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| **-** | **Tuesday 1, 2022****Turkey Pot Pie****(3oz. LS Turkey, 1 oz. Sauce, 1 oz. Crust, 3 oz. Veggies)****1/2c Green Beans & Onions****1/2c Beets****1/2c Spiced Peaches** | **Wednesday 2, 2022****Sour Cream Enchilada****(2 oz. Sour Cream, 1 oz. Cheese, 2 Corn Tortillas)****1/2c Lettuce & Tomato****1/2c Pinto Beans****6 LS Crackers****1/2c Mandarin Oranges** | **THURSDAY 3, 2022****3oz. Chicken Fried Chicken****1/2c Baked Potato** **1 oz. Low Sodium Gravy****1/2c Mixed Vegetables****1 WW Dinner Roll w/** **1 tsp. Margarine****1/2c Pears** | **FRIDAY 4,2022****Cheese Burger****(3 oz. Beef, .5oz Cheese, 1/2c Lettuce/Tomato/Onion, 1 Bun)****1/2c French Fries****1/2c LS Baked Beans****1/2c Sherbet** |
| **Monday 7, 2022****3 oz. Baked Pork Chop****1/2c Baked Yam****1c Mixed Vegetables****1 WW Dinner Roll w/****1 tsp. Margarine****1c Strawberries on** **1 Sl. Pound Cake** | **Tuesday 9, 2022****3 oz. Chicken Strips****1/2c Mashed Potatoes****w/ 2 oz LS County Gravy****1/2c Carrots****1/2c Broccoli****1 WW Dinner Roll w/****1 TBSP. Margarine****1c Pineapple Tidbits** | **Wednesday 10, 2022****4 oz. Beef Steak Ranchero****1/2c Roasted Cilantro Potatoes w/ 1 TBSP Olive Oil** **1/2c Ranch Style Beans****1 Tortilla****1/2c Pears** | **Thursday 11, 2022****3 oz. Orange Chicken****1/2c White Rice****1c Asian Vegetables****1 Egg Roll****1/2c low fat Greek Yogurt****1/2 mandarin oranges**  | **Friday 12, 2022****Hot Beef Sandwich****(3 oz. Beef, 2 oz LS Gravy, 1 sl. WW Bread)****1/2c Mashed Potatoes****1/2c Green Beans****1/2c fruit Cocktail** |
| **Monday 14, 2022****Stuffed Chicken Breast****(3 oz. Chicken, 1 oz. Cheese)****1/2c Baked Sweet Potato****1/2c Capri Mixed Vegetables****1 WW Roll w/ 1 tsp. Margarine****1/2c Cake** | **Tuesday 16, 2022****4 oz. Meatballs In** **1 oz. LS Marinara Sauce****1/2c Penne Pasta****1/2c Baby Carrots** **1c Caesar Salad****2T Low Fat Dressing****1 Garlic Bread****1c Fruit Salad**  | **Wednesday 17, 2022****Red Beef Enchiladas****(3oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas)****1/2c Spanish Slaw****1/2c LS Pinto Beans****4 Graham Crackers** **1/2c Apricots** | **Thursday 18, 2022****4 oz. Meat Loaf****1/2c Garlic Mashed Potatoes****W/1 oz. Low Sodium Gravy****1/2c California Vegetables****1 WW Dinner Roll w/****1 tsp. Margarine****1/2c Peach Cobbler** | **Friday 19, 2022****Frito Pie****(3 oz. Beef, ,5 oz Cheese, 1 oz Red Chile, 1 oz Fritos)****1c Tossed Salad W/****2T Low Fat Dressing****1/2c Corn Salsa****1 sl. Jalapeno Cornbread****½ c Plums** |
| **Monday 21, 2022****President’s Day****“Center Closed”** | **Tuesday 22, 2022****4oz. Beef Tips** **1/2c Mashed Potatoes****3/4c Broccoli****1/2c Sliced Carrots****Buttermilk Biscuit w 1 TBSP Margarine** **1/2c Vanilla Pudding** | **Wednesday 24, 2022****3 oz. Tilapia****1/2c Wild Rice****3/4c Brussel Sprouts w 1 tsp margarine****½ c Beets** **1 Hush Puppy****1/2c Mixed Fruit**  | **Thursday 25, 2022****Spinach Lasagna****(3oz. Cheese, 1/4c Sauce, 1 oz. Spinach, 1/2c Noodles)****1c Succotash****½ garlic bread****1/2c Apricots** | **Friday 26, 2022****3 oz. Country Fried Steak****1 Baked Potato****1/2c Spinach****1WW Dinner Roll w/1 TBSP . Margarine****1/2c Peaches In 1/2c Jell -o-** |
| **Monday 28, 2022** **GC Chicken Enchiladas****(3oz Chicken, .5oz. Cheese, 1/4c Green Chile, 2 Corn Tortillas)****1/2c Lettuce & Tomato****6 Crackers w/ 1 TBSP Margarine****1/2c LS Pinto Beans****½ c Plums** |  | **7** |  | **8 oz-1% Milk Served** **With All Meals** |
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***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:** **5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****1** |
| Calories | 700 | 720.5 | 781.4 | 763.2 | 763.6 | 813.0 |
| % Carbohydrates from Calories | 45-55% | 55.3 | 53.1 | 50.6 | 55.2 | 47.5 |
| % Protein from Calories | 15-25% | 21.1 | 21.2 | 20.8 | 19.2 | 24.9 |
| % Fat from Calories | 25-35% | 23.6 | 25.6 | 28.5 | 25.5 | 27.6 |
| Saturated Fat | less than 8g | 7.6 | 6.4 | 7.9 | 6.7 | 7.8 |
| Fiber | 10g | 10.8 | 10.5 | 11.1 | 10.3 | 15.5 |
| Vitamin B-12 | .8ug | 1.9 | 2.0 | 2.5 | 2.4 | 1.6 |
| Vitamin A | 300ug RAE | 483.8 | 644.9 | 939.5 | 655.4 | 369.2 |
| Vitamin C | 30mg | 33.4 | 60.0 | 31.4 | 53.7 | 35.1 |
| Iron | 2.6mg | 5.1 | 4.8 | 4.8 | 6.0 | 5.3 |
| Calcium | 400mg | 561.8 | 485.4 | 565.8 | 582.4 | 526.0 |
| Sodium | less than 766mg | 498.0 | 760.7 | 702.1 | 759.5 | 607.6 |

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