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| --- | --- | --- | --- | --- |
| **Monday Jan 3 2022**  **Meatball Sub**  **(1 bun, 3 oz meat), 1 oz LS Tomato Sauce)**  **½ c Green Beans**  **10 LS French Fries**  **½ c Mandarin Oranges** | **Tuesday Jan 4 2022**  **6 oz RC Beef Casserole**  **2 corn tortilla, 1 oz LS Cheese, 3oz Ground beef)**  **Garnish?? (1/2 Lettuce0 and Tomato)**  **Beans? (1/2 c LS Pinto Beans)**  **½ c LS Spanish Rice**  **½ c Pears** | **Wednesday Jan 5 2022**  **Chicken Alfredo**  **(3 oz Grilled Chicken, ½ c Fettuccini, 4 oz Light Alfredo Sauce)**  **1 Garlic Bread**  **½ c Broccoli and ½ c Red Pepper**  **Cookie???**  **1 Chocolate chip** | **Thursday Jan 6 2022**  **6 oz LS Beef Chili???**  **(3oz Lean Ground Beef, 2 oz Red Chile, ½ c LS Pinto Beans)**  **2 oz Corn Bread**  **½ c Carrots**  **½ c Vanilla Pudding** | **Friday Jan 7 2022**  **3 oz Boneless Lean Pork Chops**  **½ c Mashed Potatoes w/2 oz LS Gravy**  **½ c Peas**  **1 Wheat Roll w/ 1 TBSP Margarine**  **½ c Apple Sauce** |
| **Monday Jan 10 2022**  **½ c LS Scalloped Potatoes & 2 oz Lean, LS Ham**  **½ c Green Beans**  **Wheat Roll**  **4 oz LF Vanilla Greek Yogurt** | **Tuesday Jan 11 2022**  **1.5 c Taco Soup**  **6 LS Crackers**  **½ c Salad 2 TBSP LF Dressing**  **½ c Mixed Vegetables**  **½ c Apple Crisp** | **Wednesday Jan 12 2022**  **Chicken & Rice**  **(3oz Chicken, ½ c Brown Rice)**  **Diced Carrots**  **½ c Salad 2 TBSP LF Dressing 6 LS Crackers**  **1 Spice Cupcake no Frosting** | **Thursday Jan 13 2022**  **4 oz Salisbury Steak**  **½ c Mashed Potatoes w/2 oz LS Gravy**  **½ c Cauliflower**  **Wheat Roll w/ 1 tsp Margarine**  **½ c Peaches** | **Friday Jan 14 2022**  **Tilapia**  **½ c LS Rice Pilaf**  **2 TBSP Tater Sauce**  **1 c Capri Vegetables**  **3/4c Strawberries** |
| **Monday Jan 17 2022**  **3oz Chicken Fried Steak**  **½ c Mashed Potatoes w 2 oz LS Country /Gravy**  **½ c Black bean and corn Salad**  **Wheat Roll**  **Orange** | **Tuesday Jan 18 2022**  **Chili Dog**  **(1 bun, 3 oz LS Hot Dog, 2 oz Chile dog Sauce)**  **10 LS French Fries**  **½ c Succotash**  **½ c Lemon Pudding** | **Wednesday Jan 19 2022**  **Chicken Quarters**  **½ Brown Rice**  **1 cup Italian Blend Vegetables**  **Banana Cupcake no icing**  **½ c plums** | **Thursday Jan 20 2022**  **3 oz Liver & ½ c Onions w/2 oz Gravy**  **½ c LS Scalloped Potatoes**  **½ c Garden Vegetable Blend**  **Wheat Bread w/ 1 tsp margarine**  **½ c Jell-O w/ ½ c Fruit Cocktail** | **Friday Jan 21 2022**  **5 oz Hamburger Stroganoff**  **(3oz ground beef, 2 oz Gravy) ½ c Egg Noodles**  **½ c Roasted Brussel Sprouts**  **Wheat Roll w 1 tsp margarine**  **½ c Carrot (1/4 c )Raisin Salad** |
| **Monday Jan 24 2022**  **1 c GC Pork Posole**  **(3 oz Pork, ½ c Hominy, 1 oz Green Chile)**  **6 LS Crackers**  **½ c 5 Mixed Vegetables**  **½ c Cinnamon Apple Sauce** | **Tuesday Jan 25 2022**  **Beef Spaghetti w/Red Sauce**  **(3oz Ground Beef, 4oz LS Marinara Sauce, ½ c Spaghetti)**  **1 Garlic Bread**  **½ c Spinach Salad**  **½ C Roasted Green Beans w/ Sliced Radishes**  **2 oz SF Brownies** | **Wednesday Jan 26 2022**  **Corn Dog w/ 1 tsp Mustard**  **10 LS French Fries**  **½ c Coleslaw w 1 TBSP Dressing**  **1 c Fruit Salad w/ 6 Animal Crackers** | **Thursday Jan 27 2022**  **6 oz GC ?CHICKEN Enchilada**  **(3oz Chicken, 1 oz GC, 2 Corn Tortilla, 1 oz Cheese)**  **½ c LS Pinto Beans??**  **½ c Lettuce and Tomato??**  **½ c LS Spanish Rice**  **½ c Jell-O w ½ c Apricots** | **Friday Jan 28 2022**  **Chicken a la King**  **½ c Red Potatoes, onions**  **½ c Mustard Greens**  **½ c California Blend**  **1 Wheat Roll**  **½ c Canned Pineapple** |
| **Monday Jan 31 2022**  **Sweet & Sour Chicken**  **(3oz Chicken, ½ c Sauce)**  **½ c Snow peas and ½ c Broccoli w 1 TBSP Margarine**  **½ c Brown Rice**  **½ c Mandarin Oranges**  **1 c Tossed Salad w/ 2 TBSP Toasted Sesame Dressing**  **1 Fortune Cookie** |  |  |  |  |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 710 | 720.7 | 789 | 752 | 731 |
| % Carbohydrates from Calories | 45-55% | 49.8 | 50.3 | 51.4 | 51.3 | 48.6 |
| % Protein from Calories | 15-25% | 23.4 | 23.7 | 17.7 | 20.7 | 25.3 |
| % Fat from Calories | 25-35% | 26.8 | 26.0 | 30.9 | 28.0 | 26.1 |
| Saturated Fat | less than 8g | 7.6 | 5.6 | 7.6 | 7.1 | 5.2 |
| Fiber | 10g or more | 10.3 | 10.1 | 10.1 | 10.5 | 12.1 |
| Vitamin B-12 | .8ug or more | 2.5 | 2.6 | 16.1 | 1.9 | 1.4 |
| Vitamin A | 300ug RAE or more | 629.4 | 509.0 | 1619.2 | 404 | 754.8 |
| Vitamin C | 30mg or more | 41.8 | 36.5 | 59.1 | 58.7 | 92.7 |
| Iron | 2.6mg or more | 5.0 | 4.9 | 6.1 | 5.4 | 5.7 |
| Calcium | 400mg or more | 501.0 | 479.3 | 436.9 | 470.1 | 510 |
| Sodium | less than 766mg | 617 | 763.8 | 694.2 | 753.8 | 574.5 |

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.

Constance Rudnicki MS, RDN, LD