|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 1, 2020****½ Cup Tossed Salad****5.3oz Red Chili Meat****½ cup Spanish Rice****I/2 Cup Pinto Beans****1 Tortilla****¾ Cup Cantaloupe** | **TUESDAY 2, 2020****½ Cup Garden Salad****3oz Steak Ranchero****1 Baked Potato****½ Cup Carrots****1 Dinner Roll****1 Banana** | **WEDNESDAY 3, 2020****1/2Cup Summer Salad****1 Cup Chicken Primavera with 3oz of chicken****½ cup Linguine****½ Cup Brussels Sprouts****1 Dinner Roll****1Orange** | **THURSDAY 4, 2020****½ Cup Summer Salad****1 Cup Pepper Steak with 3oz of meat****½ Cup Steamed Rice****½ Cup Green Beans****1 Oatmeal Cookie** | **FRIDAY 5, 2020****½ Cup Spinach Salad****3oz Turkey Roast****½ cup Cornbread Dressing****½ Cup Peas****1Whole Wheat Roll****½ Cup Fruit Cocktail** |
| **MONDAY 8, 2020****½ Cup Garden Salad****1 Cup Chicken, Bacon Casserole with 3oz of chicken or more****½ Cup Squash with Corn****1 Honey Biscuit****1 Nectarine** | **TUESDAY 9, 2020****½ Cup Pineapple Cole Slaw****3oz Pork Roast****1/2 cup Yam****½ Cup Green Beans****1 Dinner Roll****1 Sl Spice Cake with Topping** | **WEDNESDAY 10, 2020****3oz Serving Beef Fajita****½ Cup of Peppers& Onions****½ Cup Spanish Rice****½ Cup Pinto Beans****1Tortilla****1 Svg of Pico De Gallo with Avocado****¾ cup Grapes** | **THURSDAY 11, 2020****½ Cup Beets & Onions Salad****3oz of Chicken with Marsala sauce****½ cup Penne Pasta****½ Cup Broccoli****1 Whole Wheat Roll****¾ cup Honey Dew Melon** | **FRIDAY 12, 2020****1/2 Cup Lettuce & Tomato****3oz of meat with Enchilada****½ Cup Spanish Rice****½ Cup Pinto Beans****½ Cup Sherbet** |
| **MONDAY 15, 2020****½ Cup Cucumber Salad****1 cup Chicken Chow Mein with 3oz of chicken****½ cup Fried Rice****1 Vegetable Egg Roll with 1/2cup vegetables****1 Apple** | **TUESDAY 16, 2020****½ Cup Garden Salad****3oz meat with Lasagna sauce** **½ cup Cauliflower****1 Dinner Roll****½ Cup Apricots** | **WEDNESDAY 17, 2020****½ Cup Summer Salad****4oz or more Meat Loaf****½ Cup Mashed Potatoes****½ Cup Mixed Vegetables****1 Whole Wheat Roll****½ Cup Fruit Salad** | **THURSDAY 18, 2020****½ Cup Banana Split Salad****(1/2 cup vegetables in salad)****3oz or more of Egg Salad with 1 Bun** **½ Cup Sliced Tomato & Cucumber****1oz of Sun Chips****1 Chocolate Chip Cookie** | **FRIDAY 19, 2020****1/2 Cup Potato Salad****3oz or more of meat BBQ Beef I Bun****½ Cup ranch Beans****2oz of sliced Red onions****¾ Watermelon** |
| **MONDAY 22, 2020****½ Cup Garden Salad****1cup of Chicken Pot Pie with 3oz of chicken****½ Cup Spinach****1 Whole Wheat Roll****½ Cup Baked Cinnamon Apple** | **TUESDAY 23, 2020****½ Cup Lettuce & Tomato****3oz of meat with Red Enchilada****½ Cup Spanish Rice****½ Cup Pinto Beans****1 Svg Cherry Crisp** | **WEDNESDAY 24, 2020****½ Cup Spinach Salad with Egg****3oz of meat Stuffed Cabbage Roll****½ Cup oven Roasted Potatoes****½ Cup Carrots****1Dinner Roll****1 Oatmeal Cookie** | **THURSDAY 25, 2020****½ Cup Beets & Onion’s Salad****1 1/2 Cup Chef’s Salad with 3oz Turkey, 1/2 Egg, Cheese, Vegetables****1 Whole Wheat Roll****1 Tangerine****1Sl of Applesauce Cake** | **FRIDAY 26, 2020****½ Cup Pea Salad****3oz of Roast Beef** **1cup of Potatoes, Carrots, Celery, Onion’s****1 Honey Biscuit****1 Apple** |
| **MONDAY 29, 2020****½ Cup Spinach Salad with Egg****3oz Baked Salmon****½ Cup Dill Potatoes****½ Cup Asparagus****1 Whole Wheat Roll****½ Cup Apricots** | **TUESDAY 30, 2020****½ Cup Garden Salad****3oz of chicken with Curried sauce****½ cup Egg noodles****½ cup Peas & Carrots****1 Whole Wheat Roll****½ cup Diced Pears** |  | **8oz. 1% Milk** **Served with All Meals** |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 or more | 729 | 803 | 763 | 733 | 742 |
| % Carbohydrates from Calories | 45-55% | 49.8% | 52% | 50.3% | 51.9% | 49.7% |
| % Protein from Calories | 15-25% | 24.6% | 21.3% | 21.6% | 19.9% | 25% |
| % Fat from Calories | 25-35% | 25.5% | 26.3% | 28.1% | 28.2% | 25.3% |
| Saturated Fat | less than 8g | 6.5g | 7.1g | 7.2g | 7.6g | 5.2g |
| Fiber | 10g or more | 11.4g | 11.2g | 11.1g | 11.2g | 10.9g |
| Vitamin B-12 | .8ug or more | 1.9ug | 2.3ug | 2.8ug | 2.3ug | 3.4ug |
| Vitamin A | 300ug RAE or more | 534.2ug | 320.2ug | 457.4ug | 1404ug | 664.9ug |
| Vitamin C | 30mg or more | 93.6mg | 80mg | 65.7mg | 54mg | 89.3mg |
| Iron | 2.6mg or more | 6.3mg | 5.5mg | 5.7mg | 5.7mg | 5.6mg |
| Calcium | 400mg or more | 469.6mg | 550.9mg | 494.3mg | 517.9mg | 437.1mg |
| Sodium | less than 766mg | 580.1mg | 575.8mg | 736.4mg | 605.8mg | 489.8mg |

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