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| **MONDAY 2,**  **Chili Dog**  **(1 Frank,1 Bun**  **1oz Cheese, 2oz Chili**  **1oz Peppers and Onions)**  **1/2c Buttered Corn**  **1oz Chips**  **1 Banana** | **TUESDAY 3,**  **3oz Pork Chop w/**  **2oz Diced Tomato**  **1/2c Mashed Potatoes w/**  **1 oz. Gravy**  **1c Green Beans**  **1 SL Bread w/**  **1 tsp. Margarine**  **1 Blueberry Muffin** | **WEDNESDAY 4,**  **Beef Stew**  **(3oz Beef, 1oz Sauce**  **1/2c Potato and Vegetables)**  **1/2c Steamed Rice**  **1/2c Beets**  **1 Biscuit w/ tsp. Margarine**  **1 Orange** | **THURSDAY 5,**  **Green Chili Enchiladas**  **(3oz Chicken, 1oz Cheese,**  **1oz Green Chile,**  **2 Corn Tortillas)**  **1/2c Lettuce, Tomato**  **1/2c Refried Beans**  **1/2c Spanish Rice**  **1 Sugar Cookie** | **FRIDAY 6,**  **HAM & BEANS**  **8oz Ham and Beans**  **(2 oz. Low Sodium Ham,**  **6 oz. Beans)**  **1 cup Green / Red Peppers & Onions**  **1 Slice of Cornbread w/**  **1 tsp. Margarine**  **1/2c Diced Pears** |
| **MONDAY 9,**  **CLOSED**  **COLUMBUS**  **DAY** | **TUESDAY 10,**  **Beef and Macaroni**  **(3oz Beef, 4oz Macaroni,**  **1oz Tomato Sauce)**  **1/2c Italian Vegetables**  **4 Crackers**  **1 Granola Bar** | **WEDNESDAY 11,**  **3oz Chicken Breast w/ 1oz Gravy**  **1/2c Stuffing**  **1/2c California Vegetables**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Mixed Fruit** | **THURSDAY 12,**  **Beef Soft Tacos**  **(3oz Beef, 1oz Cheese,**  **2 Flour Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Peppers and Onions**  **1/2c Pinto Beans**  **1/2c Yogurt** | **FRIDAY 13,**  **Breaded Fish Sandwich**  **(3oz Fish, 1 Bun)**  **2T Tartar Sauce**  **1/2c Carrot Sticks**  **1/2c Macaroni and Cheese**  **1 Peanut Butter Cookie** |
| **MONDAY 16,**  **Chicken Alfredo w/Rigatoni**  **(3oz Chicken, 1oz Alfredo Sauce, 1/2c Rigatoni)**  **1/2c Italian Vegetables**  **1 Sl. Wheat Bread w/**  **1 tsp Margarine**  **1/2c Mixed Fruit** | **TUESDAY 17,**  **Sloppy Joes**  **(3oz Beef, 1oz Sauce, 1 Bun)**  **1/2c Potato Wedges**  **1/2c Sliced Tomato**  **1/4c Jalapenos**  **1/2c Broccoli**  **1/2c Tapioca Pudding** | **WEDNESDAY 18,**  **Posole w/Pork**  **(3oz Pork, 1oz Red Chile,**  **4oz Hominy)**  **1/2c Calabacitas**  **1/2c Cucumber & Tomato Salad**  **1 Flour Tortilla w/**  **1 tsp. Margarine**  **1 Pumpkin Muffin** | **THURSDAY 19,**  **3oz Chicken Strips**  **1/2c Tater Tots**  **1/2c Buttered Corn**  **1/2c Green Beans**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2 c Apple Sauce** | **FRIDAY 20,**  **Tuna Salad Sandwich**  **(4oz Tuna Salad, 1 Bun)**  **1oz Chips**  **1/2c Lettuce, Tomato**  **1/2c Potato Salad**  **1 Orange** |
| **MONDAY 23,**  **Chicken & Vegetables**  **(4 oz. Chicken w/**  **4oz Vegetables)**  **1c Steamed Rice**  **1/2c Sliced Cucumbers**  **4 each Crackers**  **1/2c Diced Peaches** | **TUESDAY 24,**  **Salad Bar w/Dressing**  **(3oz Low Sodium Ham, 8oz. of Lettuce, Spinach, Cherry Tomatoes, Bell Peppers, Red Onions, Cucumbers, and Cabbage, 1oz. of Olives)**  **1/2c Cup of Cottage Cheese**  **1/2c Mixed Fruit**  **4 Crackers** | **WEDNESDAY 25,**  **Lasagna**  **(3oz Beef, 1oz Cheese,1oz Sauce,**  **4oz Noodles)**  **1/2c Tossed Salad**  **1 Sl. Wheat Bread w/**  **1 tsp Margarine**  **1 Chocolate Chip Cookie** | **THURSDAY 26,**  **Green Chili Cheeseburger**  **(3oz Beef Patty, 1oz Cheese,**  **1oz Green Chile, 1 Bun)**  **1/2c Lettuce, Tomato, Onion**  **1/2c Potato Wedges**  **1c Peas and Carrots**  **1T Mustard / 1T Ketchup**  **1/2c Yogurt** | **FRIDAY 27,**  **Turkey & Cheese Sandwich**  **(3 oz. Turkey, 1 oz. Cheese,**  **2 Sl. Bread)**  **1c of Macaroni Salad**  **1tsp Mustard**  **1 Pickle Spear**  **1 Pineapple Upside Down**  **Muffin** |
| **MONDAY 30,**  **BBQ Pulled Pork on a Bun**  **(3oz Pork, 1oz BBQ Sauce,**  **1 Bun)**  **1c Peas and Carrots**  **1oz Chips**  **1c Mandarin Oranges** | **TUESDAY 31,**  **Breakfast**  **Denver Scramble**  **(3 oz. Eggs, 2 oz. Fajita Veggies,**  **1/2 oz. Cheese)**  **1c Diced Potatoes**  **1 oz. Sausage Link**  **1 Biscuit**  **1/2c Yogurt** |  | **Menu Subject**  **To Change** | **All Meals Served**  **With 1% Milk** |

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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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 | 737 | 715 | 701 | 711 | 709 |
| % Carbohydrates from Calories | 45-55% | 52.1% | 46.6% | 50.2% | 47% | 46.5% |
| % Protein from Calories | 15-25% | 21.6% | 24.8% | 23.6% | 25.8% | 21.3% |
| % Fat from Calories | 25-35% | 26.4 | 28.6% | 26.2% | 27.2% | 32.2% |
| Saturated Fat | less than 8g | 7.6g | 8g | 6.3g | 8g | 7.9g |
| Fiber | 5-7g | 13.8g | 8.3g | 8.9g | 6.8g | 7g |
| Vitamin B-12 | .8ug | 1.8ug | 2.8ug | 2.1ug | 2.6ug | 2.2ug |
| Vitamin A | 300ug RAE | 376ug | 509ug | 315ug | 573ug | 621ug |
| Vitamin C | 30mg | 84mg | 41.6mg | 58.6mg | 43.7mg | 45mg |
| Iron | 2.6mg | 5.2mg | 5.4mg | 4.8mg | 5.8mg | 3.8mg |
| Calcium | 400mg | 555mg | 537mg | 473mg | 561mg | 605mg |
| Sodium | less than 1000mg | 994mg | 841mg | 760mg | 970mg | 898mg |

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