|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY 2, 2019**  **1/2c Spaghetti w/**  **4oz. Meat sauce**  **1c Broccoli & Cauliflower**  **1 slice Garlic Bread**  **1 slice Applesauce Cake** | **TUESDAY 3, 2019**  **3 oz. Chicken,**  **1 oz. Cheese, 2 Corn Tortillas**  **1/2c Lettuce & 1/2cTomato**  **1/2c Calabacitas W/Gr. Chile**  **1/2c Pinto Beans**  **1/2c Bread Pudding** | **WEDNESDAY 4, 2019**  **3 oz. Pork Butt Roast**  **1/2c Black-Eyed Peas**  **1/2c Tomatoes/Green Chili**  **1 2x2 sq. Cornbread**  **1/2c Cottage Cheese**  **1/2c Fruit Cocktail** | **THURSDAY 5, 2019**  **3 oz. Crunchy Baked Fish**  **1/2c Potato Wedges**  **1/2c Coleslaw**  **1 Wheat Bread w/**  **1 tsp. Margarine**  **1/2c Pineapple** | **FRIDAY 6, 2019**  **Chili Dog**  **(3 oz. Turkey Frank,**  **1 oz Chili Sauce, 1 oz Cheese,**  **1 Bun)**  **1/2c Baked Beans**  **1/2c Sauerkraut**  **1c Salad w/Dressing**  **1/2c Apples in Crisp** |
| **MONDAY 9, 2019**  **3 oz. Salmon Patty**  **2 tbsp. Tartar Sauce**  **1 cup Spinach Salad**  **1 slice French Bread**  **3/4c Low Fat Yogurt**  **1/2c Peaches** | **TUESDAY 10, 2019**  **3 oz. Chicken, 1/2c Alfredo 1/2c Pasta**  **3/4c Italian Vegetables**  **1/2c Tossed Salad**  **1 ea. Breadstick**  **1/2c Pears** | **WEDNESDAY 11, 2019**  **4oz.Meatloaf**  **1/2c Mashed Potatoes**  **1 cup Broccoli/Cauliflower**  **w/ 2T Cheese Sauce**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Cherry Cobbler** | **THURSDAY 12, 2019**  **3/4c Chicken Noodle Soup**  **(3 oz. Chicken, 1/2c Pasta,**  **1 oz. Broth, 1/2c Veggies)**  **1c Lima Beans**  **1 Biscuit w/Margarine**  **1c Mandarin Oranges** | **FRIDAY 13, 2019**  **Pork Burrito**  **(3 oz. Pork, 1 oz. Cheese,**  **1 Flour Tortilla)**  **1c Buttered Corn w/ Peppers**  **6 Crackers**  **1/2c Banana Pudding** |
| **MONDAY 16, 2019**  **3 oz. Low Sodium Sausage**  **3/4 cup Wild Rice**  **1 cup Steamed Carrots**  **with Peas**  **1 Dinner Roll w/**  **1 tsp. Margarine**  **1/2 cup Applesauce** | **TUESDAY 17, 2019**  **3 oz. Beef Tacos**  **1/2c Lettuce, 1/2cTomato**  **1 oz. Cheese**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1/2c Apricots** | **WEDNESDAY 18, 2019**  **3 oz. Santa Fe Pork Cubes**  **1/2c Buttered Noodles**  **1c Green Peas & Carrots**  **1 Wheat Roll w/ 1 tsp. Margarine**  **1/2c Peaches** | **THURSDAY 19, 2019**  **3oz. Chicken Fried Steak**  **1/2c Mashed Potatoes**  **1 oz. Low Sodium Gravy**  **3/4c California Vegetables**  **1 Biscuit w/Margarine**  **3/4c Strawberries & Bananas** | **FRIDAY 20, 2019**  **3 oz. Teriyaki Chicken**  **1/2c Fluffy Rice**  **1c Broccoli & Cauliflower**  **1 Wheat Roll**  **1-2/2 square Frosted Cake** |
| **MONDAY 23, 2019**  **1c Tuna & Noodles**  **(3 oz Tuna, 1 oz. Sauce,**  **1/2c Pasta)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **6 Crackers**  **1c Pears & Mandarin Oranges** | **TUESDAY 24, 2019**  **CSC Closed** | **WEDNESDAY 25, 2019**  **CSC Closed** | **THURSDAY 26, 2019**  **3 oz. Green Chili Pork Stew**  **(3 oz. Pork, 1 oz Green Chili,**  **1/2c Veggies)**  **1/2c Mexicorn**  **1c Salad 2 Low Fat dressing**  **1 Tortilla**  **1/2c Warm Cinnamon Apples** | **FRIDAY 27, 2019**  **3 oz. Beef Steak Fingers**  **1 Baked Potato**  **1/2c Green Peas**  **1 Wheat Roll w/**  **1 tsp. Margarine**  **1 square Lemon Bar**  **1 Apple** |
| **MONDAY 30, 2019**  **Lasagna**  **(3 oz. Beef, 1 oz. Cheese,**  **1 oz. Sauce ,1/2c Pasta)**  **1 cup Mixed Vegetables**  **1 cup Garden Salad w/**  **2T Low-Fat dressing**  **1 slice Garlic Bread**  **1/2c Plums in Cobbler** | **TUESDAY 31, 2019**  **3 oz. Baked Chicken**  **1/2c White Rice**  **1c Spinach Salad W/Tomatoes**  **1 Wheat Roll**  **1/2c Low Fat Yogurt W/**  **1/2c Peaches** |  |  | **All Meals Served With 1c**  **2% Low-Fat Milk** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **3** | **Days in Week:**  **2** |
| Calories | 700 or more | 755 | 744 | 832 | 829 | 801 |
| % Carbohydrates from Calories | 45-55% | 50.2% | 48.6% | 51% | 51.4% | 47.2% |
| % Protein from Calories | 15-25% | 24.7% | 24% | 23.3% | 22.2% | 25% |
| % Fat from Calories | 25-35% | 25.1% | 27.4% | 25.6% | 26.4% | 27.8% |
| Saturated Fat | less than 8g | 7.2g | 8g | 7.9g | 7.1g | 7.5g |
| Fiber | 10g or more | 10.5g | 10.5g | 14.4g | 15.5g | 14.7g |
| Vitamin B-12 | .8ug or more | 2.7ug | 2.8ug | 6ug | 2.9ug | 2.9ug |
| Vitamin A | 300ug RAE or more | 578.5ug | 577.7ug | 574.5ug | 868.2ug | 1035.1ug |
| Vitamin C | 30mg or more | 59.8mg | 62.6mg | 71.6mg | 88.3mg | 36.4mg |
| Iron | 2.6mg or more | 5.5mg | 5.5mg | 2.1mg | 6.9mg | 7.5mg |
| Calcium | 400mg or more | 490.2mg | 529.1mg | 516.6mg | 443mg | 606.8mg |
| Sodium | less than 766mg | 515mg | 682.4mg | 719.6mg | 458.3mg | 629.3mg |

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