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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