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| --- | --- | --- | --- | --- |
| **Monday 1, 2021****3oz Salisbury Steak W/****1oz Low Sodium Gravy****1/2c Broccoli****1/2c Carrots****1/2c Wild Rice****1 WW Roll w/ 1 tsp. Margarine****1/2c Apricots** | **Tuesday 2, 2021****Chicken Pot Pie****(3 oz. Chicken, 1 oz. Sauce, 1/2c Veggies , 1 oz Crust)****1/2c Green Beans****1c Tossed Salad w/** **2T Low Fat Dressing****1 WW Roll w/ 1 tsp. Margarine****1/2c Peaches** | **Wednesday 3, 2021****Hamburger Mac****(3 oz. Beef, 1 oz. Sauce,** **1/2c Macaroni)****1/2c Spinach****1/2c Beets****1 Biscuit w/ 1 tsp. Margarine****1/2c Plums** | **Thursday 4, 2021****Green Chile Chicken Enchiladas****(3 oz. Chicken, 1/4c Green Chile, 2 Corn Tortillas)****1c Tossed Salad w/** **2T Low Fat Dressing** **1/2c Pinto Beans****1 Oatmeal Cookie** | **Friday 5, 2021****3 oz. Pork Chop W/****1 oz. Tomato Gravy****1/2c Mixed Veg****1/2c Baked Potato****1 WW Roll w/ 1 tsp. Margarine****1/2c Pears** |
| **Monday 8, 2021****Sloppy Joe****(3 oz. Beef, 1 oz. Sauce, 1 Bun)****1/2c Peas****1/2c Parsley Potatoes****1/2c Pineapple** | **Tuesday 9, 2021****4 oz. Sweet & Sour Pork****1/2c Rice****1/2c Oriental Blend Veg****1c Tossed Salad w/** **2T Low Fat Dressing** **1 Sugar Cookie** | **Wednesday 10, 2021****3oz Baked Fish****1/2c Cole Slaw****1/2c Beets****1 WW Roll w/ 1 tsp. Margarine****1/2c Apricots** | **Thursday 11, 2021****Chicken Fettuccini****(3oz Chicken, 1 oz. Sauce,** **1/2c Pasta)****1c Tossed Salad w/** **2T Low Fat Dressing** **1/2c Spinach****1 Sl. Garlic Bread****1/2c Spiced Peaches** | **Friday 12, 2021****4 oz. Carne Adovada****1/2c Spanish Rice****1/2c Beans****1/2c Carrots****1-6”Tortilla****1/2c SF Jell-O** |
| **Monday 15, 2021****Closed** | **Tuesday 16, 2021****Red Chile Beef Enchiladas****(3 oz. Beef, 1/4c Red Chile,** **2 Corn Tortillas)****1/2c Pinto Beans****1c Tossed Salad w/** **2T Low Fat Dressing** **1/2c Applesauce** | **Wednesday 17, 2021****4oz Chicken Provencal W/** **1/2c Rice & Veggies****1/2c Spinach****1/2c Squash****1 WW Roll w/ 1 tsp. Margarine****1/2c Tropical Fruit** | **Thursday 18, 2021****3oz Roast Beef****1c Mashed Potatoes****1/2c Green Bean****1 WW Roll w/ 1 tsp. Margarine****1/2c Strawberry W/1 sl. Cake** | **Friday 19, 2021****Cheese Pizza** **(3 oz. Cheese, 1 oz. Sauce,** **1 oz. Crust)****1/2c California Veg****1/2c Sweet Potato****1/2c Peaches** |
| **Monday 22, 2021****Fish Sandwich****(3 oz. Fish, 1 Bun)****1c Tater Tots****1/2c Broccoli****3/4c Apricots** | **Tuesday 23, 2021****4 oz. Meatballs w/** **1 oz. Low Sodium Gravy****1c Wild Rice****1c Steamed Cabbage****1c Beets****1 Roll w/ 1 tsp. Margarine****1 Oatmeal Cookie** | **Wednesday 24, 2021****3 oz. Chicken Cutlet****1c Green Beans****1c Sweet Potato****1 WW Roll w/ 1 tsp. Margarine****1/2c Mixed Fruit** | **Thursday 25, 2021****2 Beef Tacos****(3 oz. Beef, 1 oz. Cheese,** **1/2c Lettuce & Tomato,** **2 Corn Tortillas)****1/2c Squash****1/2c Mexicorn****1/2c SF Jell-O** | **Friday 26, 2021****4 oz. Italian Chicken****1c Cauliflower****1c Broccoli****1 Slice Garlic Bread****1/2c Peaches**  |
|  |  |  |  | **All Meals Served with 8 oz.** **1% Low Fat Milk** |

***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 | 711.3 | 714.3 | 705.4 | 706.4 |
| % Carbohydrates from Calories | 45-55% | 47.2% | 48.8% | 51.1% | 46.6% |
| % Protein from Calories | 15-25% | 24.9% | 24.8% | 23.9% | 25.7% |
| % Fat from Calories | 25-35% | 27.9% | 26.4% | 25% | 27.7% |
| Saturated Fat | less than 8g | 6.2g | 6.4g | 7g | 6.6g |
| Fiber | 10g or more | 13.5g | 10.5g | 12g | 11.8g |
| Vitamin B-12 | .8ug or more | 2.3ug | 2.1ug | 2.3ug | 2.5ug |
| Vitamin A | 300ug RAE or more |  812.6ug | 747.2ug | 707.5ug | 610.3ug |
| Vitamin C | 30mg or more | 60.2mg | 52.7mg | 58mg | 83.4mg |
| Iron | 2.6mg or more | 6.1mg | 5.8mg | 6mg | 5.3mg |
| Calcium | 400mg or more | 462.2mg | 489.6mg | 621.8mg | 501.2mg |
| Sodium | less than 766mg | 507.6mg | 710mg | 536.7mg | 575mg |

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