|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 1, 2021**  **Sloppy Joe**  **(3 oz. Beef, 1 oz. Sauce, 1 Bun)**  **1c Potato Wedges**  **1/2c Broccoli Salad**  **1/2c Pineapple in 1/2c Jell-O** | **Tuesday 2, 2021**  **Chicken Alfredo**  **(3 oz. Chicken, 1 oz. Sauce, 1/2c Noodles)**  **1/2c 5 Way Veggie Blend**  **1c Salad w/**  **2T Low Fat Dressing**  **1/2c Plums** | **Wednesday 3, 2021**  **Green Chile Stew**  **(3 oz. Pork, 1/4c Green Chile,**  **1/2c Potato & Onion)**  **1c Cucumber Tomato Salad**  **1 sl. Cornbread 1 tsp. Margarine**  **1/2c Peaches** | **Thursday 4, 2021**  **Chicken Fajita**  **(3 oz. Chicken, 1/2c Peppers & Onion, 1 Tortilla)**  **1/2c Pinto Beans**  **1c Salad w/ 2T Low Fat Dressing**  **1/2c Applesauce** | **CLOSED** |
| **Monday 8, 2021**  **3 oz. Chicken Strips**  **1/2c Scalloped Potatoes**  **1/2c Carrots**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Tropical Fruit** | **Tuesday 9, 2021**  **Red Chile Beef Enchilada**  **(3 oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas)**  **1/2c Lettuce, Tomato, Onion**  **1/2c Calabacitas**  **1/2c Pears** | **Wednesday 10, 2021**  **3 oz. Low Sodium Kielbasa Sausage**  **1c Cabbage, Potatoes**  **1 Hush Puppy**  **1c Salad w/ 2T Low Fat Dressing**  **1/2c Jell-O W/ Shredded Carrots** | **Thursday 11, 2021**  **Chile Rellenos**  **(3 oz. Green Chile, 2 oz. Beef, Chile Sauce, 1 oz. Cheese,**  **1 oz. Breading)**  **1/2c Pinto Beans**  **1/2c Corn & Stewed Tomatoes**  **1 Tortilla**  **1/2c Applesauce** | **CLOSED** |
| **Monday 15, 2021**  **Closed** | **Tuesday 16, 2021**  **4 oz. Meatloaf**  **1c Mashed Potatoes**  **1/2c Green Beans**  **1c Salad w/**  **2T Low Fat Dressing**  **1 Roll w/ 1 tsp. Margarine 1/2c Plums** | **Wednesday 17, 2021**  **Beef Stew**  **(3 oz. Beef, 1 oz Sauce,**  **1/2c Potato & Carrot)**  **1c Salad w/**  **2T Low Fat Dressing**  **1 Tortilla**  **1/2c Apricots** | **Thursday 18, 2021**  **Grilled Cheese**  **(2 oz. Cheese, 2 sl. Bread)**  **1c Veggie Soup**  **(3/4c Veggies, 2oz. Broth)**  **1 Med. Boiled Egg**  **1c Salad w/ 2T Low Fat Dressing**  **1/2c SF Butterscotch Pudding**  **1 Orange** | **CLOSED** |
| **Monday 22, 2021**  **Chili Dog**  **(1 oz. Frank, 2 oz. Beef Chili,**  **1 Bun)**  **1c Potato Wedges**  **1/2c Mixed Veggies**  **1/2c Cottage Cheese**  **1/2c Pears** | **Tuesday 23, 2021**  **Beef Lasagna**  **(3 oz. Beef, 1 oz. Cheese, 1 oz. Sauce, 1/2c Noodles)**  **1/2c Beets**  **1c Salad w/**  **2T Low Fat Dressing**  **1 sl. Garlic Bread**  **1/2c Applesauce** | **Wednesday 24, 2021**  **Frito Pie**  **(3 oz. Beef, 1 oz. Red Chile, 1 oz. Fritos, 1c Lettuce, Tomato & Onion)**  **1/2c Broccoli Salad**  **1/2c Peaches** | **Thursday 25, 2021**  **Beef Soft Tacos**  **(3 oz. Beef, 1 oz. Cheese, 2 Corn Tortillas, 1c Lettuce, Tomato & Onion)**  **1/2c Spanish Rice**  **1/2c Salsa Corn**  **1/2c Plums** | **CLOSED**  **All Meals Served With 8 oz.**  **2% Low-Fat Milk** |

***Nutrient Table***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 |
|  |  | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **3** | **Days in Week:**  **4** |
| Calories | 700 or more | 712.6 | 733.5 | 778.3 | 820.9 |
| % Carbohydrates from Calories | 45-55% | 47.1% | 48.7% | 50.1% | 50.2% |
| % Protein from Calories | 15-25% | 25.2% | 22.9% | 21.3% | 23.8% |
| % Fat from Calories | 25-35% | 27.7% | 28.4% | 28.6% | 25.9% |
| Saturated Fat | less than 8g | 6.1g | 6.9g | 7.6g | 7.9g |
| Fiber | 10g or more | 11.1g | 12.8g | 14.1g | 12.7g |
| Vitamin B-12 | .8ug or more | 2.2ug | 2.4ug | 2.7ug | 3.8ug |
| Vitamin A | 300ug RAE or more | 591.7ug | 707.7ug | 1135.8ug | 681.9ug |
| Vitamin C | 30mg or more | 95.3mg | 116.3mg | 64.7mg | 82.1mg |
| Iron | 2.6mg or more | 5.6mg | 5.7mg | 6.8mg | 7.1mg |
| Calcium | 400mg or more | 468.4mg | 524mg | 645.2mg | 509.8mg |
| Sodium | less than 766mg | 466mg | 717.6mg | 657.5mg | 638.6mg |

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