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| **Senior Meal Suggested Donation****Lunch $2.00****Under 60 Years $6.00****Menu Subject To Change****Lunch Served From****11:30 Am - 12:30 Pm** |  |  | **2% LF Milk Served With Each Meal****Canned Fruit In Light Syrup****WW = Whole Wheat****Gc = Green Chili****Hm = Honey Mustard****LF = Low Fat** | **Friday 1****Happy****New Year****All Centers Closed** |
| **Monday 4****Black Eyed Peas And Ham****(2 oz. Low Sodium Ham,** **3/4c Black Eyed Peas)****1/2c Steamed Carrots****1/2c Corn****1 sl. Green Chile Cheese Cornbread** **1c Fruit Juice Apple** | **Tuesday 5****Breakfast For Lunch****1 oz. Low Sodium Ham, 3 med. Eggs, And 1 oz. Cheese, 1 Muffin W/1 oz. Low Sodium Gravy****1/2c Steamed Spinach W/Onions****1/2c Breakfast Potatoes****1 Fresh Orange** | **Wednesday 6****Hearty Cream Of Chicken Soup****(3 oz. Chicken, 1oz. Sauce,** **1/2c Potatoes And Veggies)****1c Garden Salad W/** **2T LF Dressing****1 WW Roll W/ 1 tsp. Margarine****1c Fruit Juice Orange** | **Thursday 7****Baked Ziti W/****(2 oz. Parmesan Cheese,** **1 oz. Cheese, 1/2c Noodles)****1/2c Buttered Artichoke Hearts****1 sl. Garlic Breadstick****1/2c Chilled Fruit****1 Peanut Butter Cookie****(Meatless Meal)** | **Friday 8****Sloppy Joe Sandwich****(3 oz. Beef, 1 oz .Sauce,** **1 Bun)****1/2c Roasted Red Potatoes****1/2c Steamed Broccoli****1/2c Coleslaw****1/2c Chilled Fruit** |
| **Monday 11****3 oz. Salisbury Steak W/****1 oz. Mushroom Gravy****1/2c Mashed Potatoes****1/2c Steamed Cabbage****1 Biscuit W/1 tsp. Margarine****1/2c Chilled Pineapple Tidbits** | **Tuesday 12****GC Chicken & Cheese Enchiladas****(3 oz. Chicken, 1oz. Cheese, 1/4c Green Chile,** **2 Corn Tortillas)****1/2c Pinto Beans****1/2c Spanish Rice****1/2c Chilled Fruit** | **Wednesday 13****Chef’s Salad W/****(1 oz. Turkey, 1 oz. Low Sodium Ham, 1 oz. Cheese, 2 oz. Egg,** **1c Lettuce & Tomato, 2T Low Fat Dressing)****1 oz. Croutons****6 Club Crackers****1c Fresh Watermelon****1/2c Vanilla Pudding** | **Thursday 14****Homemade Chile****(3 oz. Beef, 1/2c Pinto Beans****1 oz. Red Chile, 1 oz. Shredded Cheese)****1/2c Lettuce & Tomato****1 Flour Tortilla****1 Fresh Banana** | **Friday 15****Fish Filet Sandwich****(3 oz. Fish, 1 Bun)****1/2c Roasted Red Potatoes****1/2c Steamed Peas****1/2c Coleslaw****1/2c Chilled Fruit** |
| **Monday 18****All Centers Closed For****Martin Luther King Jr****Day** | **Tuesday 19****3 oz. Garlic Ginger Chicken****1/2c Steamed Rice****1c Steamed Peas/Carrots****1 Sweet Roll W/1 tsp. Margarine****1 Fresh Orange** | **Wednesday 20****4 oz. Meatloaf****1/2c Mashed Potatoes &** **1 oz. Low Sodium Gravy****1/2c Steamed Mixed Vegetables****1 Biscuit W/1 tsp. Margarine****1 Fresh Apple** | **Thursday 21****1/2c Spaghetti W/****4 oz. Meat Sauce****1/2c Steamed Italian Veggies****1/2c Creamy Cucumber Salad****1 Garlic Breadstick****1/2c Grapes** | **Friday 22****GC Chicken Stew****(3 oz. Chicken, 1/4c Green Chile, 1/2c Potato & Onion)****1/2c Pinto Beans****1/2c Chuckwagon Corn****1 Flour Tortilla****1/2c Chilled Fruit** |
| **Monday 25****3 oz. Turkey****1/2c Mashed Potatoes** **1 oz. Low Sodium Gravy****1/2c Steamed Green Beans****1 Biscuit W/1 tsp. Margarine****1/2c Chilled Fruit** | **Tuesday 26****Frito Pie****(3 oz. Beef, 1/4c Red Chile,** **1 oz. Fritos)****1/2c Chuckwagon Corn****1c Lettuce & Tomato****1 Flour Tortilla****1/2c Plums****1 Peanut Butter Cookie** | **Wednesday 27****Hearty Beef Stew****(3 oz. Beef, 1 oz. Sauce,** **1c Potatoes, Celery,** **Carrot & Onions)****1 Biscuit W/ 1 tsp. Margarine****1/2c Chilled Fruit** | **Thursday 28****Spinach Lasagna****(3 oz. Cheese, 1 oz. Sauce, 1/4c Spinach, 1/2c Noodles)****1c Steamed Veggies****1c Garden Salad W/****2T LF Dressing****1 Garlic Breadstick****1/2c Chilled Fruit****(Meatless Meal)** | **Friday 29****3 oz. Baked Chicken****1/2c Rice Pilaf****1c Green Beans & Corn****1 WW Roll W/** **1 tsp. Margarine****1/2c Chilled Fruit** |

***Nutrient Table***

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| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 |
|  |  | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** |
| Calories | 700 or more | 709.9 | 720.4 | 715 | 745.8 |
| % Carbohydrates from Calories | 45-55% | 50% | 48.7% | 47.7% | 48.4% |
| % Protein from Calories | 15-25% | 22.4% | 25.2% | 24.7% | 22.5% |
| % Fat from Calories | 25-35% | 27.7% | 26.1% | 27.7% | 29% |
| Saturated Fat | less than 8g | 7.3g | 6.4g | 6.2g | 7.3g |
| Fiber | 10g or more | 11.4g | 10.6g | 11.1g | 10.8g |
| Vitamin B-12 | .8ug or more | 2.2ug | 2.6ug | 2.6ug | 2.2ug |
| Vitamin A | 300ug RAE or more | 647.6ug | 454.4ug | 630.8ug | 811.7ug |
| Vitamin C | 30mg or more | 73.3mg | 76.9mg | 68.9mg | 40.6mg |
| Iron | 2.6mg or more | 5.3mg | 5.6mg | 5.6mg | 5.7mg |
| Calcium | 400mg or more | 666.3mg | 518.4mg | 401mg | 538.7mg |
| Sodium | less than 766mg | 695.9mg | 636mg | 516.8mg | 595.2mg |

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