|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Wednesday, February 1st****1/2c Summer Salad****1 sl. Liver and Onions w/ 3oz. meat and 2oz. Onion****1/2c Mashed Potatoes****1/2c Baby Carrots****1 Whole Wheat Roll****1 Apple** | **Thursday, February 2nd****1/2c Spinach Salad w/ Egg****1 svg. Baked Salmon w/ Lemon 3 oz. meat****1/2c Dill Potatoes****1/2c Peas****1 Whole Wheat Dinner Roll****1 pc. Applesauce Cake** | **Friday, February 6th****1/2c Beet & Onion Salad****1 1/2c Chef Salad w/ 3oz. meat and 5oz vegetables and cheese****1 Whole Wheat Roll****3/4c Cantaloupe****1 sl Pumpkin in Cake** |
| **Monday, February 6th****1/2c Summer Salad****1 svg. Tomato Swiss Steak****1 Baked Potato****1/2c Baby Carrots****1 Dinner Roll****1 Banana** | **Tuesday, February 7th****1c Garden Salad****1/2c Pepper Steak w/ 3oz. meat****1/2c Rice****1c Green Beans****1 Whole Wheat Roll****2 Tangerines****1 Peanut Butter Cookie** | **Wednesday, February 8th****1/2c Pineapple Cole Slaw****1/2svg Chicken Cordon Bleu w/ 3oz. meat****1 Whole Wheat Roll****1/2c Mashed Potatoes****1/2c Asparagus****1 Orange** | **Thursday, February 9th****1/2c Cucumber Salad****1c Beef Stir Fry w/ 3 oz. meat and 5 oz. vegetables****1/2c Fried Rice****1 Whole Wheat Roll****1 Apple** | **Friday, February 10th****1c Garden Salad****1 svg Beef Caldillo w/ 3 oz. meat and 5 oz. vegetables****1/2c Spanish Rice****1/2c Pinto Beans****1 Tortilla****1 pc. Blueberry Crisp** |
| **Monday, February 13th****1c Tossed Salad****1/2c Cheese Stuffed Shells w/ 3 oz. cheese & 2 oz. sauce****1/2c Cauliflower****1 Whole Wheat Roll****1 Chocolate Chip Cookie****1/2c Applesauce** | **Tuesday, February 14th****1/2c Caesar Salad****4 oz. Shrimp Alfredo****1/2c Egg Noodles****1/2c Green Beans****1/2c Mushrooms****1 sl. Bread****1 svg. Yellow Cake** | **Wednesday, February 15th****1/2c Spinach Salad w/ Egg****4 oz. Meat Loaf****1/2c Mashed Potatoes****1/2c Mixed Vegetables****1 Whole Wheat Roll****1/2c Fruit Cocktail** | **Thursday, February 16th****1/2c Lettuce & Tomato****1 item Bean & Cheese Burrito w/ 4 oz. beans and 3 oz. cheese****1/2c Spanish Rice****1/2c Cauliflower****1c Grapes** | **Friday, February 17th****1c Pineapple Cole Slaw****1 svg. BBQ Beef Sandwich w/ 3 oz. meat and 2 sl. Bread****1/2c Broccoli** **2 sl. Red Onion****1c Yogurt w/ Fruit** |
| **CLOSED** | **Tuesday, February 21st****1/2c Lettuce & Tomato****1 svg. Green Enchilada w/ 3 oz. meat****1/2c Spanish Rice****1/2c Pinto Beans****1 Peach** | **Wednesday, February 22nd****1/2c Summer Salad****1 svg. Chicken and Dumplings w/ 3 oz. meat****1/2c Baby Carrots****1/2c Broccoli** **1 Biscuit****1 Orange** | **Thursday, February 23rd****1/2c Applesauce****1 sl. Pork Roast w/ 3oz. meat****1/2c Yams****1/2c Green Beans****1 Whole Wheat Roll****1c Grapes** | **Friday, February 24th****1/2c Banana Split Salad****1 itm. Egg Salad Sandwich w/ 3 med. eggs & 2 sl. bread****1 oz. Sun Chips****1/2c Cucumber****2 sl. Tomatoes****3/4c Cantaloupe** |
| **Monday, February 27th****1c Garden Salad****1c Beefaroni w/ 3 oz. meat & 5 oz. pasta and cheese****1/2c Summer Squash****1 Whole Wheat Roll****1/2c Jello w/ Fruit** | **Tuesday, February 28th****1/2c Lettuce and Tomato****1 svg. Beef Fajitas w/ 3 oz. meat, 5 oz. vegetables, and 1 tortilla****1/2c Pinto Beans****1/2c Spanish Rice****1 svg. Pico de Gallo w/ Avocado****1c Grapes** |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****3** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****2** |
| Calories | 700 or more | 796 | 824 | 739 | 761 | 791 |
| % Carbohydrates from Calories | 45-55% | 49.9% | 52.7% | 53.9% | 50.6% | 50.4% |
| % Protein from Calories | 15-25% | 22.3% | 21.5% | 19.5% | 21.3% | 22.1% |
| % Fat from Calories | 25-35% | 27.9% | 25.7% | 26.5% | 28% | 27.4% |
| Saturated Fat | less than 8g | 6.74g | 7.26g | 7.49g | 7.92g | 7.16g |
| Fiber | 10g or more | 11.19g | 12.83g | 10.46g | 11.32g | 11.1g |
| Vitamin B-12 | .8ug or more | 27ug | 2.7g | 2.5ug | 1.69ug | 3.96ug |
| Vitamin A | 300ug RAE or more | 2568ug | 454ug | 457ug | 372ug | 366ug |
| Vitamin C | 30mg or more | 67mg | 106mg | 63mg | 63mg | 133mg |
| Iron | 2.6mg or more | 7.1mg | 6.2mg | 5.8mg | 4.6mg | 6.7mg |
| Calcium | 400mg or more | 540mg | 509mg | 625mg | 571mg | 470mg |
| Sodium | less than 766mg | 597mg | 753mg | 745mg | 712mg | 413mg |

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