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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***

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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:****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