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| **8 oz. 1% Low-Fat Milk Served With All Meals** |  | **Wednesday 1, 2020****NEW YEARS DAY****SENIOR CENTER CLOSED** | **Thursday 2, 2020****Vegetable Lasagna****(3 oz. Cheese, 1 oz. Sauce, 1/2c Vegetables, 1/2c Noodles)****1c Salad Bar w/** **2T Low Fat Dressing****1 Bread Stick w/** **1 tsp. Margarine****1/2c Mandarin Oranges** | **Friday 3, 2020****4 oz. Grilled BBQ Chicken****On 1 Bun** **1c Cole Slaw****1 oz. Potato Chips** **1/2c Mixed Fruit** |
| **Monday 6, 2020****Burger Green Chile Cheese****(3 oz. Beef, 1 oz. Cheese, 1 oz. Green Chile,** **1/2c Let/Tom/Onion, 1 Bun)****1/2c Potato Salad** **1/2c Applesauce** | **Tuesday 7, 2020****3 oz. Fish And 1/2c Chips** **1c Salad Bar w/** **2T Low Fat Dressing****1T Tartar Sauce** **1/2c Apples in Cobbler** | **Wednesday 8, 2020****Soft Beef Taco****(3 oz. Beef, 1 oz. Cheese, 1 Tortilla)****1/2c Mexican Rice****1/2c Refried Beans** **1/2c Let/Tom****1 oz. Picante Sauce****1/2c Jell-O** | **Thursday 9, 2020****Beef And Mac****(3 oz. Beef, 1 oz Sauce,** **1/2c Macaroni)****1c Mixed Vegetables****1 Wheat Roll w/** **1 tsp. Margarine****1/2c Apricots** | **Friday 10, 2020****Frito Pie****(3 oz. Beef, 1 oz. Cheese, 1/2c Beans, 1 oz. Red Chile, 1 oz. Fritos, 1/2c Let/Tom/Onion** **1c Salad Bar w/** **2T Low Fat Dressing****1/2c Mixed Fruit** |
| **Monday 13, 2020****Beef Stew** **(3oz Beef, 1 oz Sauce, 1/2c Potatoes & Vegetables)****1c Salad Bar w/** **2T Low Fat Dressing****1 Biscuit w/** **1 tsp. Margarine****1/2c Apricots** | **Tuesday 14, 2020****Chicken Tortilla Soup****(3 oz. Chicken, 1 oz. Cheese,****1 oz. Tortilla Chips,****1 oz. Sauce)****1c Broccoli Salad w/ Onion****1 Wheat Roll w/****1 tsp. Margarine****1/2c Applesauce** | **Wednesday 15, 2020****3 oz. Salmon W/ 1 oz. Mango Salsa****1c Rice Pilaf****1c Mixed Vegetables****1 White Roll w/** **1 tsp. Margarine****1/2c Apple Cobbler** | **Thursday 16, 2020****Posole** **(3 oz. Pork, 1 oz. Red Chile,** **1/2c Hominy)****1c Salad Bar w/** **2T Low Fat Dressing****1 Biscuit w/** **1 tsp. Margarine** **1 Brownies** | **Friday 17, 2020****4 oz. BBQ Brisket On 1 Bun****1 oz. Potato Chip****1/2 c Pickle & Onion****1/2c Cole Slaw****1/2c Low Fat Ice Cream** |
| **Monday 20, 2020****MARTIN LUTHER KING BIRTHDAY****SENIOR CENTER CLOSED** | **Tuesday 21, 2020****Bean/Beef Burrito****(3 oz. Beef, 1 oz. Cheese,****1/2c Beans, 1 Tortilla, 1 oz. Red Or Green Chile, 1 Tortilla)****1c Let/Tomato****1/2c Mexican Rice****1/2c Calabacitas****1/2c Mandarin Oranges** | **Wednesday 22, 2020****3 oz. Tilapia** **1/2c Fried Potatoes****1T Tartar Sauce****1 Bread Stick w/** **1 tsp. Margarine****1c Salad Bar w/** **2T Low Fat Dressing****1/2c Jell-O** | **Thursday 23, 2020****4 oz. Sweet N Sour Pork Over 1c Rice****1c Oriental Vegetables****1 Egg Roll****1 Wheat Roll w/** **1 tsp. Margarine** **1/2c Applesauce** | **Friday 24, 2020****3 oz. Chicken Fried Steak****1/2c Red Skin Mashed Potatoes** **1 oz. Pepper Gravy****1/2c Honey Glazed Carrots****1 sl. Cornbread w/** **1 tsp. Margarine****1 Brownie** |
| **Monday 27, 2020****3oz. Baked Cod with** **1oz. Dill Sauce****1c Oven Fried Potatoes with Onions** **1 W/W Roll w/** **1 tsp. Margarine****1/2c Peaches** | **Tuesday 28, 2020****3oz. Chicken And** **1oz. Dumplings****1c Salad Bar w/** **2T Low Fat Dressing****1 slice Chocolate Cake** | **Wednesday 29, 2020****3oz. Turkey Diner** **1/2c Mashed Potatoes** **1oz. Gravy** **1 Ranch Roll** **1/2c Green Beans** **1/4c Stuffing****1 Slice Pumpkin Bread** | **Thursday 30, 2020****Green Chili Chicken Enchiladas** **(3oz. Chicken, 1oz Green Chile,** **1 Tortilla)****1/2c Mexican Rice****1/2c Pinto Beans****1/2c Tomatoes****1/2c Diced Pears** | **Friday 31, 2020****Chicken Chili Cheese Soup****(2oz. Chicken, 1oz Cheese, 1/2c Broth)****1c Salad Bar w/** **2T Low Fat Dressing****1 Biscuit w/** **1 tsp. Margarine****1/2c Applesauce** |

***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:****2** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** |
| Calories | 700 or more | 840 | 737 | 731 | 737 | 730 |
| % Carbohydrates from Calories | 45-55% | 55.1% | 48.7% | 48% | 50.2% | 47.3% |
| % Protein from Calories | 15-25% | 20% | 25.2% | 21.8% | 24.1% | 25.5% |
| % Fat from Calories | 25-35% | 25% | 26.1% | 30.4% | 25.7% | 28.2% |
| Saturated Fat | less than 8g | 7.7g | 7.3g | 7g | 6.5g | 6.7g |
| Fiber | 10g or more | 10.8g | 10.8g | 10.1g | 10.4g | 10.7g |
| Vitamin B-12 | .8ug or more | 1.6ug | 3.4ug | 2.2ug | 2.7ug | 2.6g |
| Vitamin A | 300ug RAE or more | 564.8ug | 534.2ug | 499.8ug | 541.6ug | 659.7ug |
| Vitamin C | 30mg or more | 79.6mg | 61.6mg | 68.4mg | 62mg | 81.1mg |
| Iron | 2.6mg or more | 5.6mg | 6.4mg | 4.7mg | 6.4mg | 6.2mg |
| Calcium | 400mg or more | 733.6mg | 554mg | 532.2mg | 476.6mg | 477.4mg |
| Sodium | less than 766mg | 715.2mg | 559.3mg | 663.6mg | 574.1mg | 665.6mg |

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