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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***

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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:****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