|  |  |  |  |
| --- | --- | --- | --- |
| **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***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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