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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