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| --- | --- | --- | --- | --- |
| **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***

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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:****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