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|  |  |  | Thursday 2nd  CLOSED | Friday 3rd  Spaghetti w/Meatball  (1/2c spaghetti, 3oz meatballs, 3oz NAS marinara Sauce)  1c Vegetable medley  3/4c tossed salad w/ 1 TBSP Italian Dressing  Wheat roll w/ 1 tsp margarine  Orange |
| Monday 6th  3.5oz Salsbury Steak  Gravy w/Mushrooms  (3.5oz beef, 2oz LS Gravy, 1/2c mushrooms  1/2c Brussel sprouts  1oz wheat roll  1/2c mixed fruit | Tuesday 7th  BBQ Drumsticks  (3oz Chicken drumstick, 2 TBSP BBQ sauce)  1/2c NAS stewed tomatoes  1/2c LS three bean salad  1.5c Tossed salad w/ 2 TBSP light ranch dressing  1/2c Apple in ¼ crisp | Wednesday 8th  3/4c Ham & Beans  (2oz LS Ham, 1/2c Pinto beans)  1oz Corn Bread  1.5c Tossed salad w/ 2 TBSP light ranch dressing  1/2c Pineapple chunks | Thursday 9th  1c Chicken, Rice, Broccoli casserole  (3oz chicken, 1/2c broccoli,  1/4c Rice, 1oz Sauce)  1/2c LS Beets  Wheat Roll  1c Tropical Fruit | Friday 10th  GC Cheeseburger  (3oz patty, 2 TBSP GC, 1oz cheese, 1 bun, 1/2c lettuce, 2 slices tomatoes, 1 onion)  1/2c NAS baked French fries  1/2c Carrot raisin salad  1/2c Pears |
| Monday 13th  Chicken Stir Fry  (3oz diced chicken, 1oz Sauce)  1c Stir Fry vegetables  1/2c Brown Rice  3/4c Mandarin Orange | Tuesday 14th  Grilled Cheese  (1oz Cheese, 2 slices wheat bread)  1c LS Tomato soup  1c Light (SF) nonfat strawberry banana yogurt  1.5c Tossed salad w/ 2 TBSP light ranch Dressing  3/4c Fruit cocktail | Wednesday 15th  Chicken Adovada  (3oz Diced chicken, 2oz RC sauce)  1/2c Calabacitas  1/2c spinach w/ 1 tsp unsalted butter  1 6in wheat tortilla  3/4c apricots | Thursday 16th  3oz Pork Chop  2oz LS gravy  1/2c LS Brown Rice Pilaf  1c Chateau blend vegetables w/ 1 tsp unsalted butter  Wheat roll w/ 1 tsp unsalted butter  1/2c Peaches | Friday 17th  Nachos  (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 vegetables  1c strawberries/bananas |
| Monday 20th  CLOSED | Tuesday 21st  Beef Taco  (3oz beef, 1 6in flour tortilla, 2 TBSP salsa, 1oz Cheese)  1c Capri vegetables  1/2c LS pinto beans  1c Grapes | Wednesday 22nd  Chicken Sandwich  (1bun, 3oz Chicken breast, 1/2c lettuce and tomato)  1/2c Green Beans  1/2c Carrots  1/2c Pears | Thursday 23rd  3oz LS Baked Salmon  1oz Cucumber dill sauce  1c Coleslaw w/ 2 TBSP dressing  1/2c Italian Blean  Wheat roll  1c Fruit salad | Friday 24th  Frito Pie  (2oz RC, 3oz Beef, 1 oz corn chips)  1/2c Pinto beans  1/2c yellow squash  1c tropical fruit salad |
| Monday 27th  Mushroom Alfredo Pasta  (1/2c Mushrooms, 1oz Light alfredo sauce, 1/2c pasta)  1/2c Brussel Sprouts  1.5c tossed salad w/ 2 TBSP light ranch dressing  1 HB Egg  Wheat roll w/ 1 tsp unsalted butter  Orange  1/2c Light (SF) nonfat vanilla yogurt | Tuesday 28th  4oz GC Enchilada  (2oz GC sauce, 1oz Cheese, 2 corn tortilla, 1/2c lettuce and tomato)  1/2c Pinto beans  1c Chateau blend vegetables  1c mixed fruit | Wednesday 29th  5oz Pepper Steak W/Gravy  (3oz Meat, 2oz LS gravy)  1/3c Scalloped potatoes  1c Vegetable medley  Wheat roll w/ 1 tsp unsalted butter  1c Pineapples chunks | Thursday 30th  Garden 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 31st  1c LS GC Pork Stew  (2 TBSP GC, 3oz Pork, 1/2c potatoes, onion, tomatoes)  1c Zucchini and NAS Diced tomatoes  1 6in Flour Tortilla  3/4c Tossed salad w/ 1 TBSP light Ranch Dressing  1/2c 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