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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***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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