|  |  |  |  |
| --- | --- | --- | --- |
| 2  Loaded Baked Potato  (1 med Potato, 2 oz. LS Ham, 1 oz. Cheese,  1 oz. Sour Cream, 1 tsp. Margarine)  1/2c Broccoli  1c Salad w/ 2T Low Fat Dressing  1 Roll w/ 1 tsp. Margarine  1/2c LF Pudding | 3  Hamburger Veggie Pizza  (3 oz. Beef, 1 oz. Cheese, 1 oz. Sauce, 1/4c Veggies, 1 oz. Crust)  1/2c Roasted Brussel Sprouts  1c Salad w/ 2T Low Fat Dressing  1/2c Pears | 4  Green Chile Chicken Enchiladas  (3 oz. Chicken, 1 oz. Cheese, 1/4c Green Chile, 2 Corn Tortillas)  1c Pinto Beans  1/2c Calabacita  1 Chocolate Chip Cookie  1/2c Pineapple | 5  Ham & Spinach Quiche  (2 oz. Egg, 1 oz. LS Ham, 1/4c Spinach,  1oz. Crust)  1c Cauliflower  1c Salad w/ 2T Low Fat Dressing  1/2c Peaches in 1/2c Cottage Cheese |
| 9  Cheeseburger  (3 oz. Beef, 1oz. Cheese, 1/2c Lettuce & Tomato, 1 Bun)  1/2c Potato Wedges  1/2c Cinnamon Applesauce | 10  1/2c Spaghetti w/ 4 oz. Meat Sauce  1/2c Green Beans  1c Salad w/ 2T Low Fat Dressing  1 sl. Garlic Bread  1/2c Peaches in 1/2c Jell-O | 11  Cheesy Chicken Broccoli Bake  (3 oz. Chicken, 1oz. Cheese, 1/2c Broccoli)  1c Salad w/ 2T Low Fat Dressing  1 Roll w/ 1 tsp. Margarine  1/2c LF Ice Cream | 12  3 oz. Salisbury Steak  1/2c Mashed Potatoes  1/2c Zucchini  1c Salad w/ 2T Low Fat Dressing  1 Roll w/ 1 tsp. Margarine  1c Watermelon |
| 16  Beef Lasagna  (3 oz. Beef, 1oz. Cheese, 1oz. Sauce,  1/2c Noodles)  1/2c California Veggies  1c Salad w/ 2T Low Fat Dressing  1 sl. Garlic Bread  1 Orange | 17  4 oz. Turkey Ala King  1c Rice  1 Biscuit w/ 1 tsp. Margarine  1/2c Beets  1c Salad w/ 2T Low Fat Dressing  1/2c Pineapple | 18  Sloppy Joe  (3 oz. Beef, 1oz. Sauce, 1 Bun)  1c Tater Tots  1/2c Coleslaw  1/2c LF Pudding  1/2c Fruit Cocktail | 19  4 oz. Chicken Salad  1/2c Lettuce & Tomato  1/2c Potato Salad  1 Roll w/ 1 tsp. Margarine  1 sl. Raisin Spice Cake |
| 23  Chicken Tacos  (3 oz. Chicken, 1oz. Cheese, 2 Corn Tortillas)  1/2c Cowboy Beans  1c Salad w/ 2T Low Fat Dressing  1/2c Calabacitas  1/2c Peach Cobbler | 24  3 oz. Pork Chop  1/2c Spinach  1/2c Macaroni Salad  1c Salad w/ 2T Low Fat Dressing  1 Roll w/ 1 tsp. Margarine  1/2c Apricots | 25  Chicken Fajitas  (3 oz. Chicken, 1/4c Peppers & Onion,  1 Tortilla)  1/2c Stewed Tomatoes  1c Salad w/ 2T Low Fat Dressing  1c Cantaloupe | 26  3 oz. Meatloaf W/ 1 oz. LS Gravy  1/2c Mashed Potatoes  1/2c Green Beans  1 Roll w/ 1 tsp. Margarine  1c Salad w/ 2T Low Fat Dressing  1/2c Fruit Cocktail |
| 30  3 oz. Low Sodium Kielbasa & 1/2c Sauerkraut  1/2c Black Eyed Peas  1c Salad w/ 2T Low Fat Dressing  1 sl. Cornbread w/ 1 tsp. Margarine  1/2c Grapes | 31  Navajo Taco  (3 oz. Beef, 1oz. Cheese, 1/2c Beans,  1 oz. Fry Bread)  1/2c Broccoli  1c Salad w/ 2T Low Fat Dressing  1/2c Cinnamon Peaches |  | 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 | Menu Week 5 |
|  |  | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **2** |
| Calories | 700 or more | 708.7 | 748.9 | 788.4 | 840.8 | 731.7 |
| % Carbohydrates from Calories | 45-55% | 46.4% | 46.5% | 50.9% | 50.9% | 49.9% |
| % Protein from Calories | 15-25% | 25.1% | 25.8% | 23.3% | 22.8% | 22.7% |
| % Fat from Calories | 25-35% | 28.4% | 27.7% | 25.9% | 26.2% | 27.4% |
| Saturated Fat | less than 8g | 7.4g | 7.7g | 6.5g | 6.4g | 6.1g |
| Fiber | 10g or more | 15.6g | 11g | 10.1g | 15.3g | 14.1g |
| Vitamin B-12 | .8ug or more | 2.3ug | 3.2ug | 2.6ug | 2.2ug | 2.2ug |
| Vitamin A | 300ug RAE or more | 766ug | 710.5ug | 631.9ug | 1006.8ug | 779.8ug |
| Vitamin C | 30mg or more | 105.8mg | 43mg | 61.1mg | 64.8mg | 67.4mg |
| Iron | 2.6mg or more | 6.1mg | 6.6mg | 6.4mg | 7.5mg | 6.6mg |
| Calcium | 400mg or more | 641.3mg | 606.4mg | 499.9mg | 564.2mg | 561.7mg |
| Sodium | less than 766mg | 725.7mg | 624.1mg | 591.4mg | 487.5mg | 743mg |

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