|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **All Meals Served**  **With 8 oz. 1% Milk** |  |  |  | **FRIDAY 1, 2019**  **Cheeseburger**  **(3 oz. Beef, 1 oz. Cheese,**  **1 Bun, 1c Lettuce,**  **Tomato & Onion)**  **1c French Fries**  **1c Cucumber Salad**  **1 Sugar Cookie**  **1/2c Pineapple** |
| **MONDAY 4, 2019**  **3 oz. Salisbury Steak**  **1/2c Zucchini**  **1 Baked Potato**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Applesauce** | **TUESDAY 5, 2019**  **3 oz. Chicken Tenders**  **1/2c California Blend Vegetables**  **1/2c Mashed Potatoes**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1/2c Banana Pudding** | **WEDNESDAY 6, 2019**  **Green Chile Chicken Enchilada**  **(3 oz. Chicken, 1 oz Cheese, 1 oz Green Chile, 2 Corn Tortillas)**  **1/2c Yellow Squash**  **1/2c Pinto Beans**  **1/2c Pears** | **THURSDAY 7, 2019**  **3 oz. Pork Chop**  **1/2c Cauliflower**  **1 med. Baked Potato**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Apples in Cobbler** | **FRIDAY 8, 2019**  **Fish Sandwich**  **(3 oz. Fish, 1 Bun)**  **1/2c Mixed Vegetables**  **1/2c Coleslaw**  **1/2c Plums** |
| **MONDAY 11, 2019**  **“VETERANS DAY”** | **TUESDAY 12, 2019**  **3 oz. Pork Cutlet w/1 oz. Gravy**  **Over 1/2c Noodles**  **1c Oriental Vegetables**  **1 sl. Cornbread w/**  **1 tsp. Margarine**  **1 Chocolate Chip Cookie**  **1/2c Pineapple** | **WEDNESDAY 13, 2019**  **Tater Tot Casserole**  **(3 oz. Beef, 1 oz. Sauce,**  **1/2c Potato)**  **1/2c Chuckwagon Vegetables**  **1/2c Brussel Sprouts**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Peaches** | **THURSDAY 14, 2019**  **Breakfast for Lunch**  **3 med. Scrambled Eggs**  **1 oz. Sausage Patty**  **1c Country Style Potatoes w/ Onions**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Fruit Cocktail** | **FRIDAY 15, 2019**  **1/2c Spaghetti w/**  **4 oz. Meat Sauce**  **1/2c Buttered Corn**  **1/2c Green Beans w/Onions**  **1 sl. Garlic Bread**  **1 sl. Apple Spice Cake** |
| **MONDAY 18, 2019**  **3 oz. Baked Chicken**  **w/1 oz. Mushroom**  **1c Emperors Stir Fry**  **1/2c Steamed Rice**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Fruit Cocktail** | **TUESDAY 19, 2019**  **4 oz. Meatloaf**  **1/2c Peas & Diced Onions**  **1/2c Mashed Potatoes**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1 Sugar Cookie**  **“Pool Tournament”** | **WEDNESDAY 20, 2019**  **Hot Ham & Cheese Sandwich**  **(2 oz. Low Sodium Ham,**  **1 oz. Cheese, 2 sl. Bread)**  **1/2c Vegetable Medley**  **1/2c French Fries**  **1/2c Mandarin Oranges** | **THURSDAY 21, 2019**  **2 oz. Turkey &**  **1 oz. Low Sodium Ham**  **1/2c Mixed Vegetables**  **1/2c Mashed Potatoes**  **1/2c Cranberry Sauce**  **1/2c Stuffing**  **1 WW Roll w/ 1 tsp. Margarine**  **1 oz. Pumpkin Pie** | **FRIDAY 22, 2019**  **Beef & Potato Green Chili Burrito**  **(3 oz. Beef, 1/2c Potato, 1 oz. Green Chile, 1 oz. Cheese,**  **1 Tortilla)**  **1/2c Squash & Zucchini**  **1/2c Beets**  **1/2c Pineapple Tidbits** |
| **MONDAY 25, 2019**  **4 oz. Orange Chicken**  **1c Oriental Vegetables**  **1/2c Brown Rice**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Peaches** | **TUESDAY 26, 2019**  **3 oz. Country Fried Steak**  **w/1 oz. Low Sodium Gravy**  **1 med Baked Potato**  **1/2c Corn & Bell Peppers**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1 Apple** | **WEDNESDAY 27, 2019**  **Soft Shell Tacos**  **(3 oz. Beef, 1 oz. Cheese, 1/2c Lettuce Tomato, 1 Tortilla)**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1/2c Strawberries in Chocolate Pudding** | **THURSDAY 28, 2019**  **“THANKS GIVING HOLIDAY”**  **CENTER CLOSED** | **FRIDAY 29, 2019**  **“CENTER CLOSED”**  **IN OBSERVANCE OF**  **THANKSGIVING HOLIDAY** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 745 | 708 | 744 | 737 | 872 |
| % Carbohydrates from Calories | 45-55% | 50.4% | 48.2% | 49.4% | 51.6% | 53.6% |
| % Protein from Calories | 15-25% | 23.6% | 24.2% | 22.4% | 22.6% | 21.4% |
| % Fat from Calories | 25-35% | 25.9% | 27.6% | 28.2% | 25.8% | 25% |
| Saturated Fat | less than 8g | 7.9g | 6.2g | 7.8g | 6.2g | 8g |
| Fiber | 10g or more | 10.8g | 10.5g | 10.5g | 12.5g | 14.5g |
| Vitamin B-12 | .8ug or more | 3.6ug | 2.1ug | 2.8ug | 2.3ug | 2.6ug |
| Vitamin A | 300ug RAE or more | 762.9ug | 561.7ug | 408.1ug | 499.8ug | 484.9ug |
| Vitamin C | 30mg or more | 78.2mg | 51.4mg | 49.9mg | 63.6mg | 54.2mg |
| Iron | 2.6mg or more | 7.5mg | 4.3mg | 6.1mg | 6.1mg | 6.4mg |
| Calcium | 400mg or more | 493.1mg | 482.8mg | 433.2mg | 487.3mg | 538.1mg |
| Sodium | less than 766mg | 414mg | 535mg | 598.1mg | 575.2mg | 719.6mg |

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