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| --- | --- | --- | --- | --- |
| **Meal Donation**  **60 + $ 1.00**  **Non Seniors**  **$ 8.50** | **8oz. 2% Low-Fat**  **Milk Served Daily** | **OCCASIONALLY WE MUST**  **SUBSTITUTE FOOD ITEMS**  **WE ARE SORRY FOR THE**  **INCONVENIENCE** |  | **FRIDAY 1, 2021**  **New Year’s Day** |
| **MONDAY 4, 2021**  **3 oz. Breaded Pork Chops**  **1c Fried Potatoes & Green Onions**  **1c Buttered Corn**  **1 Honey Biscuit w/**  **1 tsp. Margarine**  **1/2c Rice Pudding** | **TUESDAY 5, 2021**  **Grilled Cheese**  **(3 oz. Cheese, 2 sl. Bread)**  **1 oz. Baked Lays**  **1/2c Green Beans**  **1c Tomato Soup**  **1/2c Spiced Peaches** | **WEDNESDAY 6, 2021**  **Tamale**  **(3 oz. Pork, 1/4c Red Chile,**  **3 oz. Masa)**  **1/2c Rice Pilaf**  **1c Seasoned Spinach w/ Mushrooms**  **6 Whole Wheat Crackers**  **1/2c Fruit Cocktail In 1/2c Jell-O** | **THURSDAY *7, 2021***  **4 oz. Meatloaf**  **1/2c Au Gratin Potato**  **1/2c California Vegetables**  **1c Green Salad w/**  **2T Low Fat Dressing**  **1 Wheat Roll w/ 1 tsp. Margarine**  **1 Pumpkin Cookies**  **1/2c Pineapple** | **FRIDAY 8, 2021**  **3 oz. Chicken Tenders With**  **1 oz. Peppered Gravy**  **1/2c Au Gratin Potato**  **1/2c California Vegetables**  **1/2c Green Salad**  **w/**  **2T Low Fat Dressing**  **1 Honey Biscuit w/**  **1 tsp. Margarine**  **1 Lemon Bar** |
| **MONDAY 11, 2021**  **Green Chile Hamburger Stew**  **(3 oz. Beef, 1 oz. Green Chile,**  **1/2c Potato & Onion)**  **1/2c Pinto Beans**  **6 Wheat Crackers**  **1 Yogurt GoGurt** | **TUESDAY 12, 2021**  **Loaded Baked Potato**  **(1 Med. Potato, 1 oz. Low Sodium Bacon Bits, 2 oz. Cheese, 1T Sour Cream)**  **1c Cucumber & Onion Salad**  **1 Honey And Cheese Biscuit**  **1 Lemon Poppy Seed Cupcake** | **WEDNESDAY 13, 2021**  **3 oz. Baked Tilapia**  **With 2T Tartar Sauce**  **1/2c Parsley Potato**  **1/2c Corn Salad**  **1 Sl. Corn Bread**  **w/**  **1 tsp. Margarine**  **1 Chocolate Chip Cookie**  **1 Apple** | **THURSDAY 14, 2021**  **3 oz. Steak Fingers W/**  **1 oz. Pepper Gravy**  **1/2c Baked Sweet Potato**  **1/2c California Vegetables**  **1 Dinner Roll**  **w/**  **1 tsp. Margarine**  **1/2c Animal Cracker**  **1/2c Apricots** | ***FRIDAY 15, 2021***  **4oz. Carne Adovada**  **1/2c Pinto Beans**  **1 Flour Tortilla**  **1/2c Roasted Corn**  **1/2c Peaches in 1/4c Cobbler** |
| **MONDAY 18, 2021**  **Martin Luther King** | TUESDAY 19, 2021  **French Dip Sandwich**  **(3 oz. Beef, 1 oz. Swiss Cheese, 1 oz. Au Ju Sauce,**  **1 Bun)**  **1/2c Sweet Potato Fries**  **1c Broccoli Salad**  **1 Chocolate Chip Cookie**  **1/2c Pineapple** | **WEDNESDAY 20, 2021**  **Cheese Burger**  **(3 oz. Beef, 1 oz. Cheese, 1/2c Lettuce, Tomato, Pickles &**  **Onions, 1 Bun)**  **1/2c Steak Fries**  **1/2c Ranch Style Beans**  **1/2c Sorbet Cups** | **THURSDAY 21, 2021**  **4 oz. BBQ Chicken**  **1/2c Macaroni & Cheese**  **1c Creamy Cole Slaw**  **1 Yeast Roll w/ 1 tsp. Margarine**  **1 Sl. Zucchini Bread**  **1/2c Mandarin Oranges** | **FRIDAY 22, 2021**  **4 oz. Sweet & Sour Pork**  **1c Oriental Vegetables**  **1/2c Steamed Rice**  **1 Fortune Cookie**  **1/2c Peaches in 1/2c Tapioca Pudding** |
| **Monday 25, 2021**  **Beef Goulash**  **(3 oz. Beef, 1/2c Pasta,**  **1/2c Vegetables)**  **1/2c Country Vegetables**  **1 sl. Yeast Roll w/**  **1 tsp. Margarine**  **1 Chocolate Cupcake** | TUESDAY 26, 2021  **Spinach Chicken Alfredo**  **(3 oz. Chicken, 1/4c Spinach Sauce, 1/2c Noodles)**  **1/2c California Vegetables**  **1/2c Green Salad w/**  **2T Low Fat Dressing**  **1 Garlic Toast**  **1 Mini Danish**  **1 Orange** | **WEDNESDAY 27, 2021**  ***COOKS  CHOICE*** | **THURSDAY 28 , 2021**  **Chili Beans**  **(3/4c Beans, 1/2c Chili)**  **1c Mixed Vegetables**  **1 Sopapilla**  **1 Ritz Peanut Butter Crackers**  **1/2c Pears** | **FRIDAY 29 , 2021**  **3 oz. Turkey Hot Dog on**  **1 Whole Wheat Bun**  **1 oz. Onions**  **1/2c Pineapple Coleslaw**  **1/2c Tater Tots**  **1/2c Pork & Beans**  **1/2c Strawberry & Peaches** |

***Nutrient Table***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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:**  **4** |
| Calories | 700 or more | 834.8 | 950.8 | 795.5 | 778.5 |
| % Carbohydrates from Calories | 45-55% | 51% | 55.1% | 48.4% | 55.3% |
| % Protein from Calories | 15-25% | 21.6% | 19.6% | 25.6% | 19.4% |
| % Fat from Calories | 25-35% | 27.5% | 25.3% | 26% | 25.4% |
| Saturated Fat | less than 8g | 7.9g | 7.8g | 7.7g | 6g |
| Fiber | 10g or more | 11.9g | 15.1g | 11.8g | 16.8g |
| Vitamin B-12 | .8ug or more | 2.2ug | 2.5ug | 2.5ug | 2ug |
| Vitamin A | 300ug RAE or more | 694.2ug | 332.2ug | 685.7ug | 606.9ug |
| Vitamin C | 30mg or more | 68.1mg | 55.8mg | 62mg | 89.4mg |
| Iron | 2.6mg or more | 8mg | 6.6mg | 5.7mg | 6.8mg |
| Calcium | 400mg or more | 630.5mg | 526.5mg | 586mg | 457.7mg |
| Sodium | less than 766mg | 626mg | 670.6mg | 588mg | 605.7mg |

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