gravy****4oz Peas & Pearl Onions****1ea WW Roll****3oz Cherry Cobbler** |
| **MONDAY 13,****8oz Tater Tot Casserole****6oz Oriental Blend Vegetable****1ea WW Roll****6oz Apple/Pears** | **TUESDAY 14,****3oz Baked Chicken****4oz Parsley Potatoes****4oz Spinach Salad****1ea WW Roll****1pc Pound Cake w/****3oz Cherries/****1T Topping**  | **WEDNESDAY 15,****4oz Green Chile Beef Enchilada****4oz Pinto Beans****4oz Tossed Salad****4ea Crackers****4oz Apricots** | **THURSDAY 16,****4oz Baked Fish****3oz Rice Pilaf****4oz Sliced Carrots****4oz Tossed Salad****1ea WW Roll****4oz Mandarin Oranges****1ea Oatmeal Cookie** | **FRIDAY 17,****2oz Green Chile, 1oz Cheese 3oz Burger****2oz Lettuce/2oz Tomato****1oz Onion/1oz Pickle****4oz Sweet Potato Fries****3oz Rice Pudding** |
| **MONDAY 20,****3oz Country Fried Steak****4oz Mashed Potatoes w/ 2oz Gravy****4oz Spinach****1ea 4oz WW Roll****Pears w/Grape Juice** | **TUESDAY 21,****8oz Posole****4oz Chuck Wagon corn****1-6’’ WW Flour Tortilla** **4oz Tossed Salad****6oz Fruit Compote** | **WEDNESDAY 22,****3oz Turkey and 2oz Dressing****4oz Mashed Potatoes w/** **2oz Gravy****4oz Green Beans****1oz Cranberry Sauce****4oz Fruit Salad w/Whipped Topping** | **THURSDAY 23,****CLOSED****THANKSGIVING** | **FRIDAY 24,****CLOSED****THANKSGIVING** |
| **MONDAY 27,****8oz Tuscan Chicken Pasta****4oz Broccoli Florets****4oz Tossed Salad****1ea Garlic Bread****4oz Sliced Apples** | **TUESDAY 28,****3oz Hamburger Steak** **2oz Mushroom Gravy****4oz Brown Rice****4oz Peas and Carrots****1ea WW Roll****4oz Banana Pudding** | **WEDNESDAY 29,****6oz Asado****4oz Pinto Bean****4oz Tossed Salad****4ea Crackers****4oz Pineapple w/**  **2oz Cottage Cheese** | **THURSDAY 30,****3oz Meat Loaf****4oz Mashed Potatoes w/ 2oz Gravy****4oz Green Beans****1ea WW Roll****6oz Plums** | **FRIDAY, Dec 1,****4oz Fish, 1 Bun Sandwich****4oz Mixed Vegetables****6ea Potato Wedges****6oz Assorted Fruit** |

***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:****3** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****3** | **Days in Week:****5** |
| Calories | 700 | 734 | 720 | 736 | 734 | 726 |
| % Carbohydrates from Calories | 45-55% | 50.5% | 50.2% | 50.5% | 52.6% | 50.6% |
| % Protein from Calories | 15-25% | 23% | 18.5% | 22.9% | 21.2% | 24.1% |
| % Fat from Calories | 25-35% | 26.3% | 26.3% | 26.5% | 26% | 25.2% |
| Saturated Fat | less than 8g | 7.2g | 7.8g | 7.8g | 7.8g | 7.7g |
| Fiber | 5-7g | 10.2g | 11.4g | 12.7g | 10.7g | 12.1g |
| Vitamin B-12 | .8ug | 2.1ug | 2.5ug | 3.1ug | 1.9ug | 3.2ug |
| Vitamin A | 300ug RAE | 337ug | 790ug | 670ug | 537ug | 637ug |
| Vitamin C | 30mg | 48.8mg | 65.3mg | 57.5mg | 60mg | 65.5mg |
| Iron | 2.6mg | 4.9mg | 5.7mg | 6.4mg | 4.9mg | 5.7mg |
| Calcium | 400mg | 479mg | 490mg | 561mg | 443mg | 477mg |
| Sodium | less than 1000mg | 971mg | 704mg | 839mg | 972mg | 802mg |

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