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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***

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| --- | --- | --- | --- | --- | --- |
| 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