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| --- | --- | --- | --- | --- |
| **Monday 1, 2021**  **Nachos**  **(1oz. Corn Tortilla Chips,**  **3 oz. Beef, 1oz. Cheese Sauce)**  **1/2c Ranch Style Beans**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 oz. Sliced Jalapenos**  **1c Applesauce** | **Tuesday 2, 2021**  **3 oz. Low Sodium Ham**  **1/2c Mashed Potatoes**  **1/2c Corn**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 Roll w/1 tsp. Margarine**  **1/2c Mixed Fruit** | **Wednesday 3, 2021**  **3 oz. Beef Tips w/**  **1 oz. Low Sodium Gravy**  **1c Egg Noodles**  **1c Carrots & Green Beans**  **1 Roll w/1 tsp. Margarine**  **1/2c Jell-O** | **Thursday 4, 2021**  **Cheese Pizza**  **(3 oz. Cheese, 1 oz Sauce,**  **1 oz. Crust)**  **1c Roasted Broccoli**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Pineapple** | **Friday 5, 2021**  **Hand Held Burrito**  **(2 oz. Beef, 1/2c Beans,**  **1 oz. Cheese, 1 Flour Tortilla)**  **1/4c Sliced Tomatoes**  **1/4c Sliced Cucumber**  **1 oz. Salsa**  **1 Oatmeal Cookie** |
| **Monday 8, 2021**  **Chili Dog**  **(1 oz. Frank, 2 oz. Beef Sauce, 1 oz. Cheese, 1 Bun)**  **1/2c Corn**  **1/2c Beans**  **1/2c Yogurt**  **w/ 1/2c Blueberries** | **Tuesday 9, 2021**  **3 oz. Chicken Breast**  **1/2c Baked Potato**  **1/2c Broccoli**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Mandarin Oranges** | **Wednesday 10, 2021**  **3 oz. Baked Fish**  **1/2c White Rice**  **1c California Blend Vegetables**  **1 oz. Soy Sauce**  **1 sl. Cherry Cake** | **Thursday 11, 2021**  **Cheeseburger**  **(3oz. Beef, 1 oz. Cheese,**  **1 Bun, 1/2c Lettuce, Tomato, & Onion, 1 Bun)**  **1/2c Potato Wedges**  **1/2c Peaches & Cream** | **Friday 12, 2021**  **Green Chile Chicken Enchiladas**  **(3 oz. Chicken, 1 oz. Cheese, 1/4c Green Chile, 2 Corn Tortillas)**  **3/4c Pinto Beans**  **1/2c Spanish Rice**  **1/2c Mixed Fruit** |
| **Monday 15, 2021**  **Fish Patty Sandwich**  **(3 oz. Fish, 1 Bun)**  **1/2c Lettuce & Tomato**  **1/2c Potato Wedges**  **1/2c Baby Carrots**  **1/2c Pears** | **Tuesday 16, 2021**  **3 oz. Cornflake Chicken**  **1/2c Potato Salad**  **1/2c Peas & Carrots**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Jell-O** | **Wednesday, 17, 2021**  **3oz. Sweet & Sour Pork**  **1/2c Rice**  **1/2c Mixed Vegetables**  **1 Vegetable Egg Roll**  **1/2c Mandarin Oranges** | **Thursday 18, 2021**  **3 oz. Hamburger Steak**  **1/2c Mashed Potatoes w/**  **1 oz. Low Sodium Gravy**  **1/2c Green Beans**  **1 Roll w/ 1 tsp. Margarine**  **1 sl. Apple Sauce Cake** | **Friday 19, 2021**  **3 oz. Grilled Ham**  **1/2c Yams**  **1/2c Spinach**  **1 Roll 1 tsp. Margarine**  **1/2c Pineapple** |
| **Monday 22, 2021**  **Chile Beans w/ Beef**  **(1/2c Beans, 3 oz. Beef,**  **1 oz. Red Chile)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 sl. Cornbread w/**  **1 tsp. Margarine**  **1/2c Lemon Pudding** | **Tuesday 23, 2021**  **3 oz. Pork Carnitas**  **1c Calabacitas & Corn**  **1 oz. Green Chile**  **1 Tortilla**  **1/2c Peaches** | **Wednesday 24, 2021**  **3 oz. Baked Fish**  **1/2c Dilled Potatoes**  **1/2c Apple Coleslaw**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Fruit Cocktail in 1/2c Jell-O** | **Thursday 25, 2021**  **Beef Stew**  **(3 oz. Beef, 1 oz. Sauce,**  **1/2c Potatoes)**  **1/2c Peas & Carrots**  **1 sl. Cornbread w/**  **1 tsp. Margarine**  **1/2c Apple Sauce** | **Friday 26, 2021**  **Ham & Cheese Sandwich**  **(3 oz. Ham, 1 oz. Cheese,**  **2 sl. WW Bread)**  **1/2c ea. Lettuce & Tomato**  **1c Tater Tots**  **1/2c SF Ice Cream** |
|  |  | **Sunday 14, 2021**  **Happy Valentine’s Day!** |  | **8 oz. 2% Low Fat Milk Served With Meals** |

***Nutrient Table***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 |
|  |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 708.1 | 793.4 | 706 | 710.4 |
| % Carbohydrates from Calories | 45-55% | 49.8% | 50.1% | 52.3% | 49.3% |
| % Protein from Calories | 15-25% | 24.4% | 24.4% | 21.9% | 22.4% |
| % Fat from Calories | 25-35% | 25.7% | 25.5% | 25.8% | 28.4% |
| Saturated Fat | less than 8g | 7.2g | 7.2g | 5.3g | 6.5g |
| Fiber | 10g or more | 12.6g | 12.5g | 10.2g | 10g |
| Vitamin B-12 | .8ug or more | 2.6ug | 2.6ug | 2ug | 2.3ug |
| Vitamin A | 300ug RAE or more | 675.9ug | 469.9ug | 640.5ug | 451.2ug |
| Vitamin C | 30mg or more | 52.3mg | 83.9mg | 54.5mg | 61.8mg |
| Iron | 2.6mg or more | 5.9mg | 5.7mg | 5.1mg | 5mg |
| Calcium | 400mg or more | 617.7mg | 555.6mg | 415.2mg | 486.4mg |
| Sodium | less than 766mg | 649.4mg | 620.7mg | 661.9mg | 650.3mg |

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