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| **All Meals Served With 8 oz.** **1% Low-Fat Milk** |  |  |  | **Friday 1, 2021**CLOSEDHAPPY NEW YEAR |
| **Monday 4, 2021**3 oz. Pork Loin W/1 oz. Low Sodium Gravy1/2c Cabbage1/2c Black Eyed Peas1 Sl. Cornbread W/ 1 Tsp. Margarine1/2c Peaches | **Tuesday 5, 2021**Green Chile Chicken Enchiladas(3 oz. Chicken, 1/4c Green Chile, 2 Corn Tortillas)1/2c Pinto Beans1c Tossed Salad W/ 2T Low Fat Dressing1 sl. Coconut Cream Pie | **Wednesday 6, 2021**Chicken Spaghetti(3 oz Chicken, 1 oz. Sauce, 1/2c Noodles)1/2c Corn1/2c Green Beans1 sl. Garlic Bread1/2c Oranges In 1/2c Jell-O | **Thursday 7, 2021**3 oz. Pot Roast W/1 oz Low Sodium Gravy1c Mashed Potatoes1/2c Broccoli & Cauliflower1 Roll W/ 1 Tsp. Margarine1 sl. Strawberry Shortcake | **Friday 8, 2021**3 oz. Fish Sticks1/2c Tater Tots1/2c Mixed Vegetables1 Sl. Bread W/ 1 Tsp. Margarine1/2c Tropical Fruit |
| **Monday 11, 2021**Lasagna(3 oz. Beef, 1 oz. Cheese, 1 oz. Sauce, 1/2c Noodles) 1/2c Corn1c Tossed Salad W/ 2T Low Fat Dressing 1 sl. Garlic Bread1/2c Pears | **Tuesday 12, 2021**3 oz. Catfish1/2c Potato Wedges1/2c Spinach1 Hushpuppy1 sl. Pineapple Cake | **Wednesday 13, 2021**4 oz. Stir Fry Pork1/2c Stir Fry Rice1 Veggie Egg Roll1c Asian Vegetables1/2c Strawberries | **Thursday 14, 2021**4 oz. Meatloaf1/2c Mashed Potatoes1/2c Fried Okra1 Roll W/ 1 Tsp. Margarine1 Sugar Cookie Bar | **Friday 15, 2021**Corn Dogs(3 oz. Turkey Frank, 1 oz. Breading)1/2c Tater Tots1/2c Mixed Vegetables1/2c Fruit Cocktail |
| **Monday 18, 2021**ClosedMartin Luther King Jr. Day | **Tuesday 19, 2021**3 oz. Salmon Patties1/2c Macaroni & Cheese1c Broccoli & Carrots1 Hushpuppy1/2c Pineapple In 1/4c Cobbler | **Wednesday 20, 2021**3 oz. Steak Fingers1/2c Mashed Potatoes1/2c Green Peas1 Roll W/ 1 Tsp. Margarine1/2c Pears | **Thursday 21, 2021**3 oz. Pork Chop W/1 oz. Low Sodium Gravy1/2c Rice Pilaf1c Winter Blend Vegetables1 Sl. Bread W/ 1 Tsp. Margarine1 sl. Apple Cake | **Friday 22, 2021**Smothered Burritos(3 oz. Beef, 1 oz. Cheese, 1 Tortilla, 1/4c Red Chile)1c Tossed Salad W/ 2T Low Fat Dressing 1/2c Pinto Beans1 oz. Salsa1/2c Pears |
| **Monday 25, 2021**3 oz. Beef Tips W/ 1 oz. Low Sodium Gravy1c Mashed Potatoes1/2c Fried Okra1 Roll W/ 1 Tsp. Margarine1/2c Tropical Fruits | **Tuesday 26, 2021**3 oz. Baked Fish1/2c Wild Rice1c Spinach with Onions1 Hushpuppy1/2c Banana Pudding | **Wednesday 27, 2021**Chicken Pot Pie(3 oz. Chicken, 1 oz. Sauce, 1/2c Veggies, 1 oz. Crust)1/2c Spinach1/2c Beets1/2c Pineapples in 1/2c Jell-O | **Thursday 28, 2021**Cheese Enchiladas(3 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas)1c Pinto Beans1/2c Calabacitas1 oz. Salsa1 Brownie | **Friday 29, 2021**Sloppy Joes(3 oz. Beef, 1 oz. Sauce, 1 Bun)1/2c Potato Wedges1/2c Carrots1/2c Pears |

***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:****4** | **Days in Week:****5** |
| Calories | 700 or more | 709.8 | 701.9 | 774.3 | 718.2 |
| % Carbohydrates from Calories | 45-55% | 49.4% | 49.4% | 48.1% | 49.4% |
| % Protein from Calories | 15-25% | 24.3% | 19.1% | 24.7% | 24% |
| % Fat from Calories | 25-35% | 26.3% | 31.5% | 27.2% | 26.6% |
| Saturated Fat | less than 8g | 6.3g | 7.4g | 7.7g | 7.1g |
| Fiber | 10g or more | 11.2g | 10.4g | 14.4g | 12.4g |
| Vitamin B-12 | .8ug or more | 1.8ug | 2.1ug | 3.3ug | 2.3ug |
| Vitamin A | 300ug RAE or more | 403.2ug | 595.5ug | 656.9ug | 638.4ug |
| Vitamin C | 30mg or more | 94.4mg | 36.9mg | 68.1mg | 58.1mg |
| Iron | 2.6mg or more | 4.7mg | 5.2mg | 5.9mg | 6.2mg |
| Calcium | 400mg or more | 447mg | 454.1mg | 603.2mg | 609.7mg |
| Sodium | less than 766mg | 457.6mg | 647.2mg | 623.2mg | 597.1mg |

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