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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***

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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:****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