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| --- | --- | --- | --- | --- |
| **All Meals Served with 8 oz. 2% Low-Fat Milk** |  | **WEDNESDAY 1, 2020**  **Grilled Ham Cheese Sandwich**  **(2 oz. Low Sodium Ham, 1 oz. Cheese, 2 sl. Bread)**  **1c Tomato Soup**  **1/2c Cucumber Coins**  **1/2c French Fires**  **1/2c Fruit Salad** | **THURSDAY 2, 2020**  **R. Chile Beef Enchiladas**  **(3 oz. Beef, 2 oz. Red Chile,**  **2 Corn Tortillas)**  **3/4c Pinto Beans**  **1/2c Spanish Rice**  **1 Tortilla**  **1/2c Plums** | **FRIDAY 3, 2020**  **1/2c Spaghetti w/**  **4 oz. Meat Sauce**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 sl. Garlic Toast**  **1/2c Pineapple Tidbits** |
| **MONDAY 6, 2020**  **Chicken Soft Taco**  **(3 oz. Chicken, 1 oz. Cheese,**  **1 Tortilla)**  **1/2c Lettuce & Tomato**  **1/2c Carrots**  **1/2c Corn Salsa** | **TUESDAY 7, 2020**  **Pork Green Chile Stew**  **(3 oz. Pork, 1 oz. Green Chile, 1/4c Potato, 1/4c Onion)**  **1/2c Zucchini**  **6 Crackers**  **1/2c Plums** | **WEDNESDAY 8,2020**  **Creamy Potato/Ham Casserole**  **(2 oz. Low Sodium Ham,**  **1 oz. Cheese, 1/2c Potato)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 sl. Cornbread**  **1/2c Peaches in Cottage Cheese** | **THURSDAY 9, 2020**  **4 oz. Curry Chicken**  **1/2c Buttered Corn**  **1/2c Mixed Vegetables**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Strawberries on Cake** | **FRIDAY 10, 2020**  **Frito Pie**  **(3 oz. Beef, 1 oz. Red Chile,**  **1c Pinto Beans, 1c Lettuce, Tomato & Onion, 1 oz. Fritos)**  **1 sl. Jell-O Cake** |
| **MONDAY 13, 2020**  **Beef Green Chile Stew**  **(3 oz. Beef, 1 oz. Green Chile,**  **1/4c Potato, 1/4c Onion)**  **1/2c Spinach**  **1 Biscuits w/ 1 tsp. Margarine**  **1/2c Peaches in Cobbler** | **TUESDAY 14, 2020**  **Arroz con Pollo**  **(3 oz. Chicken, 1 oz. Sauce, 1/2c Rice)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **6 Crackers**  **1/2c Apple Crisp** | **WEDNESDAY 15, 2020**  **3 oz. Baked Pork Chop w/**  **1 oz. G. Chile**  **1/2c Buttered Rice**  **1c Mixed Veggies**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Pears** | **THURSDAY 16, 2020**  **G.C Chicken Enchiladas**  **(3 oz. Beef, 2 oz. Green Chile,**  **2 Corn Tortillas)**  **1/2c Pinto Beans**  **1/2c Mixed Vegetables**  **1/2c Mandarin Oranges** | **FRIDAY 17, 2020**  **Breakfast Omelet**  **(2 Med Eggs, 1 oz. Cheese)**  **1c Potatoes w/ Peppers**  **1 Fresh Apple**  **1 Tortilla**  **1c Apple Juice** |
| **MONDAY 20, 2020**  **Closed** | **TUESDAY 21, 2020**  **Cheese Burger**  **(3 oz. Beef, 1 oz. Cheese,**  **1 Bun, 1/2c Lettuce, Tomato,**  **Onion & Pickle)**  **1/2c Cucumber Coins**  **1/2c Applesauce** | **WEDNESDAY 22, 2020**  **4 oz. Sweet and Sour Pork**  **1c Fried Rice**  **1c Mixed Vegetables**  **1 Egg Roll**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Peaches** | **THURSDAY 23, 2020**  **4 oz. Mama's Meatloaf**  **1/2c Mashed Potatoes w/**  **1 oz. Low Sodium Gravy**  **1c Spinach**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Peaches** | **FRIDAY 24, 2020**  **Chicken Posole**  **(3 oz. Chicken, 1 oz Green Chile, 1/2c Hominy)**  **1/2c Zucchini**  **6 Crackers**  **1/2c Mandarin Oranges** |
| **MONDAY 27, 2020**  **Chili Mac**  **(3 oz. Beef, 1 oz. Chili,**  **1/2c Macaroni)**  **1c Broccoli & Cauliflower**  **1 Biscuits w/ 1 tsp. Margarine**  **1 Banana** | **TUESDAY 28, 2020**  **4 oz. Chicken Adovada**  **1/2c Papas Fritas**  **1/2c Carrots**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c SF Jell-O** | **WEDNESDAY 29, 2020**  **Lasagna**  **(3 oz. Beef, 1 oz. Cheese,**  **1 oz. Sauce, 1/2c Pasta)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 Bread Stick w/ 1 tsp. Margarine**  **1/2c Applesauce** | **THURSDAY 30, 2020**  **Menudo with Posole**  **(3 oz. Beef Tripe, 1/2c Hominy)**  **1/2c Spinach**  **1 Tortilla**  **w/ 1 tsp. Margarine**  **1/2c Applesauce** | **FRIDAY 31, 2020**  **Chili & Beans**  **(1c Pinto Beans,**  **1/4c Red Chile)**  **1c Spinach & Mushrooms**  **1 Tortilla w/ 1 tsp. Margarine**  **1 Pears** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 813 | 707 | 857 | 707 | 708 |
| % Carbohydrates from Calories | 45-55% | 51.5% | 47.7% | 54.5% | 47.2% | 46.3% |
| % Protein from Calories | 15-25% | 21.3% | 25.4% | 20.3% | 24.9% | 22% |
| % Fat from Calories | 25-35% | 27.1% | 26.9% | 25.2% | 27.9% | 31.8% |
| Saturated Fat | less than 8g | 7.3g | 6.6g | 6.5g | 6.6g | 7.1g |
| Fiber | 10g or more | 11.5g | 11.7g | 14.7g | 10g | 12g |
| Vitamin B-12 | .8ug or more | 2.9ug | 2.1ug | 2.1ug | 2.7ug | 2.4ug |
| Vitamin A | 300ug RAE or more | 468.4ug | 653.6ug | 606.3ug | 670.9ug | 715.7ug |
| Vitamin C | 30mg or more | 75.2mg | 74.1mg | 128.1mg | 71.3mg | 71.1mg |
| Iron | 2.6mg or more | 7mg | 5.2mg | 6.8mg | 6.8mg | 6.5mg |
| Calcium | 400mg or more | 488mg | 543.4mg | 524.9mg | 506.5mg | 523.1mg |
| Sodium | less than 766mg | 743.9mg | 605.1mg | 527.3mg | 629.9mg | 660.9mg |

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