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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