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|  |  | 1. *BBQ Bonanza Beef or Pork?*   *3 oz Beef Round w/ 2 TBSP BBQ sauce*  *Biscuit w 1 tsp Margarine*  *1 c Mixed Vegetables,*  *½ c Apple in Crisp* | *2. Green Chili Cheeseburger, ( 3oz Beef Patty, 0.5 oz MJ Cheese, 1 oz Lightly Potato Chips, ½ c Lettuce, Tomato, Onion,*  *2 slices Pickle,*  *1 c Watermelon*  *½ c LS Pinto Beans* | *3. Sausage Lasagna, (2oz Sausage, 1 oz Cheese) Breadstick,*  *½ c Green Beans*  *1 c Salad Bar*  *2 TBSP LF Dressing*  *Chocolate Cupcake W/Frosting w/ 2 TBSP COOL WHIP frosting*  *½ c Cherries* |
| ***6. 8 oz*** *Tater Tot Casserole, 1 c Winter Blend Vegetables,*  *Wheat Roll w 1 tsp margarine, ½ c Pineapples* | ***7.*** *Grilled Pork Chops, ½ c Spanish Rice,*  *1 c Calabacitas,*  *½ c LF Vanilla Pudding w/ 1 c Strawberries* | *8. Tilapia, ½ c Diced Hash Browns, 1 c Broccoli Normandy, 1 TBSP Tartar Sauce, 1 c Tropical Fruit Cocktail*  *8 Animal Crackers* | *9****. 1 c*** *Beef Stew, Biscuit w 1 tsp Margarine*  ***1 c Salad Bar w 1 TBSP LF DRESSING (Italian) w/ 1 TBSP Sesame Seeds***  ***½ c Nonfat Greek Vanilla*** *Yogurt* | *10. Chicken Cordon Bleu, ½ c LS Rice Pilaf, ½ c Roasted Asparagus w/ ½ c Roasted cherry tomatoes and 1 oz pinon nuts*  *½ slice Raspberry Cheesecake w/ c Raspberries* |
| *13. Chili Cheese Dog (1 oz ground beef, 1 oz cheese, 1oz LS Hot Dog)*  *2 oz Red Chili Sauce, 10 French Fries,*  *½ c Creamy Coleslaw w/ 1 TBSP LF Dressing ½ c Apricots* | *14. 4 oz Tuna Steaks, ½ c Wild Rice,*  *½ c Brussel Sprouts,*  *½ c Mushrooms*  *1 oz Mango Salsa, Chocolate Chip Cookies* | ***15. 3 oz*** *Chicken Drumstick,*  *½ c Scalloped Potatoes, ½ c Green Beans W/Red Bell Peppers,*  *½ c Applesauce*  *4 graham crackers* | *16. Pork Roast,*  *6 oz Black Eyed Peas,*  *½ c Tossed Salad w/ 1 TBSP Light Dressing (Italian)*  *1 oz Tomato Green Chili Sauce,*  *Cornbread w 1 tsp Margarine*  *½ c Gelatin W/ ½ c Mandarin Oranges* | *17. Frito Pie, Red Chili (1 oz lightly salted corn chips, 1oz red chile sauce,*  *0.5 oz cheese, 3 oz ground beef*  *½ c Pinto Beans,*  *½ c Lettuce, Tomato, Onion,*  *½ c Tropical Fruit Cocktail* |
| *20. 5 oz Green Chili Chicken Enchiladas,*  *½ c Pinto Beans, ½ c Calabacitas w/ 1 tsp margarine*  *½ c Tapioca Pudding w/ ½ c Grapes* | *21. 3 oz Salisbury Steak w 1 oz Mushroom gravy*  *½ c Wild Rice,*  *½ c Broccoli,*  *½ c Spinach*  *W/W Roll w/ 1 tsp Margarine*  *½ c Pears* | *22. 3 oz Chicken Tenders, ½ c Mashed Potatoes,*  *2 oz Pepper Gravy,*  *Biscuit 1 tsp Margarine*  *½ c Mixed Vegetables, ½ and ½ c Blueberries c Peach in Cobbler* | ***23.***  ***Christmas Eve*** | ***24.***  ***Christmas Day*** |
| *27. 3 oz Meatloaf, ½ c Mashed Potatoes w/ 1 oz LS Brown Gravy*  *1 c Peas & Carrots,*  *½ c Applesauce*  *Whole Wheat Roll w/ 1 tsp margarine* | *28. 3 oz Chicken 1 oz Mozzarella cheese, 2 oz LS Marinara sauce Parmesan,*  *½ c Pasta,*  *Breadstick,*  *1 c Italian Vegetables*  *Apple Danish*  *Apple* | *29. Sweet and Sour Pork, 1 c Brown Rice,*  *Pork Eggroll,*  *1 c Stir Fry Vegetables w 2TBSP Raw Sesame Seeds*  *½ c Peaches* | *30. 3 oz Beer Battered Cod, w/ 1 TBSP Tartar Sauce*  *6 Tater Tots,*  *3/4 c Broccoli Salad*  *½ c SF Gelatin W ½ c Banana* | *31.*  ***Staff Training Day*** |

***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:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week:**  **4** |
| Calories | 700 or more | 705 | 735 | 734 | 822 | 885 |
| % Carbohydrates from Calories | 45-55% | 48.0 | 47.8 | 47.4 | 54.1 | 54.9 |
| % Protein from Calories | 15-25% | 21.0 | 21.9 | 23.8 | 20.1 | 18.8 |
| % Fat from Calories | 25-35% | 31.0 | 30.3 | 28.8 | 25.7 | 26.3 |
| Saturated Fat | less than 8g | 7.8 | 7.5 | 7.9 | 6.6 | 8.0 |
| Fiber | 10g or more | 11.3 | 10.1 | 10.5 | 10.812.1 | 10.0 |
| Vitamin B-12 | .8ug or more | 2.6 | 2.6 | 2.2 | 1.9 | 1.8 |
| Vitamin A | 300ug RAE or more | 547.9 | 452.1 | 415.6 | 490.0 | 589.7 |
| Vitamin C | 30mg or more | 35 | 71.6 | 59.3 | 30.2 | 48.8 |
| Iron | 2.6mg or more | 5.1 | 4.5 | 4.5 | 5.4 | 6.0 |
| Calcium | 400mg or more | 521.7 | 503.1 | 502 | 592.4 | 571 |
| Sodium | less than 766mg | 741.2 | 744.1 | 681 | 735 | 762.2 |

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.

Constance Rudnicki MS, RDN, LD