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|  |  |   | Thursday 2nd CLOSED | Friday 3rdSpaghetti w/Meatball(1/2c spaghetti, 3oz meatballs, 3oz NAS marinara Sauce)1c Vegetable medley3/4c tossed salad w/ 1 TBSP Italian DressingWheat roll w/ 1 tsp margarine Orange  |
| Monday 6th 3.5oz Salsbury Steak Gravy w/Mushrooms(3.5oz beef, 2oz LS Gravy, 1/2c mushrooms1/2c Brussel sprouts1oz wheat roll1/2c mixed fruit | Tuesday 7th BBQ Drumsticks(3oz Chicken drumstick, 2 TBSP BBQ sauce)1/2c NAS stewed tomatoes1/2c LS three bean salad 1.5c Tossed salad w/ 2 TBSP light ranch dressing1/2c Apple in ¼ crisp | Wednesday 8th3/4c Ham & Beans (2oz LS Ham, 1/2c Pinto beans)1oz Corn Bread 1.5c Tossed salad w/ 2 TBSP light ranch dressing1/2c Pineapple chunks | Thursday 9th1c Chicken, Rice, Broccoli casserole(3oz chicken, 1/2c broccoli,1/4c Rice, 1oz Sauce)1/2c LS BeetsWheat Roll 1c Tropical Fruit  | Friday 10thGC Cheeseburger (3oz patty, 2 TBSP GC, 1oz cheese, 1 bun, 1/2c lettuce, 2 slices tomatoes, 1 onion)1/2c NAS baked French fries1/2c Carrot raisin salad1/2c Pears |
| Monday 13thChicken Stir Fry (3oz diced chicken, 1oz Sauce)1c Stir Fry vegetables1/2c Brown Rice 3/4c Mandarin Orange | Tuesday 14thGrilled Cheese (1oz Cheese, 2 slices wheat bread)1c LS Tomato soup1c Light (SF) nonfat strawberry banana yogurt1.5c Tossed salad w/ 2 TBSP light ranch Dressing3/4c Fruit cocktail | Wednesday 15thChicken Adovada (3oz Diced chicken, 2oz RC sauce)1/2c Calabacitas1/2c spinach w/ 1 tsp unsalted butter 1 6in wheat tortilla3/4c apricots   | Thursday 16th3oz Pork Chop 2oz LS gravy1/2c LS Brown Rice Pilaf1c Chateau blend vegetables w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter1/2c Peaches  | Friday 17thNachos (1oz Tortilla chips, 3oz beef, 2 TBSP GC, 1/2c Pinto beans. 1oz cheese sauce, 2 jalapeno slices, 1 TBSP green onion, 2 TBSP sour cream)1c Winter vegetables1c strawberries/bananas |
| Monday 20thCLOSED | Tuesday 21stBeef Taco(3oz beef, 1 6in flour tortilla, 2 TBSP salsa, 1oz Cheese)1c Capri vegetables1/2c LS pinto beans1c Grapes  | Wednesday 22ndChicken Sandwich (1bun, 3oz Chicken breast, 1/2c lettuce and tomato)1/2c Green Beans 1/2c Carrots1/2c Pears | Thursday 23rd3oz LS Baked Salmon 1oz Cucumber dill sauce1c Coleslaw w/ 2 TBSP dressing1/2c Italian Blean Wheat roll1c Fruit salad  | Friday 24thFrito Pie (2oz RC, 3oz Beef, 1 oz corn chips)1/2c Pinto beans1/2c yellow squash1c tropical fruit salad |
| Monday 27thMushroom Alfredo Pasta (1/2c Mushrooms, 1oz Light alfredo sauce, 1/2c pasta)1/2c Brussel Sprouts1.5c tossed salad w/ 2 TBSP light ranch dressing1 HB EggWheat roll w/ 1 tsp unsalted butter Orange 1/2c Light (SF) nonfat vanilla yogurt  | Tuesday 28th4oz GC Enchilada(2oz GC sauce, 1oz Cheese, 2 corn tortilla, 1/2c lettuce and tomato)1/2c Pinto beans1c Chateau blend vegetables1c mixed fruit   | Wednesday 29th5oz Pepper Steak W/Gravy(3oz Meat, 2oz LS gravy)1/3c Scalloped potatoes1c Vegetable medley Wheat roll w/ 1 tsp unsalted butter 1c Pineapples chunks  | Thursday 30thGarden Salad with Chicken & Egg(2oz diced chicken, 1.5c Romaine Lettuce & 1/4c Tomato, 1 HB Egg, 1/4c cucumber, 1/8c carrots, 1/8c Red Cabbage, 2T Light Ranch Dressing)Wheat roll w/ 1 tsp unsalted butter 1/2c Fruit cocktail 1/2c SF gelatin  | Friday 31st1c LS GC Pork Stew (2 TBSP GC, 3oz Pork, 1/2c potatoes, onion, tomatoes)1c Zucchini and NAS Diced tomatoes 1 6in Flour Tortilla3/4c Tossed salad w/ 1 TBSP light Ranch Dressing1/2c Warm spiced Apples 1 slice SF angel food cake |

***Nutrient Table***

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| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****1** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 765.7 | 765.4 | 700.9 | 715.3 | 700.0 |
| % Carbohydrates from Calories | 45-55% | 48.8 | 51.9 | 51.7 | 46.6 | 53.3 |
| % Protein from Calories | 15-25% | 23.3 | 20.5 | 22.1 | 23.3 | 19.9 |
| % Fat from Calories | 25-35% | 27.9 | 27.6 | 26.2 | 30.1 | 26.7 |
| Saturated Fat | less than 8g | 7.9 | 7.6 | 7.9 | 7.7 | 8.0 |
| Fiber | 10g or more | 14.1 | 10.4 | 11.6 | 10.6 | 11.5 |
| Vitamin B-12 | .8ug or more | 3.8 | 2.3 | 1.8 | 3.0 | 2.1 |
| Vitamin A | 300ug RAE or more | 436.2 | 508.3 | 476.7 | 425.0 | 499.3 |
| Vitamin C | 30mg or more | 82.9 | 65.1 | 43.4 | 40.9 | 57.1 |
| Iron | 2.6mg or more | 6.3 | 5.2 | 4.4 | 4.5 | 4.5 |
| Calcium | 400mg or more | 485.2 | 522.7 | 580.7 | 488.1 | 512.5 |
| Sodium | less than 766mg | 669.3 | 762.3 | 747.3 | 591.1 | 752.3 |

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 approved on December 11, 2024