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| **Menus subject to change without notice** **All Meals Served with 8 oz.** **2% Low Fat Milk** |  |  | **THURSDAY 1, 2022****8oz Pork Vegetable Stew****(3 oz. Pork, 1/2c Potato,** **1/2c Veggies, 1 oz. Sauce)** **1 sl. Cornbread w/ 1 tsp. Margarine****1/2c Peaches** | **FRIDAY 3, 2021****6oz R. Chile Beef Enchiladas** **(1oz Red chile, 3oz Beef, 1oz cheese, 2 corn tortillas)****1/2c LS Pinto Beans** **1c Tossed Salad w/ 2 TBSP Light Italian Dressing****1 6in Flour Tortillas w/ 1 tsp margarine** **1c Applesauce**  |
| **MONDAY 5, 2022****3 oz. Chicken Paprika** **1/2c Wild Rice** **1c Mix Vegetables** **1 Biscuit w/ 1 tsp. Margarine****1/2c Mandarin Oranges** | **TUESDAY 6, 2022****Frito Pie****(3 oz. Beef, 1 oz. Lightly Salted Fritos,** **1/4c Red Chile, 1/2c Beans, 1/2c lettuce and tomato)****3/4c Spinach****1/2c Diced Mango**  | **WEDNESDAY 7, 2022****3 oz. Breaded Pork Chop** **1c Brown Rice w/ 1 tsp margarine****1c Broccoli & Cauliflower** **1 Wheat Roll w/ 1 tsp. Margarine****1/2c Fruit Cocktail** | **THURSDAY 8, 2022** **3 oz. Baked Chicken****1/2c Mashed Potatoes w / 2 oz. Low Sodium Gravy****1/2c Carrots****1 Tortilla****1/2c Gelatin**  | **FRIDAY 9, 2022****2oz LS Ham****1/2c Fresh Mashed Potatoes /2oz LS Gravy** **1c Tossed Salad w/ 2oz LS Gravy****1c Green Beans w/ 1/3 c slivered almonds** **Wheat Roll** **1/2c Heavenly Hash** |
| **MONDAY 12, 2022****3 oz. Chopped Steak** **1 med. Baked potato****2 oz. Low Sodium Gravy w/ 1/4c mushrooms****1/2c Beet and onion salad****1 Wheat Roll w/ 1 tsp. Margarine****1oz. Strawberry Cake** | **TUESDAY 13, 2022****Smothered Bean Burrito** **(3/4c Beans, .5oz. Cheese, 2oz Red Chile, 1 Tortilla)****1/2c LS Spanish Rice** **1/2c Brussel Sprouts** **1c Tossed Salad/** **2T Light Dressing****1/2c Apricots** | **WEDNESDAY 14, 2022****1c Arroz con Pollo** **(3 oz. Chicken, 1 oz. Sauce, 1/2c Rice)****1c Tossed Salad w/** **2T Light Dressing****4 LS WW Crackers** **1/2c Apples in Crisp** | **THURSDAY 15, 2022****5 oz. Sweet and Sour Pork** **1/2c Fried Rice** **1c Oriental Vegetables****3/4c Fruit Salad** **1 Fortune Cookie**  | **FRIDAY 16, 2022****Chile Dog** **(1/2 LS Hot Dog, 2oz Red chile, 2oz ground Beef, 1 bun)****1/2 c LS Baked Beans****1c Zucchini and Tomatoes w 1 tsp margarine** |
| **MONDAY 19, 2022****Smothered Tamale** **(3 oz. Pork, 3 oz. Masa,** **2oz Red Chile)****1/2c LS Spanish Rice** **1c Italian Vegetables****1/2c Tossed Salad w/** **1T Light Dressing****1/2c Peaches in Cobbler** | **TUESDAY 20, 2022****1c Chicken Posole** **(3 oz. Chicken, 1/4c Red Chile,** **1/2c Hominy)****1/2c asparagus****6 LS WW Crackers** **1c Cantaloupe** | **WEDNESDAY 21, 2022****Pork Green Chile Stew** **(3 oz. Pork, 1 oz. Green Chile,** **1/2c Potato & Onion)****1c Malibu Blend** **1 sl. Cornbread** **1/2c Mixed fruit**  | **THURSDAY 22, 2022****Breakfast** **1c Oatmeal** **1 med. Eggs & .5oz Cheese****1c Potatoes & Peppers****1sl. Wheat Toast w/ 1 tsp. Margarine** **1/2c Plums w/ 1 c Nonfat Greek vanilla yogurt** | **FRIDAY 23, 20221**http://ts4.mm.bing.net/th?id=I.4594271478875219&pid=1.7&w=250&h=130&c=7&rs=1 |
| **Monday 26, 2022****Closed Christmas Holiday**  | **Tuesday 27 2022****Closed Christmas Holiday** **1% Milk** **Cheese Burger** **(3oz Beef, .5 oz. Cheese, 1 Bun****1/2c Lettuce, 2 slices c Tomato** **1 sl Onion 2 slices Pickle)** **10 No added Salt** **(NAS) French Fries)****1/2c cucumber salad****1/2c baked apple slices**  | **WEDNESDAY 28, 2022****Closed Christmas Holiday****1% milk** **4 oz. Mama's Meatloaf** **1/2c Mashed Potatoes w****2 oz. Low Sodium Gravy** **1/2c Sauteed Radishes w/ green beans****1/2c cabbage** **1 Wheat Roll w/ 1 tsp. Margarine****1c berries w/ 1 TBSP whipped topping**  | **THURSDAY 29, 2022****Closed Christmas Holiday****1% milk** **12oz LS Vegetable Stew** **(1/2 tomatoes, potatoes, celery, carrots, 1oz Sauce,** **3/4c white beans (protein requirement)****1/2c Kale** **1 Biscuits w/ 1 tsp. Margarine****Fresh Pear**  |  |

***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:****2** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****3** |
| Calories | 700 or more | 765.2 | 758.9 | 823.4 | 742.8 | 732.7 |
| % Carbohydrates from Calories | 45-55% | 53.2 | 48.0 | 55.7 | 52.2 | 52.5 |
| % Protein from Calories | 15-25% | 21.5 | 22.3 | 18.6 | 21.1 | 19.4 |
| % Fat from Calories | 25-35% | 25.3 | 29.8 | 25.7 | 26.6 | 28.1 |
| Saturated Fat | less than 8g | 7.9 | 7.5 | 7.9 | 8.0 | 7.8 |
| Fiber | 10g or more | 14.4 | 11.7 | 13.9 | 11.4 | 13.6 |
| Vitamin B-12 | .8ug or more | 2.5 | 1.9 | 2.0 | 2.1 | 2.5 |
| Vitamin A | 300ug RAE or more | 1151.1 | 786.9 | 371.1 | 672.5 | 417.9 |
| Vitamin C | 30mg or more | 30.0 | 43.0 | 40.2 | 129.5 | 39.4 |
| Iron | 2.6mg or more | 4.7 | 5.2 | 5.6 | 4.4 | 6.2 |
| Calcium | 400mg or more | 570.2 | 493.2 | 481.6 | 542.5 | 611.5 |
| Sodium | less than 766mg | 645.7 | 736.4 | 752.2 | 726.8 | 653.8 |

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.

 Constance Rudnicki MS, RDN, LD