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|  |  | **WEDNESDAY FEBRUARY 1**3oz Grilled Chicken Breast w/ 2oz LS Gravy 1/2c Carrots w/ 1 tsp Parsley1c Buttered New Potatoes WW Roll w/ 1 tsp margarine1c Mandarin Oranges  | **THURSDAY FEBRUARY 2** Beef Burrito w/Cheese and RC(18in flour Tortilla, 3oz Beef, .5oz Cheese, 2oz RC, 1/2c Lettuce and 1/2c Diced Tomatoes)1c Zucchini and Onions1/2c Corn1c Diced Peaches  | **FRIDAY FEBRUARY 3**3oz LS Baked Fish1/2c Brown Rice w/ 1 tsp margarine1c California Blend Vegetables1c Coleslaw w/ 2 TBSP dressingWW Roll w/ 1 tsp margarineapple |
| **MONDAY FEBRUARY 6**5oz Pepper Steak (3oz Beef, 2oz Peppers)1/2c Fried Rice (1/2c Peas and carrots)WW Roll 1 tsp margarine1/2c Fruit Cocktail1c Mixed Green Salad w/ 2 TBSP Light Dressing | **TUESDAY FEBRUARY 7**3oz Pork Chops w/ 2oz LS Gravy1/2c Rice Pilaf w/ 1/2c Mushrooms1/2c LS Stewed Tomatoes Biscuit1c Grapes | **WEDNESDAY FEBRUARY 8** 6oz Chicken Pot Pie(3oz Chicken, 1oz Crust, 1/2c Mixed Vegetables)1c Tossed Salad w/ 2 TBSP Light DressingWW Roll w/ 1 tsp Margarine1 Banana | **THURSDAY FEBRUARY 9**5oz Green Chile Cheese Enchiladas(1oz Cheese, 1oz GC, 2 corn tortillas, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1/2c Capri Vegetables1/2c Gelatin | **FRIDAY FEBRUARY 10**Spaghetti w/ Meat Sauce(1/2c Spaghetti, 5oz Meat Sauce (3oz Meat, 2oz NAS Marinara Sauce)1c Italian Vegetables1c Caesar Salad w/ 1 TBSP DressingGarlic Breadstick1c Apricots |
| **MONDAY FEBRUARY 13**BBQ Chicken Breast(3oz Chicken, 1oz LS BBQ Sauce)1 c Tossed Salad w/ 2 TBSP Light Dressing1/2c Cucumber and Onion Salad 2oz Cornbread 1/2c LS Baked Beans1c Watermelon  | **TUESDAY FEBRUARY 14**4oz Carne Adovada(3oz Pork, 2 oz RC Sauce)1/2c LS Pinto Beans1/2c Spinach 1 6in flour tortillaStrawberry Shortcake1/2c Strawberries, 1 Biscuit | **WEDNESDAY FEBRUARY 15** Baked Macaroni w/ marinara Sauce(1/2c Macaroni, w/ 2oz Marinara Sauce, 1 oz Cheese)Wheat Roll w/ 1 tsp Margarine1/2c Green Beans w/ 1/3c Slivered Almonds 1c Caesar Salad w/ 2 TBSP Dressing,1/2c Pineapple Chunks w/ 1/2c Nonfat Vanilla Greek Yogurt | **THURSDAY FEBRUARY 16**Soft Beef Taco(1 6in Flour Tortilla, 1/2c Lettuce, tomato, .5oz Cheese, 3oz Ground Beef, 1oz Salsa)1/2c LS Spanish Rice1/2c Pinto Beans1/2c beets w/ radishesOrange | **FRIDAY FEBRUARY 17**Tuna and Egg Salad Sandwich(3oz Tuna, 2 slices wheat bread, 1/2c Lettuce and tomato, ½ Egg, 2 slices Dill Pickle)10 Baby Carrots6 Celery Sticks1/2c Mixed Fruit |
| **MONDAY FEBRUARY 20**3oz Salisbury Steak, w/ 2oz LS Gravy1/2c Scalloped Potatoes1c Broccoli w/ Red Peppers1/2c Tossed Salad w/ 1 TBSP Light Dressing1/2c spiced Peaches Whole Wheat Roll w/ 1 tsp margarine  | **TUESDAY FEBRUARY 21** Chef Salad 1oz Turkey, 1oz LS Ham, .5oz Cheese, 1 HB Egg, 8 baby carrots, 1.5 c lettuce, 1/4c cucumbers, 1/4c Cabbage, 3 TBSP Kraft Ranch Dressing 6 LS WW Crackers 1/2c Pears | **WEDNESDAY FEBRUARY 22**3oz Chicken Thighs12c LS Rice Pilaf1c Asian Vegetables WW Roll w/ 1 tsp Margarine1/2c Tropical Fruit Salad | **THURSDAY FEBRUARY 23**3oz Meatloaf w/ 2oz LS Gravy1/2c Sweet Potatoes 1c Green Peas and pearl Onions1/2c Tossed Salad w/ 1 TBSP Light DressingWheat bread  | **FRIDAY FEBRUARY 24**Turkey and Cheese Sandwich(3oz LS Turkey Breast, .5oz Cheese, 2 slices wheat bread, 1/2c Lettuce and 2 slices tomato)1oz Sun Chips 1/2c 3 Bean SaladOatmeal Raisin Cookie |
| **MONDAY FEBRUARY 27**3oz County Fried Steak1/2c Mashed Potatoes w/ 1oz LS Gravy1/2c okra 1c Tossed Salad w/ 2 TBSP Light DressingWW Roll 1/2c Fruit compote | **TUESDAY FEBRUARY 28**Frito Pie(1oz Corn Chips, 3oz Beef, 1/2c Beans, 1/2c Lettuce and tomato, .5oz Cheese, 1oz Red Chile)1c Chuckwagon Corn1/2c Fruit Cocktail  |   |   |  |

***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:****5** | **Days in Week:****2** |
| Calories | 700 or more | 722.2 | 701.3 | 727.7 | 704.4 | 805.6 |
| % Carbohydrates from Calories | 45-55% | 49.9 | 52.2 | 48.2 | 48.4 | 50.3 |
| % Protein from Calories | 15-25% | 22.2 | 19.4 | 24.3 | 22.3 | 21.0 |
| % Fat from Calories | 25-35% | 27.9 | 28.4 | 27.5 | 29.2 | 28.8 |
| Saturated Fat | less than 8g | 6.9 | 6.7 | 6.2 | 7.1 | 8.0 |
| Fiber | 10g or more | 10.4 | 10.5 | 13.0 | 10.0 | 13.0 |
| Vitamin B-12 | .8ug or more | 2.7 | 2.1 | 2.1 | 2.3 | 2.8 |
| Vitamin A | 300ug RAE or more | 578.7 | 536.7 | 584.4 | 677.8 | 469.3 |
| Vitamin C | 30mg or more | 52.9 | 32.6 | 55.7 | 49.1 | 34.8 |
| Iron | 2.6mg or more | 4.2 | 5.0 | 5.8 | 4.8 | 5.2 |
| Calcium | 400mg or more | 489.6 | 485.8 | 549.1 | 492.3 | 547.0 |
| Sodium | less than 766mg | 759.5 | 678.5 | 763.3 | 746.1 | 750.4 |

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