|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **All Meals Served With 8 oz.**  **2% Low Fat Milk** |  |  |  | **FRIDAY 1, 2021**  **ALL KITCHENS CLOSED** |
| **MONDAY 4, 2021**  **4 oz. Swedish Meatballs over**  **1/2c Egg Noodles**  **1c Vegetable Medley**  **1 Breadstick w/ 1 tsp. Margarine**  **1/2c Pineapple** | **TUESDAY 5, 2021**  **Chicken & Rice Casserole**  **(3 oz. Chicken, 1/2c Rice,**  **1/2c Peas & Carrots)**  **1/2c French Style Green Beans**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Berries in 1/4c Cobbler** | **WEDNESDAY 6, 2021**  **3 oz. Beef Roast**  **½ Baked Potato**  **1/2c Cucumber & Tomato Salad**  **1/2c California Veggies**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Tapioca Pudding** | **THURSDAY 7, 2021**  **4 oz. Meaty Marinara Sauce**  **over 1/2c Penne Pasta**  **1/2c Italian Veggies**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Strawberry on 1/2c Ice Cream** | **FRIDAY 8, 2021**  **Soft Chicken Taco**  **(3 oz. Chicken, 1/2c Lettuce & Tomato, 2 Corn Tortillas)**  **1 oz. Salsa**  **1/2c Chuckwagon Veggies**  **1/2c Refried Beans**  **1/2c SF Chocolate Pudding** |
| **MONDAY 11, 2021**  **Sloppy Joe**  **(3 oz. Beef, 1 oz. Sauce, 1 Bun)**  **1/2c French Fries**  **1/2c Steamed Spinach**  **1/2c Chilled Peaches** | **TUESDAY 12, 2021**  **4 oz. Teriyaki Chicken**  **1/2c Fried Rice**  **1c Asian Veggies**  **1 Roll w/ 1 tsp. Margarine**  **1 Fortune Cookie**  **1/2c Mandarin Oranges** | **WEDNESDAY 13, 2021**  **3 oz. Salisbury Steak**  **2 oz. Mushroom Gravy**  **1/2c Mashed Potatoes**  **1/2c Mixed Veggies**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Chilled Apricots** | **THURSDAY 14, 2021**  **4 oz. Chicken Alfredo**  **over 1/2c Fettuccini Noodles**  **1c Broccoli & Cauliflower**  **1 sl. Garlic Bread**  **1/2c Peaches in 1/2c Cottage Cheese** | **FRIDAY 15, 2021**  **Green Chile Cheeseburger**  **(3 oz. Beef, 1 oz. Cheese, 1/4c Green Chile, 1 Bun, 1/2c Lettuce & Tomato)**  **1/2c Ranch Beans**  **1/2c Onion Rings**  **1/2c Bananas in 1/2c Pudding** |
| **MONDAY 18, 2021**  **ALL KITCHENS CLOSED** | **TUESDAY 19, 2021**  **Turkey Sandwich**  **(3 oz. Turkey, 1 oz. Cheese, 1/2c Lettuce & Tomato, 2 Sl. Bread)**  **1/2c Carrot Sticks**  **1 oz. Potato Chips**  **1 Fresh Orange** | **WEDNESDAY 20, 2021**  **Pork Red Chile Tamale**  **(3 oz. Pork, 1/2c Masa, 1/4c Red Chile Sauce)**  **1/2c Pinto Beans**  **1/2c Squash & Corn**  **1/2c Sliced Pears** | **THURSDAY 21, 2021**  **3 oz. Baked Chicken**  **1 oz. Low Sodium Chicken Gravy**  **1/2c Wild Rice**  **1c Asparagus & Onions**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Tropical Fruit** | **FRIDAY 22, 2021**  **3 oz. Meatloaf with**  **1 oz. Veggie Topping**  **1/2c Potatoes Au Gratin**  **1/2c California Veggies**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Applesauce** |
| **MONDAY 25, 2021**  **3 oz. Baked Cod**  **1/2c Tater Tots**  **1/2c Green Beans**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Cherries in 1/4c Strudel** | **TUESDAY 26, 2021**  **3 oz. Country Style Ribs**  **1/2c Pork & Beans**  **1/2c Sliced Carrots**  **1/2c Spinach Salad**  **1 sl. Cornbread w/**  **1 tsp. Margarine**  **1 Fresh Apple** | **WEDNESDAY 27, 2021**  **Beef Fajita**  **(3 oz. Beef, 1/2c Pepper & Onion,**  **1 Tortilla)**  **1/2c Fajita Veggies**  **1/2c Spanish Rice**  **1/2c Black Bean & Corn Salad**  **1 Brownie** | **THURSDAY 28, 2021**  **Chicken & Potato Burrito**  **(3 oz. Chicken, 1/2c Potato,**  **1/4c Green Chile Sauce)**  **1c Calabacitas & Onion**  **1/2c Fruit Cocktail in 1/2c Jell-O** | **FRIDAY 29, 2021**  **3 oz. Beef Brisket**  **1/2c Roasted Potatoes**  **1/2c Brussel Spouts**  **1 Roll w/ 1 tsp. Margarine**  **1/2c SF Vanilla Pudding with Cinnamon** |

***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:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 774.3 | 757.7 | 728.7 | 761.3 |
| % Carbohydrates from Calories | 45-55% | 48.4% | 47.6% | 48.5% | 51% |
| % Protein from Calories | 15-25% | 23.6% | 25.9% | 24.4% | 22.4% |
| % Fat from Calories | 25-35% | 28% | 26.5% | 27.1% | 26.6% |
| Saturated Fat | less than 8g | 6.5g | 7.1g | 6.1g | 6g |
| Fiber | 10g or more | 13.8g | 12.3g | 11.6g | 11.5g |
| Vitamin B-12 | .8ug or more | 2.5ug | 2.9ug | 2.2ug | 2.1ug |
| Vitamin A | 300ug RAE or more | 790.5ug | 562.9ug | 507.4ug | 473.1ug |
| Vitamin C | 30mg or more | 53.1mg | 79mg | 71.7mg | 68.4mg |
| Iron | 2.6mg or more | 6.2mg | 6.9mg | 6.3mg | 5.8mg |
| Calcium | 400mg or more | 466.8mg | 522.6mg | 495.4mg | 446.5mg |
| Sodium | less than 766mg | 550.9mg | 603.7mg | 519mg | 549.7mg |

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