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| **MONDAY November 30, 2020****1c Bran Flakes****1 sl. Waffle****1 oz. Syrup****1 oz. Low Sodium Grilled Ham****1c Chilled Peaches** | **TUESDAY 1, 2020****1c Malt-O-Meal****2 oz. Scrambled Egg w/ 1 oz. Cheese, 1 oz. Green Chile****1 oz. Sausage Patty** **1/2c Mixed Fruit** | **WEDNESDAY 2, 2020****1c Oatmeal****1 oz. Scrambled Eggs****1c Potatoes & Peppers****1 oz. Canadian Bacon****8 oz. Orange Juice** | **THURSDAY 3, 2020****2 Pancakes with** **1 oz. Syrup &** **1 tsp. Margarine****1c Breakfast Potatoes w/ Peppers****1/2c Apple Juice** **1 Apple** | **FRIDAY 4, 2020****Breakfast Burrito****With 2 oz. Egg, 1 oz. Bacon, 1 oz. Cheese, 1 oz. Green Chile, 1/2c Hash Browns and 1 Large Tortilla****1c Tomato Juice****1/2c Pineapple** |
| **MONDAY 7, 2020****1 Biscuit with****2 oz. Country Gravy****1 oz Sausage Patty****1 Orange** | **TUESDAY 8, 2020****1c Malt-O-Meal****1 oz. Low Sodium Ham, 3 oz. Egg & 1 oz. Cheese****1 Croissant****1 Apple** | **WEDNESDAY 9, 2020****1c Cinnamon Oatmeal****1/4c Raisins****1 sl. Toast****1 tsp. Margarine****½ Grapefruit** | **THURSDAY 10, 2020****Huevos Rancheros****with 3 oz. Egg, 1 oz. Cheese, 1 oz. Green Chile and 1 Large Tortilla****1 oz. Sausage Link****1c V-8 Juice****1/2c Applesauce** | **FRIDAY 11, 2020****1c Cheerios****2 sl. French Toast****1 oz. Syrup** **1 oz. Bacon****1/2c Sliced Pears** |
| **MONDAY 14, 2020****1c Bran Flakes****1 sl. Waffle****1 oz. Syrup****1 oz. Low Sodium Grilled Ham****1c Chilled Peaches** | **TUESDAY 15, 2020****1c Malt-O-Meal****2 oz. Scrambled Egg w/ 1 oz. Cheese, 1 oz. Green Chile****1 oz. Sausage Patty** **1/2c Mixed Fruit** | **WEDNESDAY 16, 2020****1c Oatmeal****1 oz. Scrambled Eggs****1c Potatoes & Peppers****1 oz. Canadian Bacon****8 oz. Orange Juice** | **THURSDAY 17, 2020****2 Pancakes with** **1 oz. Syrup &** **1 tsp. Margarine****1c Breakfast Potatoes w/ Peppers****1/2c Apple Juice** **1 Apple** | **FRIDAY 18, 2020****Breakfast Burrito****With 2 oz. Egg, 1 oz. Bacon, 1 oz. Cheese, 1 oz. Green Chile, 1/2c Hash Browns and 1 Large Tortilla****1c Tomato Juice****1/2c Pineapple** |
| **MONDAY 21, 2020****1 Biscuit with****2 oz. Country Gravy****1 oz Sausage Patty****1 Orange** | **TUESDAY 22, 2020****1c Malt-O-Meal****1 oz. Low Sodium Ham, 3 oz. Egg & 1 oz. Cheese****1 Croissant****1 Apple** | **WEDNESDAY 23, 2020****1c Cinnamon Oatmeal****1/4c Raisins****1 sl. Toast****1 tsp. Margarine****½ Grapefruit**  | **THURSDAY 24, 2020****Huevos Rancheros****with 3 oz. Egg, 1 oz. Cheese, 1 oz. Green Chile and 1 Large Tortilla****1 oz. Sausage Link****1c V-8 Juice****1/2c Applesauce** | **FRIDAY 25, 2020****ALL KITCHENS CLOSED** |
| **MONDAY 28, 2020****1c Bran Flakes****1 sl. Waffle****1 oz. Syrup****1 oz. Low Sodium Grilled Ham****1c Chilled Peaches** | **TUESDAY 29, 2020****1c Malt-O-Meal****2 oz. Scrambled Egg w/ 1 oz. Cheese, 1 oz. Green Chile****1 oz. Sausage Patty** **1/2c Mixed Fruit** | **WEDNESDAY 30, 2020****1c Oatmeal****1 oz. Scrambled Eggs****1c Potatoes & Peppers****1 oz. Canadian Bacon****8 oz. Orange Juice** | **THURSDAY 31, 2020****2 Pancakes with** **1 oz. Syrup &** **1 tsp. Margarine****1c Breakfast Potatoes w/ Peppers****1/2c Apple Juice** **1 Apple** | **All Meals Served With 8 oz.** **2% Low-Fat Milk** |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Breakfast Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****4** |
| Calories | 450 or more | 620.2 | 665.7 | 620.2 | 686.5 | 641.9 |
| % Carbohydrates from Calories | 45-55% | 55.6% |  54.1% | 55.6% | 54.5% | 55.1% |
| % Protein from Calories | 15-25% | 18.6% | 17.4% | 18.6% | 18.4% | 19.9% |
| % Fat from Calories | 25-35% | 25.7% | 28.5% | 25.7% | 27% | 25% |
| Saturated Fat | less than 8g | 5.4g | 5.4g | 5.4g | 5.6g | 5.2g |
| Fiber | 10g or more | 11.9g | 11.1g | 11.9g | 11.2g | 13.3g |
| Vitamin B-12 | .8ug or more | 3.1ug | 4.4ug | 3.1ug | 5.2ug | 3.6ug |
| Vitamin A | 300ug RAE or more | 535.6ug | 375.4ug | 535.6ug | 392.8ug | 612.5ug |
| Vitamin C | 30mg or more | 91.8mg | 139.3mg | 91.8mg | 125.6mg | 114.4mg |
| Iron | 2.6mg or more | 11.8mg | 9.8mg | 11.8mg | 11.4mg | 13.8mg |
| Calcium | 400mg or more | 461.7mg | 529.7mg | 461.7mg | 574.9mg | 434.6mg |
| Sodium | less than 766mg | 705mg | 675.4mg | 705mg | 737.4mg | 765.5mg |

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