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| **1% Milk Served with All Meals** |  | **WEDNESDAY 1, 2021****BBQ Chicken****Baked Potatoes w/2 TBSP LF Sour cream****1 c Green Beans****Wheat Roll w/ 1tsp Margarine****Jell-O w/ ½ c Pears** | **THURSDAY 2, 2021** **3 oz Meat Loaf****½ c Mashed potatoes w/1 oz LS gravy****1 c Cal Blend Vegetables****Wheat Roll w/ 1tsp Margarine****½ c Apple in Cobbler**  | **FRIDAY 3, 2021****Turkey Sandwich****3 oz LS Turkey Breast** **Whole Wheat Bread****w/Lettuce & Tomatoes &1 oz LF Cheese****½ c Beets****1 c Cream of Celery Soup****1 SF Peanut Butter Cookies** |
| **MONDAY 6, 2021****Corn Dogs****½ c French Fries Unsalted****½ c Pasta Salad****¾ c Broccoli** **½ c Apricots** | **TUESDAY 7, 2021****1 c Pork Posole****w/ Green Chile****½ c LS Pinto Beans****½ c LS Spanish Rice****Tortilla****½ c Warm Apple**  | **WEDNESDAY 8, 2021****1 c LS Chicken Noodle Soup****w/Carrots & Celery****1 pc Corn Bread****½ c Toss Green Salad w/ 2TBSP LF Dressing****½ c Pears** | **THURSDAY 9, 2021****Navajo Tacos****Fry Bread, 3 oz Beef & ½ c LS Beans, Lettuce, Tomatoes & 0.5 Cheese****1 c Green Beans****½ c LS Spanish rice****½ c Apple in Crisp**  | **FRIDAY 10, 2021****Chicken Salad Sandwich****3 oz chicken, ½ c lettuce****Whole Wheat Bread****½ c Peas****6 oz LS Vegetable Soup****1 Chocolate Chip Cookies** |
| **MONDAY 13, 2021****BBQ Pork Sandwich****3 oz Pork, 1 TBSP light BBQ Sauce****W/ Bun****½ c Waldorf Salad****½ c French Fries (unsalted)****1 c Mix Vegetables****½ c Pineapples** | **TUESDAY 14, 2021****6 oz Green Chile Chicken Enchiladas****Tortilla****½ c LS Pinto Beans****½ c LS Spanish Rice****½ c Corn****½ c Apples in Cobbler** | **WEDNESDAY 15, 2021****Christmas Meal****3 oz Turkey, 2 oz Dressing,1/4 c Mashed Potato w/ 1 oz LS Gravy****¼ c Sweet Potatoes, ½ c Carrots, Wheat Roll w/ 2 tsp Margarine, ¼ c Cranberry Sauce and 1 oz Ham****1 Sugar Christmas Cookie** | **THURSDAY 16, 2021** **Lamb Stew****6 oz Lamb, Potatoes, Carrots and Celery****3 oz Blue Corm Mush** **½ c Tossed Salad w/1 TBSP LF Dressing****½ c Jell-O w/ ½ c apples** | **FRIDAY 17, 2021****Tuna Sandwich****3 oz LS Tuna****Whole Wheat Bread****½ c Lettuce****1 c LS Cream Broccoli Soup****4 oz Brussel Sprouts** **1 Pumpkin Cookies** |
| **MONDAY 20, 2021****Sloppy Joes****Ground Beef** **w/Bun****3 oz Sloppy Joe****½ c Macaroni Salad****1 c Calif Blend****1 c Tropical Fruit**  | **TUESDAY 21, 2021****Beef Taco’s** **w/ Corn Tortilla, Lettuce,** **Tomatoes and Cheese****3 oz ground beef, 1 oz LF Cheese, ½ Lettuce, tomato,** **½ c Pinto Beans****½ c LS Spanish Rice****1 oz Salsa** **½ c Apple in Crisp** | **WEDNESDAY 22, 2021** **3oz Pork Roast****½ c LS Scalloped Potatoes****½ c Brussel Sprouts****Biscuit’s w/1 tsp Margarine****1 c Pears** | **THURSDAY 23, 2021** **Spaghetti w/Meat Sauce, and Noodles****3 oz ground beef, ½ c Noodles, 2 oz Sauce****½ c Squash****½ Garlic Toast****½ c Tossed Salad w/ 1 TBSP LF Dressing****½ c Apple Cobbler** | **FRIDAY 24, 2021****Merry Christmas****Center is Closed** |
| **MONDAY 27, 2021** **Cheeseburger****3oz Ground Beef patty, 2 slices of lettuce and tomato, 0.5 oz LS Cheese** **w/ Bun / Lettuce and Tomato****½ c Potato Salad****½ c Carrots****1 c Apricot** | **TUESDAY 28,2021****1 c Green Chili Stew****w/ Pork, Potatoes and Vegetables w/Tortilla****½ c Tossed Salad w/ 1 TBSP LF Dressing****½ c Warm Apples** | **WEDNESDAY 29, 2021****Chicken Alfredo w/Sauce****1oz Alfredo Sauce, 3 oz Chicken ½ c Pasta****½ c Broccoli****1 Garlic Toast****1 c Tossed Salad w/ 1 TBSP LF Dressing****1 c Tropical Fruit** | **THURSDAY 30, 2021****Taco Salad****3 oz Ground Beef, ½ cup Lettuce and tomato, 0.5oz Cheese, 1 oz LS tortilla Chips** **½ c LS Spanish Rice****½ c Corn****1 oz LS Salsa****1 c Pineapples** | **FRIDAY 31, 2021****Ham and Cheese Sandwich****Whole Wheat Bread****2 oz LS Ham, 1 oz LF Cheese,** **Lettuce and Tomatoes****½ c LS Tomato Soup****½ c LS Beets****0.5 slice Birthday Cake** |

***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:****3** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** |
| Calories | 700 or more | 778.2 | 740.0 | 712 | 850.5 | 788 |
| % Carbohydrates from Calories | 45-55% | 52.1 | 51.2 | 52.1 | 52.0 | 52.7 |
| % Protein from Calories | 15-25% | 22.6 | 22.3 | 22.8 | 20.2 | 21.1 |
| % Fat from Calories | 25-35% | 25.3 | 26.5 | 25.1 | 27.8 | 26.2 |
| Saturated Fat | less than 8g | 7.9 | 7.1 | 6.4 | 7.9 | 8.0 |
| Fiber | 10g or more | 11.1 | 11.7 | 10.0 | 10.2 | 10.0 |
| Vitamin B-12 | .8ug or more | 2.1 | 2.0 | 1.6 | 2.9 | 2.4 |
| Vitamin A | 300ug RAE or more | 438.4 | 429.7 | 653.4 | 377.6 | 669.8 |
| Vitamin C | 30mg or more | 40.1 | 33.9 | 45.1 | 39.4 | 76.5 |
| Iron | 2.6mg or more | 5.0 | 5.8 | 4.8 | 5.4 | 5.5 |
| Calcium | 400mg or more | 541.2 | 497.5 | 498.9 | 493.0 | 550.9 |
| Sodium | less than 766mg | 706.4 | 760.0 | 763.9 | 671.5 | 729.5 |

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