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| **MONDAY 2,****Ham & Swiss Sandwich****(2 oz. Low Sodium Ham,**  **1oz. Cheese, 1 Bun)****1/2c Lettuce, Tomato, Pickle****1 oz. Potato Chips** **1/2c Orange** | **TUESDAY 3,****4 oz. Teriyaki Chicken****1c Rice****1c Mixed Vegetables****1 WW Roll w/ 1 tsp. Margarine****1/2c Pineapple** | **WEDNESDAY 4,****Chef Salad****(1 oz. Low Sodium Ham, 1 oz. Turkey, 1 oz. Cheese, 4oz. Lettuce, 4 oz. tomato, 2T ow Fat Dressing)****6 Wheat Crackers****1/2c Peaches** | **THURSDAY 5,****4 oz. Beef Stroganoff w/1c Pasta****1/2c Broccoli****1 sl. WW Bread w/** **1 tsp. Margarine****1/2c Fruit Cocktail** | **FRIDAY 6,****4 oz. Baked Fish****1/2c Coleslaw****1/2c Tatar Tots****1/2c Yellow Squash****1/2c Plums** |
| **MONDAY 9,****Chicken Quesadilla****(3 oz. Chicken, 1 oz. Cheese,** **1 Tortilla)****1 oz. Salsa****1/2c Spanish Rice****1/2c Zucchini****1/2c Jell-O** | **TUESDAY 10,****2 oz. Bratwurst****1/2c Sauerkraut****1c Baby Carrots****1/2c Potato Salad****1/2c Baked Apple** | **WEDNESDAY 11,****4 oz. Breaded Pork Chops****1/2c Scalloped Potato****1c Green Beans****1 WW Roll w/ 1 tsp. Margarine****1/2c Pineapple Tidbits** | **THURSDAY 12,** **Stuffed Bell Pepper****(2 oz. Bell Pepper, 3 oz. Beef,** **1 oz. Tomato)****1/2c Butter Peas****1/2c Sliced Carrots****1 WW Bread w/ 1 tsp. Margarine****1 med Banana** | **FRIDAY 13,****4 oz. Patty Melt****2 oz. Green Chili****1/2c Coleslaw****1/2c Green Beans****1 WW Roll w/ 1 tsp. Margarine****1/2c Vanilla Pudding** |
| **MONDAY 16,****4 oz. Salisbury Steak****1/2c Au Gratin Potato****1/2c Brussel Sprout****1 sl. WW Bread w/** **1 tsp. Margarine****1/2c Apricots** | **TUESDAY 17,****Pigs in a Blanket****(1 Frank, 1 Biscuit)****1 oz. Potato Chips****1/2c Butter Baby Carrots****1/2c Sliced Pears** | **WEDNESDAY 18,****Enchilada Casserole****(3 oz. Beef, 1 oz. Cheese, 1oz Red Chile, 2 Corn Tortillas)****1/2c Broccoli** **1 Oatmeal Cookie****1/2c Applesauce** | **THURSDAY 19,** **3 oz. Fried Chicken****1/2c Mashed Potato****1/2c Green Beans****1 WW Roll w/ 1 tsp. Margarine****1/2c Rice Pudding** | **FRIDAY 20,****Sloppy Joe****(3 oz. Beef, 1 oz. Sauce, 1 Bun)****1/2c Potato Wedge****1/2c Corn** **1/2c Green Bean****1/2c Mandarin Orange** |
| **MONDAY 23,** **Tacos****(3 oz. Beef, 1 oz. Cheese,** **2 Corn Tortillas)****1 oz. Salsa****1c Yellow Squash****1c Three Bean Salad****1 sl. White Cake** | **TUESDAY 24,** **Pork Posole** **(3 oz. Pork, 1 oz. Red Chile,** **4 oz. Hominy****1c Beet Salad****1 Flour Tortilla w/** **1 tsp. Margarine****1/2c Peaches** | **WEDNESDAY 25,****4 oz. Meat Loaf****1/2c Mashed Potato****1/2c Carrot Salad****1 WW Roll w/ 1 tsp. Margarine** | **THURSDAY 26,** **Tuna Salad Sandwich****(4 oz. Tuna Salad, 2 sl. Bread)****1/2c Lettuce, Tomato, Pickle****1 oz. Potato Chips****1/2c Apples** | **FRIDAY 27,** **Tamales****(3 oz. Pork, 1 oz. Red Chile,** **1 oz. Masa)****1/2c Spanish Rice****1/2c Refried Beans****1/2c Jell-O** |
| **MONDAY 30,****Chicken Salad Sandwich****(4 oz. Chicken Salad,** **1 Pita Bread)****1/2c Lettuce, Tomato****1/2c Tatar Tots****1 med Orange** | **TUESDAY 31,** **Lasagna****(3 oz. Beef, 1oz. Cheese, 1 oz. Sauce, 4 oz. Noodles)****1/2c Diced Beets****1 Garlic Stix****1 sl. Chocolate Cake** |  | **Occasionally we must****substitute food items****We are sorry for the****inconvenience** | **Lunch is served 11 to 12:50****8 oz-2% milk served** **with all meals** |

***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: 5** | **Days in Week: 5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 | 704 | 701 | 704 | 714 | 728 |
| % Carbohydrates from Calories | 45-55% | 47.8% | 48.6% | 48.6% | 54.1% | 46% |
| % Protein from Calories | 15-25% | 25.2% | 24.4% | 22.3% | 21.8% | 21.5% |
| % Fat from Calories | 25-35% | 27% | 27% | 29% | 33.1% | 32.5% |
| Saturated Fat | less than 8g | 6.1g | 7.1g | 7.9g | 7.3g | 7.7g |
| Fiber | 5-7g | 9.3g | 11.5g | 9g | 9.1g | 8.1g |
| Vitamin B-12 | .8ug | 2.4ug | 2.6ug | 2.8ug | 2.5ug | 2.4ug |
| Vitamin A | 300ug RAE | 478ug | 392ug | 374ug | 467ug | 568ug |
| Vitamin C | 30mg | 61.7mg | 92.4mg | 47.4mg | 43.1mg | 68mg |
| Iron | 2.6mg | 5.3mg4 | 5.5mg | 5.1mg | 5.2mg | 6.2mg |
| Calcium | 400mg | 498mg | 475mg | 508mg | 470mg | 501mg |
| Sodium | less than 1000mg | 757mg | 941mg | 754mg | 920mg | 764mg |

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