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| --- | --- | --- | --- |
| **4 BBQ Chicken Sliders****(3 oz. Chicken, 1 oz. BBQ Sauce, 2 Rolls)****1/2c Potatoes****1/2c Broccoli****1c Salad w/ 2T Low Fat Dressing****1/2c Grapes** | **5 Spaghetti****(4 oz. Meat Sauce, 1/2c Noodles)****1/2c Green Beans****1c Salad w/ 2T Low Fat Dressing****1 sl. Garlic Bread****1/2c Pears** | **6 Ham And Beans****(2 oz. Low Sodium Ham, 1/2c Beans)****1/2c Cabbage****1c Salad w/ 2T Low Fat Dressing****1 sl. Cornbread****1/2c Baked Apple** | **7 Navajo Taco****(3 oz. Ground Beef, 1 oz. Cheese,** **1/2c Lettuce & Tomato, 1oz. Fry Bread)****1/2c Spinach****1c Salad w/ 2T Low Fat Dressing****1/2c Cinnamon Peaches** |
| **11 Chile Relleno****(1 oz. Cheese, 2 oz. Beef, Chile, 1 oz. Breading, 3 oz. Green Chile)****1/2c Pinto Beans****1c Salad w/ 2T Low Fat Dressing****1/2c Mandarin Oranges in 1/2c Jell-O** | **12 Beef Stew****(3 oz. Beef, 1 oz. Sauce,** **1/2c Potato & Carrots)****1 sl. Cornbread w/ 1 tsp. Margarine****1c Salad w/ 2T Low Fat Dressing****1/2c Applesauce** | **13 Baked Fish Sandwich****(3 oz. Baked Fish, 1 Bun)****1c Tater Tots****1/2c Broccoli****1c Salad w/ 2T Low Fat Dressing** **1/2c Apricots** | **14 Ham Salad Sandwich**  **(4 oz. Ham Salad, 1/2c Lettuce & Tomato, 2 sl. Bread)****1/2c Pasta Salad** **1c Green Salad w/ 2T Low Fat Dressing****1/2c SF Pudding** |
| **18****Closed****Martin Luther King Day** | **19 Red Chile Beef Enchiladas****(3 oz. Beef, 1/4c Red Chile,** **2 Corn Tortillas)****1/2c Pinto Beans**  **1c Salad w/ 2T Low Fat Dressing****1/2c Calabacitas** **1 Orange** | **20 1c Tomato Bisque****Grilled Cheese Sandwich****(1 oz Cheese, 2 Sl. Bread)****2 med. Hb Egg** **1c Salad w/ 2T Low Fat Dressing****1/2c Peaches in 1/2c Jell-O** | **21 4 oz. Sweet And Sour Pork****1c Rice** **1c Salad w/ 2T Low Fat Dressing****1 Biscuit w/ 1 tsp. Margarine****1/2c Pineapple** |
| **25 Chipped Beef On Bread****(3 oz. Beef, 1 oz. Low Sodium Gravy,** **1 Sl. Bread)****1c California Veggies****1c Salad w/ 2T Low Fat Dressing****1 sl. Gingerbread****1/2c Plums** | **26 Macaroni, Broccoli, & Cheese****(3 oz. Cheese, 1/4c Broccoli,** **1/2c Macaroni)****1c Green Salad w/** **2T Low Fat Dressing****1 Roll w/ 1 tsp. Margarine** **1/2c Fruit Cocktail** | **27 Hamburger/Veggie Pizza****(3 oz. Beef, 1 oz. Sauce, 1/2c Veggies,** **1 oz. Crust, 1 oz Sauce)****1c Salad w/ 2T Low Fat Dressing****1/2c Pineapple** | **28 Green Chile Stew****(3 oz. Pork, 1/4c Green Chile,** **1/2c Potato & Onion)****1c Salad w/ 2T Low Fat Dressing****1 sl. Cornbread w/ 1 tsp. Margarine****1 sl. Raisin Spice Cake** |

**All Meals Served With 8 oz. 2% 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:****4** | **Days in Week:****4** | **Days in Week:****3** | **Days in Week:****4** |
| Calories | 700 or more | 736.4 | 739.5 | 743.4 | 736.9 |
| % Carbohydrates from Calories | 45-55% | 50.7% | 52.4% | 49.5% | 47.3% |
| % Protein from Calories | 15-25% | 22.7% | 22% | 22.1% | 19.9% |
| % Fat from Calories | 25-35% | 26.5% | 25.6% | 28.3% | 32.7% |
| Saturated Fat | less than 8g | 6g | 5.2g | 7.2g | 7.3g |
| Fiber | 10g or more | 13.9g | 12.4g | 13.1g | 11.8g |
| Vitamin B-12 | .8ug or more | 2.5ug | 2.3ug | 2.5ug | 2.2ug |
| Vitamin A | 300ug RAE or more | 879ug | 933.2ug | 825.2ug | 915.6ug |
| Vitamin C | 30mg or more | 51.2mg | 110.9mg | 109mg | 98.8mg |
| Iron | 2.6mg or more | 7.1mg | 6.3mg | 6.2mg | 5.7mg |
| Calcium | 400mg or more | 504.8mg | 525.2mg | 602.mg | 536.5mg |
| Sodium | less than 766mg | 650.4mg | 708.7mg | 500.9mg | 533mg |

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