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| --- | --- | --- | --- | --- | --- |
| **Feb 1st****Beef & Cheese Quesadilla****(3 oz. Beef, 1 oz. Cheese,** **1 Tortilla)****1/2c Refried Beans** **1/2c Broccoli & Red Peppers****1/2c Apple Crisp** | **Feb 2nd****3 oz. Tilapia****1/2c Fluffy Rice****1c Green Beans & Corn****2T Tartar Sauce****1/2c Canned Fruit****1 Dessert Bar** | **Feb 3rd****3 oz. Salisbury Steak Patty** **1/2c Gratin Potatoes****1/2c Carrots & Green Beans****1 Dinner Roll w/** **1 tsp. Margarine****1/2c Canned Fruit** | **Feb 4th****3 oz. Meatballs****1 oz. Marinara Sauce****1 Hot Dog Bun****1/2c Green Beans** **1c Lettuce Salad****2T Low Fat Salad Dressing****1 Dessert Bar**  | **Feb 5th****3 oz. Baked Chicken** **1 oz. Low Sodium Brown Gravy** **1c Mashed Potatoes****1/2c Corn****1 Roll w/ 1 tsp. Margarine****1 Apple****1 Oatmeal Cookie** | **Saturday****All Meals Served with 1c 1% Low-Fat Milk** |
| **Feb 8th****3 oz. Breaded Chicken Patty****1/2c Lettuce & Tomato****1 Hamburger Bun****1/2c Oven Browned Potatoes****1/2c Cooked Vegetables****1/2c Canned Fruit** | **Feb 9th****Ham & Scalloped Potatoes****(3 oz. Low Sodium Ham,****1/2c Potato)****1c Lettuce Salad** **2T LF Dressing****1/2c Mixed Vegetables****1 Dinner Roll w/** **1 tsp. Margarine****1 Dessert Bar** | **Feb 10th****Beef Stew****(3 oz. Beef, 1 oz. Gravy,** **1c Potatoes & Peas)****1 Dinner Roll w/** **1 tsp. Margarine****1/2c Grapes** | **Feb 11th****Hot Dog****(1oz. Hot Dog, 1 Hot Dog Bun)** **Chili Vegetables Dry Pinto Beans (1 oz. Chili, 1 oz Vegetables 1/2c Pinto Beans)****1/2c Tater Tots** **1T Ketchup****1/2c Green Beans****1/2c Apricot** | **Feb 12th****Beef Enchilada Pie****(3 oz. Beef, 1 oz. Cheese, 1/4c Red Chili, 2 Corn Tortillas)****1/2c Lettuce/Tomato****1/2c Spanish Rice****1/2c Corn****1/2c Canned Fruit** | **Saturday** |
| **Feb 15th****4 oz. Smothered Beef Meatballs** **1/2c Macaroni Noodles** **1c Peas & Carrots****1c Pineapple****1 Oatmeal Cookie**  | **Feb 16th****Pork Posole Red Chile****(3 oz. Pork. 1/4c Red Chile, 1/2c Hominy)****1/2c Fluffy Rice****1c Cooked Beans** **1/2c Canned Fruit** | **Feb 17th****Lasagna Casserole****(3 oz. Beef, 1 oz. Cheese,** **1 oz. Sauce 1/2c Noodles)****1/2c Carrots****1c Lettuce Salad****2T Low Fat Salad Dressing****1 sl. Garlic Bread** **1/2c Canned Fruit** | **Feb 18th****3 oz. Pork Loin****1 oz. Low Sodium Brown Gravy****1c Boiled Potatoes****1/2c Green Beans****1 Dinner Roll w/** **1 tsp. Margarine****1 Banana** | **Feb 19th****4 oz. Chicken Teriyaki** **1/2c Fluffy Rice****1c Lettuce, Tomato Salad****2T Low Fat Salad Dressing****1 Dinner Roll****w/ 1 tsp. Margarine****1/2c Plums** | **Saturday** |
| **Feb 22nd****Beef Hard Shell Tacos** **(3 oz. Beef, 1 oz. Cheese,** **2 Corn Tortillas)****1 oz. Salsa 1/2c Shredded Lettuce****1/2c Mexican Corn****1/2c Canned Fruit** | **Feb 23rd****4 oz. Chicken Parmesan****1/2c Penne Noodles** **1 Peas & Mushrooms****1 Dinner Roll****w/ 1 tsp. Margarine****1/2c Canned Fruit** | **Feb 24th****3 oz. Beef Patty** **1/2c Lettuce, Tomato & Onion****1 oz. Cheese Slice****1 Hamburger Bun****1/2c Oven Baked Potatoes****1T Ketchup****1/2c Mixed Vegetables****1/2c Canned Fruit** | **Feb 25th****Chicken Cheesy Rice Casserole****(3 oz. Chicken, 1 oz. Cheese, 1/2c Rice)****1c Mixed Vegetable** **(Squash, Corn, Tomato)****1 Dinner Roll****w/ 1 tsp. Margarine****1/2c Apricots****1 Chocolate Cookie** | **Feb 26th****Sloppy Joe****(3 oz. Beef, 1 oz. Sauce,** **1 Bun)****1/2c Oven Browned Potatoes****1/2c Bean Salad** **1/2c Canned Fruit** | **Saturday** |

***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:** **5** | **Days in Week:** **5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 725.2 | 765.8 | 702.9 | 763.1 |
| % Carbohydrates from Calories | 45-55% | 50.3% | 53.4% | 48.9% | 48.2% |
| % Protein from Calories | 15-25% | 24.4% | 21.3% | 25% | 25.6% |
| % Fat from Calories | 25-35% | 25.4% | 25.2% | 26.1% | 26.3% |
| Saturated Fat | less than 8g | 7.5g | 6.4g | 6.6g | 7.8g |
| Fiber | 10g or more | 10.1g | 13g | 10.1g | 10.9g |
| Vitamin B-12 | .8ug or more | 2.9ug | 2.1ug | 2.4ug | 2.9ug |
| Vitamin A | 300ug RAE or more | 379.4ug | 551ug | 581ug | 587ug |
| Vitamin C | 30mg or more | 30.2mg | 63.8mg | 45.1mg | 31.4mg |
| Iron | 2.6mg or more | 5.7mg | 6.2mg | 5.5mg | 6.2mg |
| Calcium | 400mg or more | 466mg | 487.3mg | 443.5mg | 608.4mg |
| Sodium | less than 766mg | 541.2mg | 764.4mg | 445.1mg | 646.1mg |

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