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| **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***

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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:****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