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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*****COOKSCHOICE*** | **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***

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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:****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