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

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| --- | --- | --- | --- | --- | --- |
| 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