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|  |  | **WEDNESDAY FEBRUARY 1**  8oz Beef stew  (3oz Beef, 1/2c Vegetables)  1/2c Cabbage w/ 1 tsp Margarine  Whole Wheat roll w/ 1 tsp margarine  1/2c Diced Peaches | **THURSDAY FEBRUARY 2**  3oz Chicken Tenders  1/2c Mashed Potatoes  2oz LS Country(Pepper) Gravy  1/2c Okra  2oz Cornbread  1/2c Apples in Cobbler | **FRIDAY FEBRUARY 3**  Frito Pie  (1oz Corn Chips, 2oz Red chile sauce, 3oz Ground Beef,1/2c Lettuce and tomato, .5oz Cheese, 1/4c Onions)  1/2c LS Pinto Beans  1c Tossed Saad w/ 2 TBSP Light Dressing  1/2c Diced Mango |
| **MONDAY FEBRUARY 6**  3oz Salisbury Steak  1c Broccoli w/ Red pepper strips  1/2c LS Rice Pilaf w/ 1tsp margarine  3/4c Fruit Cocktail  1/2c Tossed Salad w/ 1 TBSP Light Dressing  2oz cornbread w/ 1tsp margarine | **TUESDAY FEBRUARY 7**  4oz LS Cod w/1 tsp Mrs. Dash  10 NAS French Fries  1c Coleslaw w/ 2 TBSP Dressing  1c Zucchini w/ Diced Tomatoes  1oz Tatar Sauce  Wheat roll w/ 1 tsp margarine  1/2c Berries in Cobbler | **WEDNESDAY FEBRUARY 8**  8oz Green chili Chicken Soup  (3oz Chicken, 1oz GC, 1/2c Potatoes)  1c Calabacitas  1c Tossed Salad w/ 2 TSP Light Dressing  WW roll w/ 1 tsp margarine  1c Mixed Fruit | **THURSDAY FEBRUARY 9**  3oz Braised Pork Chops  1c Brown Rice w/ 1/2c Mushrooms  1/2c LS Stewed Tomatoes  Whole wheat Roll w/ 1 tsp margarine  1c Grapes  1/2c LF Lemon Pudding | **FRIDAY FEBRUARY 10**  3oz Grilled Chicken Breast w/ 2oz LS Gravy  1/2c Carrots w/ 1 tsp Parsley  1c Buttered New Potatoes  WW Roll w/ 1 tsp margarine  1c Fruit Salad |
| **MONDAY FEBRUARY 13**  3oz LS Tilapia, 1/2tsp Mrs Dash, 1oz Tartar Sauce,  1/2c Brown/Wild Rice, w 1/4c Spinach  1c Broccoli and Cauliflower  Whole Wheat roll w/ 1 tsp Margarine  1 chocolate chip cookie | **TUESDAY FEBRUARY 14**  3oz Chicken Drumstick  12c Thin Spaghetti  1c Asian Vegetables w/ 1 tsp margarine  WW Roll w/ 1 tsp Margarine  1c Apricots | **WEDNESDAY FEBRUARY 15**  8oz Red chile Pork Posole  (2oz Red chile Sauce, 1/2c Hominy, 3oz Pork)  1c Tossed Salad w/ 2 TBSP Light Dressing  1 6in Flour Tortilla  1/2c Tropical Fruit salad | **THURSDAY FEBRUARY 16**  4oz Chicken Cordon Bleu  (2oz Chicken, 1oz LS Ham, .5oz Cheese)  1c Tossed Salad w/ 2TBSP Light Dressing  1c Asparagus w/ Mushrooms  ½ Baked Potato w/ 1 tsp Margarine  1/2c Spiced Apples | **FRIDAY FEBRUARY 17**  Green Chile Cheeseburger  (1bun, 1oz GC, 3oz Patty, .5oz Cheese, 1/2c Lettuce, 2 slices tomato, 1 slice onion)  1/2c Okra  1c Cucumber salad  1 Banana |
| **MONDAY FEBRUARY 20**  BBQ chicken Sandwich  (3oz Chicken, 1oz LS BBQ Sauce, 1 bun)  1c Tossed Salad w/ 2 TBSP Light Dressing  1/2c LS Ranch Beans  3/4c Green Beans w. 1 tsp margarine  1c Watermelon | **TUESDAY FEBRUARY 21**  8 oz Tater tot Casserole  (3oz Beef, 1/2c County Blend Vegetables, 1/4c Tater tots)  1c Tossed salad w/ 2 TBSP Light Dressing  WW Roll w/ 1 tsp Margarine  1/2c Strawberries | **WEDNESDAY FEBRUARY 22**  3oz Canned Tuna w/ 1/4c Mango Salsa  1/2c LS Rice Pilaf  1c Capri Vegetables w/ 1tsp margarine  6 LS WW Crackers  1c Mandarin Oranges | **THURSDAY FEBRUARY 23**  Spaghetti and Meatballs  (1/2c Spaghetti, 3oz Meatballs, 2oz NAS Marinara Sauce)  1/2c Tossed Salad w 1 TBSP Light dressing  1c Italian blend Vegetables w/ 1 tsp margarine  Breadstick  1c Honeydew melon | **FRIDAY FEBRUARY 24**  Chicken parmesan  (3oz Chicken, 1 tsp parm cheese, 2oz NAS Marinara Sauce, .5oz Mozzarella Cheese, 1 bun)  1c 5 way vegetables w/ 1 tsp margarine  1c Tossed Salad w/ 1 TSP Light dressing  1/2c SF Gelatin |
| **MONDAY FEBRUARY 27**  Hot Open Faced Turkey  Sandwich  (1 slice wheat bread, 3oz LS Turkey Breast )  1/2c Mashed Potatoes w/2oz LS Gravy  1/2c Roasted Beets and Carrots  3/4c Tomatoes & onion Salad  1c Peaches | **TUESDAY FEBRUARY 28**  3oz Meatloaf  1/2c Scalloped Potatoes  1/2c Spinach w/ 1/2c Pearl onions w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP light Dressing  WW roll w/ 1 tsp Margarine  1/2c Cherry Cobbler |  |  |  |

***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 | 745.2 | 731.1 | 733.5 | 700.9 | 831.2 |
| % Carbohydrates from Calories | 45-55% | 49.3 | 54.7 | 48.3 | 52.3 | 55.0 |
| % Protein from Calories | 15-25% | 20.6 | 19.0 | 23.5 | 21.7 | 20.1 |
| % Fat from Calories | 25-35% | 30.1 | 26.2 | 28.2 | 26.0 | 25.0 |
| Saturated Fat | less than 8g | 6.6 | 5.5 | 7.8 | 5.4 | 6.1 |
| Fiber | 10g or more | 11.3 | 10.1 | 10.7 | 10.6 | 10.4 |
| Vitamin B-12 | .8ug or more | 2.8 | 1.9 | 2.4 | 2.0 | 2.2 |
| Vitamin A | 300ug RAE or more | 640.8 | 498.7 | 609.0 | 661.2 | 970.3 |
| Vitamin C | 30mg or more | 45.9 | 54.3 | 52.3 | 118.8 | 33.5 |
| Iron | 2.6mg or more | 5.0 | 4.4 | 4.9 | 5.0 | 6.3 |
| Calcium | 400mg or more | 570.2 | 453.9 | 521.0 | 496.3 | 557.6 |
| Sodium | less than 766mg | 751.3 | 746.9 | 765.9 | 762.8 | 746.7 |

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.

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