|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8 oz. 1% Low-Fat Milk  Served With All Meals |  |  | **THURSDAY 1**  BBQ Brisket on a Bun  (3 oz. Beef, 1 oz. BBQ Sauce, 1 Bun)  1 oz. Potato Chips  1c Salad Bar w/ 2T Low Fat Dressing  1 Peanut Butter Cookie  1 Apple | **FRIDAY 2**  Baked Potato Bar  (1 oz. Ham, 1 oz. Bacon, 1T Chives, 1T Sour Cream, 1 oz. Cheddar Cheese, 1 Potato)  1c Salad Bar w/  2T Low Fat Dressing  1 Roll w/ 1 tsp. Margarine  1 Fruit Bar  1/2c Peaches |
| **MONDAY 5**  4 oz. Tuna Salad on 2 sl. W/W Bread  1/2c 3 Bean Salad  1c Pasta Salad w/ Veggies  (1/2c Pasta, 1/2c Veggies)  1 Chocolate Chip Cookie | **TUESDAY 6**  4 oz. Beef Tips over  1/2c Egg Noodles  1c Salad Bar w/  2T Low Fat Dressing  1 WW Roll w/ 1 tsp. Margarine  1 Cup Cake W/Frosting | **WEDNESDAY 7**  3 oz. Breaded Chicken Breast  1 oz. Pepper Gravy  1c Mashed Potatoes  1/2c Brussel Sprouts  1 Roll w/ 1 tsp. Margarine  1/2c Applesauce | **THURSDAY 8**  Split Pea and Ham Soup  (1c Split Peas, 1 oz. Sauce,  2 oz. Low Sodium Ham)  1c Salad Bar w/ 2T Low Fat Dressing 1 Breadstick w/ 1 tsp. Margarine  1/2c Mandarin Oranges | **FRIDAY 9**  3 oz. Salisbury Steak  1/2c Scalloped Potatoes  1 oz. Low Sodium Brown Gravy  1/2c Winter Blend Vegetables  1/2c Pears W/1/2c Cottage Cheese |
| **MONDAY 12**  3oz. Sweet n Sour Pork over 1c Rice  1c Oriental Vegetables  1 Pork Egg Roll  1/2c Pineapples | **TUESDAY 13**  3 oz. Cod Loin W/Dill  1/2c Roasted Potatoes  2T Tartar Sauce  1/2c Broccoli Salad  1 Roll w/ 1 tsp. Margarine  1/2c Apricots | **WEDNESDAY 14**  Beef Stew  (3 oz. Beef, 1 oz. Sauce,  1/2c Potato & Carrot)  1 Biscuit w/ 1 tsp. Margarine  1c Salad Bar w/ 2T Low Fat Dressing 1/2c Fruit Cocktail | **THURSDAY 15**  3 oz. Grilled Chicken Breast  1c Rice Pilaf  1c 5 Way Mixed Vegetables  1 Roll w/ 1 tsp. Margarine  1 Danish | **FRIDAY 16**  Frito Pie  (2oz. Beef, 1 oz. Green Chile,  1c Pinto Beans, 1/2c Lettuce Tomato Onion, 1 oz. Fritos)  1 Cupcake |
| **MONDAY 19**  3 oz. Chicken Fried Steak  1/2c Au Gratin Potatoes  1/2c California Blend Vegetables  1 oz. Country Pepper Gravy  1 WW Roll w/ 1 tsp. Margarine  1 Fresh Apple | **TUESDAY 20**  Chicken Enchiladas  (3 oz. Chicken, 1 oz. Cheese,  1/4c Green Chile, 2 Corn Tortillas)  1/2c Calabacitas  1/2c Refried Beans  1/2c Rice Pudding | **WEDNESDAY 21**  3 oz. Catfish  1 oz. Hushpuppies  1c Broccoli Normandy  1 Roll w/ 1 tsp. Margarine  2T Tartar Sauce  1/2c Vanilla Pudding | **THURSDAY 22**  Sausage Lasagna  (2 oz. Low Sodium Sausage,  1 oz. Cheese, 1 oz. Sauce,  1/2c Noodles)  1 Breadstick w/ 1 tsp. Margarine  1c Italian Vegetables  1/2c LF Ice Cream  1/2c Oranges | **FRIDAY 23**  4 oz. Meatloaf  1c Mashed Potatoes  1 oz. Low Sodium Brown Gravy  1/2c Peas and Carrots  1 Roll w/ 1 tsp. Margarine  1/2c Cinnamon Applesauce |
| **MONDAY 26**  Chicken & Dumplings  (3 oz. Chicken, 1 oz. Sauce,  1/2c Dumplings)  1c Salad Bar w/ 2T Low Fat Dressing 1/2c Peaches W/1/2c Cottage Cheese | **TUESDAY 27**  Red Chile Beef Enchiladas  (2 oz. Beef, 1oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas)  1/2c Mexican Rice  1c Salsa Corn  1/2c Tapioca Pudding | **WEDNESDAY 28**  3 oz. Low Sodium Bratwurst  1/2c Sauerkraut  1/2c Carrots  1c Wild Rice  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Tropical Fruit Cocktail | **THURSDAY 29**  3 oz. Tilapia  1/2c Oven Roasted Potatoes  2T Tartar Sauce  1/2c Green Beans  1 Roll w/ 1 tsp. Margarine  1/2c Spiced Apples | **FRIDAY 30**  Green Chile Cheeseburger Lettuce (3 oz. Beef, 1 oz. Green Chile, 1oz. Cheese, 1/2c Tomato, Lettuce, Onion, Pickles,  1 Bun)  1 oz. Potato Chips  1/2c Coleslaw  1/2c Jell-o W/ Topping |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 778.9 | 763.8 | 735.9 | 745.7 | 771.3 |
| % Carbohydrates from Calories | 45-55% | 54.6% | 49.4% | 50.4% | 51.1% | 51.3% |
| % Protein from Calories | 15-25% | 18.3% | 21.8% | 23.2% | 22.1% | 23.4% |
| % Fat from Calories | 25-35% | 27.1% | 28.8% | 26.4% | 26.8% | 25.2% |
| Saturated Fat | less than 8g | 7.2g | 6.6g | 6.4g | 7g | 6.5g |
| Fiber | 10g or more | 11g | 12.7g | 12g | 13.2g | 10.1g |
| Vitamin B-12 | .8ug or more | 2ug | 2.3ug | 2.1ug | 2.2ug | 2.5ug |
| Vitamin A | 300ug RAE or more | 751.4ug | 533.3ug | 754.3ug | 590.9ug | 673.9ug |
| Vitamin C | 30mg or more | 48.9mg | 49mg | 71.5mg | 52.8mg | 85.6mg |
| Iron | 2.6mg or more | 5.3mg | 5.7mg | 5.5mg | 4.8mg | 5.4mg |
| Calcium | 400mg or more | 544.9mg | 440.8mg | 476.3mg | 528.8mg | 558.2mg |
| Sodium | less than 766mg | 737.9mg | 702.5mg | 507.4mg | 699.7mg | 739mg |

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