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| **8 oz-2% Milk Served With Meals****Occasionally We Must****Substitute Food Items****We Are Sorry For The****Inconvenience** |  |  |  | **Friday 1, 2021****SENIOR CENTER CLOSED****NEW YEARS DAY** |
| **Monday 4, 2021****Chili Cheese Dog****(1 oz. Frank, 2 oz. Beef Red Chili, 1 oz. Cheese, 1 Bun)****1 oz. Corn Chips****1/2c Baby Carrot****1/2c Green Beans****1/2c Sliced Apples** | **Tuesday 5, 2021****4 oz. Swedish Meat Ball****1/2c Egg Noodle****1c Lime Beans & Corn****1 Sl. Bread w/ 1 tsp. Margarine****1/2c Pears** | **Wednesday 6, 2021****3 oz. Chicken Nuggets****1 oz. BBQ Sauce****1/2c Beets****1/2c Mixed Vegetable****1 Sl. Bread w/ 1 tsp. Margarine****1/2c Peaches** | **Thursday 7, 2021****Meat & Bean Burrito****(3 oz. Beef, 1 oz Red Chile,** **1/2c Beans, 1 Tortilla)****1c Tossed Salad w/****2T Low Fat Dressing****1/2c Spanish Rice****1/2c Apple Sauce** | **Friday 8, 2021****Clam Chowder****(3 oz. Clams)****1/2c Brussel Sprout****1c Tossed Salad w/****2T Low Fat Dressing****6 Crackers****1/2c SF Pudding** |
| **Monday 11, 2021****3 oz. BBQ Chicken** **1/2c Stuffing****1c Green Beans w/Onions****1 Sl. Bread w/ 1 tsp. Margarine 1/2c Applesauce** | **Tuesday 12, 2021****Ham & Cheese Sandwich****(2 oz. Low Sodium Ham,** **1 oz. Cheese, 2 sl. Bread)****1 1/2c Tomato Soup****1 oz. Potato Chips****1 Brownie** **1/2c Kiwi** | **Wednesday 13, 2021****Red Chile Cheese Enchiladas****(2 oz. Cheese, 1 oz. Red Chile,** **2 Corn Tortillas)** **1/2c Pinto Beans****1c Lettuce & Tomato****1/2c Spinach Rice****1/2c Grapes** | **Thursday 14, 2021****Spinach Quiche****(3 med. Eggs, 1/4c Spinach)****1c Tossed Salad w/****2T Low Fat Dressing****1/2c Corn****1 Sl. Bread w/ 1 tsp. Margarine****1/2c Baked Apples** | **Friday 15, 2021****3 oz. Fish Stick w/** **2T Tartar Sauce****1/2c Wild Rice****1/2c Coleslaw****1/2c Green Beans****1/2c SF Pudding** |
| **Monday 18, 2021****SENIOR CENTER CLOSED****MARTIN LUTHER KING** **BIRTHDAY** | **Tuesday 19, 2021****3 oz. Baked Chicken Wings****1/2c Potato Salad****1/2c Carrots Stix w/****2T LF Ranch****1 Bread Stix w/** **1 tsp. Margarine****1/2c SF Pudding** | **Wednesday 20, 2021****3 oz. Beef Pattie w/ 1/4c Onions****1/2c Mashed Potato w/****1 oz Low Sodium Gravy****1c Country Blend****1 Sl. Bread w/ 1 tsp. Margarine** **1c Apricots** | **Thursday 21, 2021****BBQ Ribs Sandwich****(3 oz. Pork, 1 oz. BBQ Sauce,** **1 Bun)****1c Chuck Wagon Blend****1/2c Baked Beans****1/2c Baked Apples** | **Friday 22, 2021****Crab Salad Sandwich****(3 oz. Crab Salad, 1/2c Lettuce & Tomato, 1 Bun)****1/2c Cucumber Salad****1 oz. Potato Chips****1c Pears** |
| **Monday 25, 2021****Chile Macaroni****(3 oz. Beef, 1 oz Red Chile,** **1/2c Macaroni)****1c Tossed Salad w/****2T Low Fat Dressing****1/2c Mixed Vegetable****1 Sl. Bread w/ 1 tsp. Margarine 1/2c Plums**  | **Tuesday 26, 2021****Frito Pie****(3 oz. Beef, 1 oz Red Chile,** **1 oz. Fritos)****1c Tossed Salad w/****2T Low Fat Dressing****1/2c Baby Carrots****1/2c Applesauce** | **Wednesday 27, 2021****4 oz. Pork Carne Adovada****1c Yellow Squash w/Onion****1/2c Spanish Rice****1 Flour Tortilla****1/2c Fruit Cocktail** | **Thursday 28, 2021****Chicken A La King****(3 oz. Chicken, 1oz. Sauce,** **1/2c Veggies)****1/2c Steam Rice****1/2c Cauliflower** **1 Sl. Bread w/ 1 tsp. Margarine 1/2c Peach Crisp** | **Friday 29, 2021****Lamb Stew****(3 oz. Lamb, 1/2c Potatoes & Carrots, 1 oz. Sauce)****1 Biscuit 1 tsp. Margarine****1c Squash & Zucchini****1/2c Fruit Salad** |

***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:****4** | **Days in Week:****5** |
| Calories | 700 or more | 757.5 | 708.3 | 775.8 | 746.1 |
| % Carbohydrates from Calories | 45-55% | 49.6% | 51.6% | 52% | 49.6% |
| % Protein from Calories | 15-25% | 23% | 20.1% | 21% | 21% |
| % Fat from Calories | 25-35% | 27.3% | 28.4% | 27% | 29.4% |
| Saturated Fat | less than 8g | 6.8g | 6.2g | 5.6g | 6.8g |
| Fiber | 10g or more | 11.9g | 10.6g | 14.8g | 11g |
| Vitamin B-12 | .8ug or more | 5.9ug | 1.8ug | 2.5ug | 2.6ug |
| Vitamin A | 300ug RAE or more | 630.7ug | 611.9ug | 700.9ug | 748.6ug |
| Vitamin C | 30mg or more | 57.4mg | 48.5mg | 30.1mg | 69mg |
| Iron | 2.6mg or more | 6.3mg | 4.5mg | 5.4mg | 5.7mg |
| Calcium | 400mg or more | 476.3mg | 584.3mg | 449.6mg | 406.1mg |
| Sodium | less than 766mg | 658.7mg | 723.1mg | 662mg | 545.7mg |

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