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| **2% Milk used in analysis****Light Italian Dressing used in analysis** |  |  | Thursday December 13oz Chicken Fajitas1 6in Flour Tortilla, 1/2c lettuce and tomato, 3oz Chicken, 1oz Salsa)1/2c LS Pinto Beans1/2c Diced Mango 1 pumpkin spice cookie | Friday December 2 Carne Adovada(3oz Pork, 2oz Red Chile Sauce, 1 6 in Flour tortilla)1 baked potato1/2c Spinach1/2c 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 BeansSopapilla1/2c Peaches in Crisp | Tuesday December 6 8oz Beef and Potato Stew(3oz Beef, 1/2c potato)1/2c Tomatoes w/ Green Chile1c Tossed Salad w/ 2 TBSP Light Dressing 1 6in flour tortilla1/2c Spiced Apples | Wednesday December 72oz LS Baked Ham1/2c Asparagus w/ 1 tsp margarine1/2c Baked Sweet PotatoWheat Roll1oz 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 Fries1/2c Steamed Broccoli1/2c Sherbet | Friday December 9 3oz Baked Chicken1/2c Corn1/2c Brussel SproutsWheat RollSpice Cake (no Frosting) |
| Monday December 12 3oz Chicken Strips1/2c Mashed Potatoes w/ 2oz LS Gravy1/2c Green BeansWheat Roll1/2c Rice Pudding (1/4c Raisins) | Tuesday December 13Smothered Burrito w/ RC(1 6in Flour tortilla, 3/4c Pinto Beans?)1c Salad w/ 2 TBSP Light Dressing1/2c Zucchini1/2c LS Spanish Rice1/2c Mixed Fruit  | Wednesday December 14 Beef Egg Roll in a Bowl(3oz Beef, 1/2c Oriental Vegetables)1/2c LS Wild Rice1 orange | Thursday December 15Chicken Fettuccine(3oz Chicken, 1oz Light Alfredo Sauce, 1/2c Fettuccine)1/2c Mixed Vegetables1c Tossed Salad w/ 2 TBSP Light Dressing1/2c Spiced Pears  | Friday December 16 Christmas Brisket(3oz LS Brisket)1 med Baked Sweet Potato1/2c Green Bean Casserole1c Tossed Salad w/ 2 TBSP Dressing1oz Christmas Cake |
| Monday December 19Beef Tacos(2 corn tortilla, 3oz Beef, 1/2c Lettuce and tomato)1/2c Cilantro Lime Brown Rice1/2c LS Pinto Beans1/2c Plums  | Tuesday December 20 Chili Relleno(1oz Cheese, 1 oz Batter, 1 pepper)1/2c LS Pinto Beans1c Calabacitas1/2c Fruit? | Wednesday December 213oz Pork Chop1/4c Stuffing1/2c Egg Noodles w/ 1 tsp Margarine1/2c Carrots1/2c ?Fruit  | Thursday December 22 Beef Lasagna(3oz Beef, 1/2c Lasagna, 1oz Cheese, 1oz Sauce)1c Italian VegetablesWheat Roll1/2c Gelatin w/ 1/2c Bananas  | Friday December 23Chicken and Rice(3oz Chicken, 1/2c Brown Rice)1c Peas and Carrots1 Oatmeal Cookie  |
| Monday December 26Closed | Tuesday December 27Tater Tot Casserole(3oz Ground Beef, 2oz Tater tots, 1c California Blend Vegetables)Wheat Roll1 sugar cookie  | Wednesday December 28 4oz Bake Fish1/2c Scalloped Potatoes1/2c Coleslaw w/ 2 TBSP DressingWheat Roll1/2c Fruit Cocktail | Thursday December 29 Chicken Chalupa(3oz Chcken, 1 6 in Flour tortilla)1/2c Lettuce and tomato1oz Salsa?Vegetable1oz Applesauce Cake (1/2c Pineapple & Mandarin Oranges) | Friday December 308oz GC Hamburger Stew1c Tossed Salad w/ 2 TBSP Light Dressing1oz Cornbread1/2c 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