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| --- | --- | --- | --- | --- |
| **MONDAY 1, 2021**  **Beef & Papas**  **(3oz Ground Beef,**  **1/2c Potato, 1 oz. Green Chile)**  **1/2c Pinto Beans**  **1/2c Chuck Wagon Vegetables**  **1 Tortilla**  **1/2c Low Fat Pudding** | **TUESDAY 2, 2021**  **4 oz. Sweet and Sour Pork**  **1/2c Steamed Rice**  **1c Oriental Veggies**  **1 Sl. Wheat Bread w/**  **1 tsp Margarine**  **1/2c Applesauce** | **WEDNESDAY 3, 2021**  **Tamale W/Red Chile**  **(3 oz. Pork, 1/4c Red Chile,**  **1/2c Masa)**  **1/2c Pinto Beans**  **1c Calabacitas**  **1 Orange** | **THURSDAY 4, 2021**  **3 oz. Bratwurst w/ 1 WW Bun**  **1/2c Sauerkraut**  **1/2c Onions & Peppers**  **1 oz Chips**  **1/2c Ranch Beans**  **1/2 c Diced Pears** | **FRIDAY 5, 2021**  **Tuna Salad**  **(4oz. Tuna Salad, 2 sl. Bread)**  **1/2c Cucumber Salad**  **1/2c Mixed Vegetables**  **1/2c Tapioca Pudding**  **1 med. Banana** |
| **MONDAY 8, 2021**  **Lasagna**  **(3oz. Beef, 1oz. Cheese,**  **1oz. Sauce, 1/2c Noodles)**  **1c Chateau Vegetables**  **4 Crackers**  **1 Granola Bar** | **TUESDAY 9, 2021**  **3 oz. Baked Fish Sandwich**  **(3 oz. Fish, 1 Bun, 1 oz. Tartar Sauce)**  **1oz Chips**  **1c 4-way Mixed Vegetables**  **1/2c Mandarin Oranges** | **WEDNESDAY 10, 2021**  **Sausage and Mushroom Ragu**  **(3oz Turkey Sausage,**  **3 oz. Mushrooms, 1/4c Sauce)**  **1/2c Penne Pasta**  **1c Italian Blend Vegetable**  **1 Garlic Roll**  **1 Orange** | **THURSDAY 11, 2021**  **Beef Soft Tacos**  **(3oz Beef, 1oz Cheese,**  **2 Flour Tortillas)**  **1/2c Mixed Vegetables**  **1 oz. Packet of Salsa**  **1/2c Peppers and Onions**  **1/2c Refried Beans**  **1/2c Mixed Fruit** | **Thursday 12, 2021**  **Macaroni In Tomato**  **(3oz Cheese, 1/2c Macaroni,**  **3oz Tomato Sauce)**  **1c Italian Vegetables**  **4 Low Sodium Crackers**  **1/2c Low Fat Pudding** |
| **MONDAY 15, 2021**  **Beef Stroganoff**  **(3 oz. Beef, 1 oz. Sauce)**  **1c Penne Pasta**  **1c Chateau Vegetables**  **1 sl. WW Bread w/**  **1 tsp. Margarine**  **1/2c Low Fat Pudding** | **Tuesday 16, 2021**  **3 oz. Chicken Breast w/**  **1oz Low Sodium Gravy**  **1/2c Scalloped Potato**  **1c Green Beans**  **1 Sl. Wheat Bread w/**  **1 tsp Margarine**  **1 Banana** | **WEDNESDAY 17, 2021**  **Beef Stew**  **(3oz Beef, 1oz Sauce**  **1/2c Potato and Vegetables)**  **1/2c Steamed Rice**  **1/2c Beets**  **4 Crackers**  **1/2c Peaches in 1/2c Yogurt** | **Thursday 18, 2021**  **Chile Cheese Dog**  **(1oz Hot Dog, 2oz. Chile Meat Sauce,**  **1 oz. Cheese, 1 Hot Dog Bun, 1/4c Peppers/Onions)**  **3/4c Cole Slaw**  **1/2c Mixed Fruit** | **FRIDAY 19, 2021**  **Potato Chowder**  **(1/2c Potatoes, 3 oz. Cheese,**  **1 oz. Corn, 1 oz. Celery)**  **1 sl. Cornbread**  **1/2c Green Beans**  **1 Orange** |
| **MONDAY 22, 2021**  **Sloppy Joes**  **(3oz Beef, 1oz Sauce, 1 Bun)**  **1/2c Potato Wedges**  **1/2c Sliced Tomato**  **1/4c Jalapenos**  **1c Broccoli**  **1 Banana** | **TUESDAY 23, 2021**  **Shredded Chicken & Bean Burrito**  **(3 oz. Chicken, 1/2c Beans,**  **1 oz. Cheese, 1 Tortilla)**  **1/2c Calabacitas**  **1 oz. Green Chile**  **1T Sour Cream**  **1 Peanut Butter Cookie** | **Wednesday 24, 2021**  **4oz Salisbury Steak**  **1oz Low Sodium Gravy**  **1/2c Mashed Potato**  **1c Green Beans**  **1 Sl. Wheat Bread w/**  **1 tsp Margarine**  **1/2c Mixed Fruit** | **Thursday 25, 2021**  **Frito Pie**  **(3oz. Beef, 1oz. Cheese,**  **1 oz. Fritos, 1 oz. Sauce)**  **1/2c Mixed Vegetables**  **1/2c Carrot Raisin Salad**  **1/2c Tropical Fruit** | **FRIDAY 26, 2021**  **Green Chile Relleno**  **(3 oz. Green Chile 1 oz. Cheese,**  **1 oz. Breading, 2 oz. Beef Green Chile Sauce,)**  **1/2c Buttered Mixed Vegetables**  **1/2c Refried Beans**  **1/2c Spanish Rice**  **1/2c Mixed Fruit** |
| **Monday 29, 2021**  **1 Chicken Fajita**  **(3 oz. Chicken, 1 oz. Cheese,**  **1/2c Peppers & Onions,**  **1 Flour Tortilla)**  **1/2c Spanish Rice**  **1/2c 4-Way Buttered Mixed Vegetables**  **2T Salsa**  **1 Orange** | **Tuesday 30, 2021**  **Pulled Pork Sandwich w/BBQ**  **(3 oz. Shredded Pork,**  **1 oz. BBQ Sauce, 1 Bun)**  **1/2 c Baked Beans**  **1c Peas & Carrots**  **1/2c Applesauce** | **Wednesday 31,2021**  **Chile Cheese Dog**  **(1oz. Hot Dog, 2oz. Chile Meat Sauce,**  **1 Hot Dog Bun,**  **1/2c Peppers/Onions, 1oz Cheese)**  **1/2c Potato Salad**  **1/2c Mixed Fruit** |  | **Menu Subject**  **To Change**  **All Meals Served With**  **8oz. 1% Milk as Available** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **3** |
| Calories | 700 | 860.6 | 747.2 | 725.1 | 771.7 | 829.7 |
| % Carbohydrates from Calories | 45-55% | 54.7% | 50% | 50.8% | 48.6% | 52.5% |
| % Protein from Calories | 15-25% | 19.5% | 24.2% | 23.8% | 25.8% | 22% |
| % Fat from Calories | 25-35% | 25.8% | 25.9% | 25.4% | 25.6% | 25.5% |
| Saturated Fat | less than 8g | 6.5g | 7.9g | 7.8g | 7.8g | 7.4g |
| Fiber | 10g | 13.7g | 13.6g | 10.6g | 13.4g | 13.1g |
| Vitamin B-12 | .8ug | 2.3ug | 2.5ug | 2.6ug | 3.2ug | 2.1ug |
| Vitamin A | 300ug RAE | 442.9ug | 602.6ug | 442.5ug | 501.5ug | 596.5ug |
| Vitamin C | 30mg | 83.9mg | 58.1mg | 57.1mg | 127mg | 109.3mg |
| Iron | 2.6mg | 6.4mg | 5.6mg | 5.3mg | 6.8mg | 5.8mg |
| Calcium | 400mg | 536.7mg | 631mg | 649.5mg | 562.2mg | 509.1mg |
| Sodium | less than 766mg | 700.6mg | 701.2mg | 648.3mg | 578.9mg | 732.3mg |

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