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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