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| --- | --- | --- | --- | --- |
| **2% Milk used in analysis**  **Light Italian Dressing used in analysis** |  |  | Thursday December 1  3oz Chicken Fajitas  1 6in Flour Tortilla, 1/2c lettuce and tomato, 3oz Chicken, 1oz Salsa)  1/2c LS Pinto Beans  1/2c Diced Mango  1 pumpkin spice cookie | Friday December 2  Carne Adovada  (3oz Pork, 2oz Red Chile Sauce, 1 6 in Flour tortilla)  1 baked potato  1/2c Spinach  1/2c Mandarin Oranges |
| Monday December 5  Green Chile Chicken Enchiladas  (3oz Chicken, 1oz GC, 2 corn Tortillas, 1oz Cheese, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  Sopapilla  1/2c Peaches in Crisp | Tuesday December 6  8oz Beef and Potato Stew  (3oz Beef, 1/2c potato)  1/2c Tomatoes w/ Green Chile  1c Tossed Salad w/ 2 TBSP Light Dressing  1 6in flour tortilla  1/2c Spiced Apples | Wednesday December 7  2oz LS Baked Ham  1/2c Asparagus w/ 1 tsp margarine  1/2c Baked Sweet Potato  Wheat Roll  1oz Pineapple Upside Down Cake w/ **2 pineapple Slices** | Thursday December 8  GC Tortilla Cheese Burger  (3oz Beef Patty, 1oz GC, 1 6in Flour Tortilla, 1/2c lettuce, 2 slices tomato,  10 NAS French Fries  1/2c Steamed Broccoli  1/2c Sherbet | Friday December 9  3oz Baked Chicken  1/2c Corn  1/2c Brussel Sprouts  Wheat Roll  Spice Cake (no Frosting) |
| Monday December 12  3oz Chicken Strips  1/2c Mashed Potatoes w/ 2oz LS Gravy  1/2c Green Beans  Wheat Roll  1/2c Rice Pudding (1/4c Raisins) | Tuesday December 13  Smothered Burrito w/ RC  (1 6in Flour tortilla, 3/4c Pinto Beans?)  1c Salad w/ 2 TBSP Light Dressing  1/2c Zucchini  1/2c LS Spanish Rice  1/2c Mixed Fruit | Wednesday December 14  Beef Egg Roll in a Bowl  (3oz Beef, 1/2c Oriental Vegetables)  1/2c LS Wild Rice  1 orange | Thursday December 15  Chicken Fettuccine  (3oz Chicken, 1oz Light Alfredo Sauce, 1/2c Fettuccine)  1/2c Mixed Vegetables  1c Tossed Salad w/ 2 TBSP Light Dressing  1/2c Spiced Pears | Friday December 16  Christmas Brisket  (3oz LS Brisket)  1 med Baked Sweet Potato  1/2c Green Bean Casserole  1c Tossed Salad w/ 2 TBSP Dressing  1oz Christmas Cake |
| Monday December 19  Beef Tacos  (2 corn tortilla, 3oz Beef, 1/2c Lettuce and tomato)  1/2c Cilantro Lime Brown Rice  1/2c LS Pinto Beans  1/2c Plums | Tuesday December 20  Chili Relleno  (1oz Cheese, 1 oz Batter, 1 pepper)  1/2c LS Pinto Beans  1c Calabacitas  1/2c Fruit? | Wednesday December 21  3oz Pork Chop  1/4c Stuffing  1/2c Egg Noodles w/ 1 tsp Margarine  1/2c Carrots  1/2c ?Fruit | Thursday December 22  Beef Lasagna  (3oz Beef, 1/2c Lasagna, 1oz Cheese, 1oz Sauce)  1c Italian Vegetables  Wheat Roll  1/2c Gelatin w/ 1/2c Bananas | Friday December 23  Chicken and Rice  (3oz Chicken, 1/2c Brown Rice)  1c Peas and Carrots  1 Oatmeal Cookie |
| Monday December 26  Closed | Tuesday December 27  Tater Tot Casserole  (3oz Ground Beef, 2oz Tater tots, 1c California Blend Vegetables) Wheat Roll  1 sugar cookie | Wednesday December 28  4oz Bake Fish  1/2c Scalloped Potatoes  1/2c Coleslaw w/ 2 TBSP Dressing  Wheat Roll  1/2c Fruit Cocktail | Thursday December 29  Chicken Chalupa  (3oz Chcken, 1 6 in Flour tortilla)  1/2c Lettuce and tomato  1oz Salsa  ?Vegetable  1oz Applesauce Cake  (1/2c Pineapple & Mandarin Oranges) | Friday December 30  8oz GC Hamburger Stew  1c Tossed Salad w/ 2 TBSP Light Dressing  1oz Cornbread  1/2c Apricots |

***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 |  |  |  |  |  |
| % Carbohydrates from Calories | 45-55% |  |  |  |  |  |
| % Protein from Calories | 15-25% |  |  |  |  |  |
| % Fat from Calories | 25-35% |  |  |  |  |  |
| Saturated Fat | less than 8g |  |  |  |  |  |
| Fiber | 10g or more |  |  |  |  |  |
| Vitamin B-12 | .8ug or more |  |  |  |  |  |
| Vitamin A | 300ug RAE or more |  |  |  |  |  |
| Vitamin C | 30mg or more |  |  |  |  |  |
| Iron | 2.6mg or more |  |  |  |  |  |
| Calcium | 400mg or more |  |  |  |  |  |
| Sodium | less than 766mg |  |  |  |  |  |

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