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| --- | --- | --- | --- | --- |
| **Monday 3, 2020**  **Breakfast for Lunch**  **3 med. Scrambled Eggs**  **1 oz. Low Sodium Sausage Patty**  **1c Hash Brown w/ Onions**  **2 Pancakes**  **1 Orange** | **Tuesday 4, 2020**  **Green Chile Chicken Enchiladas**  **(3 oz. Chicken, 1/4c Green Chile,**  **1 oz. Cheese, 2 Corn Tortillas)**  **1c Salad w/**  **2T Low Fat Dressing**  **1/2c Pinto Beans**  **1 Sugar Cookies** | **Wednesday 5, 2020**  **Lasagna**  **(2 oz. Beef, 1 oz. Sauce,**  **1 oz. Cheese, 1/2c Noodles)**  **1/2c Carrots**  **1/2c Peas**  **1 Garlic Roll**  **1/2c Mandarin Oranges** | **Thursday 6, 2020**  **4 oz. Orange Chicken**  **1 med. Baked Potato**  **1/2c Spinach**  **1 sl. Bread w/ 1 tsp. Margarine**  **1/2c Pineapples In**  **1/2c SF Vanilla Pudding** | **FRIDAY 7, 2020**  **Frozen Meals** |
| **MONDAY 10, 2020**  **3 oz. Tilapia**  **1/2c Brussel Sprouts**  **1/2c Cabbage**  **1/2c Brown Rice**  **1 sl. Bread w/ 1 tsp. Margarine**  **1/2c Pears** | **TUESDAY 11, 2020**  **3 oz. Country Fried Steak**  **1 oz. Low Sodium Gravy**  **1/2c Green Beans**  **1c Mashed Potatoes**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c SF Chocolate Pudding** | **WEDNESDAY 12, 2020**  **4 oz. BBQ Chicken Thigh**  **1c Macaroni Salad w/ Veggies**  **(1/2c Pasta, 1/2c Veggies)**  **1/2c Baked Beans**  **1 Biscuit w/ 1 tsp. Margarine**  **3/4c Watermelon** | **THURSDAY 13, 2020**  **Sloppy Joe**  **(3 oz. Beef, 1 oz. Sauce, 1 Bun)**  **1/2c Mixed Vegetables**  **1/2c Beets**  **1/2c SF Tapioca Pudding**  **1/2c Pineapple** | **FRIDAY 14, 2020**  **Frozen Meals** |
| **MONDAY 17, 2020**  **4 oz. Smothered Pork Chop**  **1/2c Broccoli**  **1 Baked Potato**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Peach Cobbler** | **TUESDAY 18, 2020**  **Chicken Alfredo**  **(3 oz. Chicken, 1oz Sauce, 1/2c Noodles)**  **1/2c Asparagus**  **1/2c Caesar Salad w/**  **2T Low Fat Dressing**  **1 sl. Garlic Bread**  **1/2c Plums** | **WEDNESDAY 19, 2020**  **1/2c Spaghetti w/4 oz. Meat Sauce**  **1/2c Buttered Corn**  **1/2c Cauliflower**  **1 sl. Garlic Bread**  **1/2c Mixed Fruit** | **THURSDAY 20, 2020**  **Chicken Salad Sandwich**  **(1/2c Chicken Salad, 2 sl. Bread)**  **1c Carrots & Celery Sticks**  **1 oz. Potato Chips**  **1/2c Pineapple Chunks** | **FRIDAY 21, 2020** |
| **MONDAY 24, 2020**  **Soft Beef Tacos**  **(3 oz. Beef, .5 oz. Cheese, 1/2c Lettuce & Tomato, 2 Tortillas)**  **1/2c Pinto Beans**  **1/2c Yellow Squash**  **1/2c Peaches** | **TUESDAY 25, 2020**  **Grilled Cheese Sandwich**  **(3 oz. Cheese, 2 sl. Bread)**  **1/2c Tater tots**  **1/2c Broccoli**  **1 Raisin Cookie** | **WEDNESDAY 26, 2020**  **4 oz. Meatloaf**  **1/2c Mashed Potatoes w/**  **1 oz. Low Sodium Gravy**  **1/2c Green Beans w/Onions**  **1/2c Carrots**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Peaches in 1/2c Jell-O** | **THURSDAY 27, 2020**  **Cheeseburger**  **(3 oz. Beef, .5 oz. Cheese,**  **1/2c Lettuce, Tomato & Onion,**  **1 Bun)**  **1/2c French Fries**  **1/2c Baked Beans**  **1 Oatmeal Cookie** | **FRIDAY 28, 2020** |
| **MONDAY 31, 2020**  **4 oz. Chicken Tenders w/**  **1 oz. Gravy**  **1/2c California Vegetables**  **1c French Fries**  **1 WW Roll w/ 1 tsp. Margarine**  **1 Sugar Cookie**  **1/2c Pineapple** |  |  |  | **8 oz. 1% Low Fat Milk**  **Served With All Meals** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **1** |
| Calories | 700 or more | 707.2 | 721.7 | 806.1 | 720.5 | 870.3 |
| % Carbohydrates from Calories | 45-55% | 47.9% | 51.3% | 50.9% | 49.6% | 49.4% |
| % Protein from Calories | 15-25% | 25.5% | 23% | 23.5% | 25.2% | 25.7% |
| % Fat from Calories | 25-35% | 26.7% | 25.8% | 25.5% | 25.2% | 25% |
| Saturated Fat | less than 8g | 6.5g | 6.1g | 6.9g | 8g | 6.8g |
| Fiber | 10g or more | 11.4g | 10.6g | 10g | 13.2g | 12.4g |
| Vitamin B-12 | .8ug or more | 2.2ug | 2.4ug | 2.2ug | 3.1ug | 1.6ug |
| Vitamin A | 300ug RAE or more | 706.7ug | 323.8ug | 428.3ug | 563.2ug | 475.7ug |
| Vitamin C | 30mg or more | 99.5mg | 40.3mg | 46.4mg | 37.3mg | 61.7mg |
| Iron | 2.6mg or more | 6.1mg | 4.9mg | 6.1mg | 6.7mg | 5.9mg |
| Calcium | 400mg or more | 568.3mg | 486.2mg | 519.3mg | 637.1mg | 430.6mg |
| Sodium | less than 766mg | 572.7mg | 676mg | 569.4mg | 573.5mg | 603.8mg |

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