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| --- | --- | --- | --- | --- |
| **1% Milk used in analysis**  **Light Italian Dressing used in analysis**  **LS =Low Sodium**  **NAS-No added Salt**  **SF=Sugar Free** |  |  | Thursday December 1  Green Chile cheeseburger  (1oz GC, 1 patty, 1bun, .5 oz Cheese)  1/2c lettuce, 2 slices tomato, 1 slice onion  1c Peas and Carrots  5 Onion Rings  1/2c Sliced Apples | Friday December 2  3oz Orange Chicken  (1oz sauce) w/ 2 TBSP Sesame Seeds  1c Brown rice  1c Oriental Vegetables  1 Veggie Egg Roll  1c Pineapple Chunks |
| Monday December 5  Veggie Pizza  (1oz Crust, 1oz Sauce, 1oz Cheese, 1/2c peppers and onions, mushrooms, 2 slices Tomato)  1c Tossed Salad w/ 2 TBSP Light Dressing  Garlic Knot w/ 1 tsp margarine  1c Tropical fruit Salad | Tuesday December 6  Chopped BBQ Beef Sandwich  (3oz Beef, 1oz LS BBQ sauce, 1bun)  1c Green Beans  1/2c Potato Wedges  1/2c Peaches | Wednesday December 7  5oz Carne Adovada  (3oz Pork, 2oz RC Sauce)  1/2c LS Mexicorn  1/2c LS Pinto Beans  1 6in Flour tortilla  1 Peanut butter cookie | Thursday December 8  3oz LS Baked Fish (Cod)  1/2c succotash  1c Coleslaw w/ 2 TBSP Dressing  1/2c Rice Pilaf  WW Roll w/ 1 tsp margarine  2oz SF Brownie | Friday December 9  3oz Chicken Fried Steak  1/2c Mashed Potatoes w/ 2oz LS Gravy  1/2c Mixed Vegetables  WW roll w/ 1 tsp margarine  1c Pears |
| Monday December 12  Spaghetti with Meat Sauce  (3oz Beef, 2oz Sauce, 1/2c Pasta)  Garlic Bread  1/2c Baked Zucchini w/ Garlic  1c Tossed Salad w/2 TBSP Light Dressing  1/2c Apricots | Tuesday December 13  6oz Chicken Pot Pie  (3oz Chicken, 1 oz Crust, 1/2c Vegetables)  1/2c Beet and Onion Salad  WW Roll  Orange | Wednesday December 14  Beef Fajitas  (3oz Beef, 1/2c Peppers and Onions)  1c Yellow Squash and Red Peppers  2oz Salsa  1/2c Spanish Rice  1 Oatmeal Cookie | Thursday December 15  Christmas Lunch  2oz Glazed Ham  1/2c Candied Sweet Potatoes w/ 1/3 chopped pecans (protein requirement)  1c California Blend Veggies  WW Roll  Strawberry Shortcake  (1 biscuit, 1/2c Strawberries | Friday December 16  3oz Baked Pork Chop  1/2c Wild Rice  1c Asparagus w/ mushrooms  WW roll  1/2c Plums |
| Monday December 19  Swedish Meatballs  (3oz Meatballs, 2oz Sauce)  1/c Egg Noodles  1c Cauliflower w/ Brussel sprouts  1c Tossed Salad w/ 1 TBSP Light Dressing  Breadstick  1 Sugar Cookie | Tuesday December 20  3oz LS Herbed Chicken  1/2c Scalloped Potatoes  1/2c Roasted Broccoli w/ 1/2c Red Pepper  WW Roll  1/2c Cherries in Cobbler | Wednesday December 21  Sweet and Sour Pork  (3oz Pork, 3oz Sauce)  1c Oriental Vegetables w/ 1/8 c Sesame Seeds  1c Brown Rice  1 Veggie Egg Roll  1c Mandarin Oranges | Thursday December 22  4oz Salisbury Steak (3oz meat, 1oz Sauce)  1c Capri Vegetables  1/2c Mashed Potatoes  w/ 2oz LS Gravy  Cornbread w 1 tsp margarine  2oz Spice Cake (no frosting) | Friday December 23  Chicken Alfredo  (3oz Chicken, 2oz alfredo Sauce, 1/2c Fettucine)  1c Italian Vegetables w 1 tsp margarine  1c Tossed Salad w/ 2 TBSP Light Dressing  1 Chocolate Chip Cookie  1c Fruit Salad  Wheat Roll w/ 1 tsp margarine |
| Monday December 26  CLOSED | Tuesday December 27  Red chile Beef Enchiladas  (1oz RC, 3oz Beef, 1oz Cheese, 2 corn tortilla, 1/2c Lettuce and tomato)  1/3c LS Pinto Beans  3/4c Calabacitas w/ 1 tsp margarine  1/3c LS Spanish Rice | Wednesday December 28  Chicken Tomato Bake  (3oz Chicken, 1oz Sauce, 1oz Tomatoes)  1/3c Seasoned herbed rice  1 garlic Knot w/ 1 tsp margarine  1c 5 way Vegetables w/ 1 tsp margarine  1/2c SF Gelatin w/ 1/2c berries | Thursday December 29  BBQ Pork Sandwich  (3oz Pork 1oz LS BBQ sauce, 1 bun)  10 NAS French Fries  1/2c Cucumber and Tomato Salad  1/2c Watermelon | Friday December 30  Chicken Parm w 2oz LS Marinara Sauce, 1oz Mozzarella Cheese, and 2 TBSP parm Cheese)  1/2c Spaghetti  1/2c LS Stewed Tomatoes  1/2c Spinach w/ 1 tsp margarine  1/2c Tossed Salad w/ 1 TBSP Light Dressing  1/2c Mixed Fruit |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 841.9 | 819.3 | 719.3 | 832.7 | 746.1 |
| % Carbohydrates from Calories | 45-55% | 53.3 | 52.8 | 45.8 | 52.6 | 50.7 |
| % Protein from Calories | 15-25% | 21.3 | 20.6 | 20.8 | 20.0 | 23.9 |
| % Fat from Calories | 25-35% | 25.4 | 26.6 | 33.4 | 27.3 | 25.4 |
| Saturated Fat | less than 8g | 6.9 | 7.1 | 7.4 | 7.0 | 7.7 |
| Fiber | 10g or more | 10.2 | 10.1 | 10.0 | 10.0 | 10.4 |
| Vitamin B-12 | .8ug or more | 2.6 | 1.8 | 2.4 | 1.9 | 1.9 |
| Vitamin A | 300ug RAE or more | 645.8 | 349.3 | 397.3 | 508.2 | 874.0 |
| Vitamin C | 30mg or more | 44.2 | 34.0 | 59.8 | 88.1 | 79.1 |
| Iron | 2.6mg or more | 5.7 | 5.4 | 5.2 | 5.3 | 5.6 |
| Calcium | 400mg or more | 555.1 | 460.8 | 445.1 | 524.7 | 571.3 |
| Sodium | less than 766mg | 763.0 | 744.0 | 761.5 | 760.6 | 746.8 |

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.

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