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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***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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