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| --- | --- | --- | --- | --- | --- |
| **Monday****4 oz. BBQ Chicken Quarters****1/2c Ranch Beans****1/2c Potato Salad** **1 Roll w/ 1 tsp. Margarine****1/2c SF Vanilla Pudding** | **Tuesday****RC Beef Frito Pie****(3 oz. Beef, 1 oz Red Chile, 1 oz. Fritos, 1 oz, Cheese, 1/2c Lettuce & Tomato)****1/2c Pinto Beans****1/2c Spanish Rice****1/2c Canned Fruit** | **Wednesday****3 oz. Low Sodium Ham****1/2c O’Brien Potatoes****1/2c Carrots****1 Roll w/ 1 tsp. Margarine****1/2c SF Jell-O** | **Thursday****Beef Hard Taco****(3 oz. Ground Beef , 1 oz Cheese, 1/2c Lettuce & Tomato, 2 Corn Tortillas, 1 oz Salsa)****1/2c Fluffy Rice****1/2c Pinto Beans****1/2c Canned Fruit** | **Friday****Sloppy Joe****(3 oz. Beef, 1 oz. Sauce,** **1 Bun)****1/2c Tater Tots****1/2c Broccoli****1 Oatmeal Cookie****1 Orange** | **Notes:****All meals served with** **8oz 1% milk** |
| **Monday****GC Beef Stew****(3 oz Pork, 1/4c Green Chile, 1/2c Potato & Onion)** **1/2c Seasoned Carrots****6 Crackers****1/2c Pineapple** **in 1/2c Yogurt** | **Tuesday****3 oz. Meatballs** **1/2c Wild Rice****1/2c Oven Brown Potatoes****1/2c Mixed Vegetables****1 Roll w/ 1 tsp. Margarine** **1 sl. Cake** | **Wednesday****3 oz. Salisbury Steak****1 oz. Brown Gravy****1/2c Mashed Potatoes****1/2c Broccoli****1 Roll w/ 1 tsp. Margarine****1/2c Apples in 1/4c Crisp** | **Thursday****3 oz. Pork Chop****1 Baked Potato****1/2c Green Beans****1 Roll w/ 1 tsp. Margarine****1 Sugar Cookie** | **Friday****Burrito****(3 oz. Beef, 1/2c Bean,** **1 oz. Cheese, 1 Tortilla,****1/4 c Green Chile)****1/2c Lettuce & Tomato****1/2c Rice****1/2c Canned Fruit** |  |
| **Monday****3 oz. Chicken Breast****1/2c Mac & Cheese****1c Green Beans & Corn****1 Roll w/ 1 tsp. Margarine****1/2c Applesauce** | **Tuesday****1/2c Spaghetti w/****4 oz. Meat Sauce****1 sl. Garlic Bread****1c Green Beans****1c Caesar Salad w/** **2T Low Fat Dressing****1 sl. Cake** | **Wednesday****GC Cheese Burger****(3 oz. Beef, 1 oz. Cheese, 1/4c Green Chile, 1 Bun)****1c French Fries****1c Salad w/** **2T Low Fat Dressing****1/2c Canned Fruit** | **Thursday****GC Beef Stew****(3 oz. Beef, 1/4c Green Chile, 1/2c Potato & Onion)****1c Mixed Vegetables****6 Crackers****1/2c Jell-O** | **Friday****Sub Sandwich****(1 oz. Low Sodium Ham,** **1 oz. Turkey, 1 oz. Cheese,** **1/2c Lettuce, Tomato, 1 Bun)****1T Mustard or Mayo****1c Celery & Carrot Sticks****1/2c Canned Fruit** |  |
| **Monday****GC Chicken Enchilada****(3 oz. Chicken, 1/4c Green Chile, 2 Corn Tortillas)****1/2c Spanish Rice****3/4c Pinto Beans****6 Crackers****1/2c Canned Fruit** | **Tuesday****Chicken Alfredo****(3 oz. Chicken, 1 oz. Alfredo Sauce, 1/2c Noodles)****1 sl. Garlic Bread****1c Broccoli & Carrots****1/2c SF Pudding** | **Wednesday****Chicken Patty Sandwich****(3 oz. Chicken, 1/2c Lettuce & Tomato, 1 Bun)****1T Mayo****1/2c Potato Wedges****1/2c Fruit Salad** | **Thursday****4 oz. Meatloaf W/** **1 oz Low Sodium Brown Gray****1c Mashed Potatoes W/** **1 oz Low Sodium Gravy****1/2c Corn** **1 Roll w/ 1 tsp. Margarine****1 sl. Chocolate Cake** | **Friday****Fish Sandwich****(3 oz Fish, 1 oz. Cheese,** **1T Tartar Sauce, 1 Bun)****1/2c Tater tots****1/2c Carrots****1/2c Canned 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:****5** | **Days in Week:****5** |
| Calories | 700 | 817.2 | 749.8 | 726.4 | 824.3 |
| % Carbohydrates from Calories | 45-55% | 51.2% | 49.2% | 49.7% | 50.6% |
| % Protein from Calories | 15-25% | 23.5% | 23.4% | 24.8% | 23.6% |
| % Fat from Calories | 25-35% | 25.3% | 27.4% | 25.5% | 25.8% |
| Saturated Fat | less than 8g | 7.1g | 7.5g | 7.2g | 7.1g |
| Fiber | 10g | 13g | 10.4g | 10.6g | 10g |
| Vitamin B-12 | .8ug | 2.7ug | 2.8ug | 2.6ug | 2.1ug |
| Vitamin A | 300ug RAE | 511.3ug | 478.1ug | 847.4ug | 594.5ug |
| Vitamin C | 30mg | 55.4mg | 89.6mg | 77.5mg | 57.3mg |
| Iron | 2.6mg | 6.3mg | 6.1mg | 6.2mg | 5.7mg |
| Calcium | 400mg | 551.4mg | 480.2mg | 584.1mg | 548.8mg |
| Sodium | less than 766mg | 740.7mg | 516.2mg | 685.1mg | 694.4mg |

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