|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Wednesday, Jan 1**Closed New Year’s Day** | Thursday, Jan 2Spaghetti w/ meat sauce(1/2c Spaghetti, 4oz meat sauce (2oz beef, 2oz NAS marinara sauce)3/4c green beans1.5c Tossed salad w/ 2 TBSP light ranch dressingWheat roll3/4c Grapes1/2c Light (SF) vanilla nonfat yogurt  | Friday, Jan 3CLOSED |
| Monday, Jan 6 1c Chile relleno casserole(1oz Cheese, 1/2c peppers, 1oz Batter)1c Capri vegetables 1/2c Pinto beans1 6in WW tortilla1/2c SF gelatinOrange | Tuesday, Jan 7 3/4c Tossed salad w/ 1 TBSP light Italian dressing3oz Meatloaf2oz LS gravy1/2c Brussel sprouts1/2c LS mashed potatoes1/2c applesauce  | Wednesday, Jan 8 3oz Creamy Lemon Parm chicken, 1oz sauce 3/4c Wild rice/brown w/ 1/2c mushrooms1c Chateau blend vegetables1c Strawberries w/ 1 slice SF angel food cake  | Thursday, Jan 9Ham salad sandwich(2 slices wheat bread, 1/2c ham salad (2oz LS Ham), 1/2c lettuce, 2 slices tomato, 1 slice onion)1c LS tomato soup 3/4c Carrots3/4c pineapple chunks1/2c Light (SF) nonfat vanilla yogurt) | Friday, Jan 10CLOSED |
| Monday, Jan 133/4c Tossed salad w/ 1 TBSP light Italian dressingRoasted Chicken(4oz chicken breast, 2oz LS gravy)1/3c Scalloped potatoes3/4c Broccoli1c Fruit salad  | Tuesday, Jan 141.5c Tossed salad w/ 2 TBSP light ranch dressing3/4c Minestrone soup (w/ 1/4c red beans, 1/4c pasta, 1/4c Vegetables)Grilled cheese(2 slices wheat bread, 1oz American cheese)HB egg1/2c Mixed fruit  | Wednesday, Jan 15Sweet and Sour pork(3oz Pork 2 TBSP Sauce, 1 tsp sesame seeds)1c Stir Fry vegetables3/4c brown rice1c Tropical Fruit salad  | Thursday, Jan 16 3/4c Tossed salad w/ 1 TBSP light Italian dressingNavajo Taco(1oz Fry bread, 3oz beef, 1/2c pinto beans, 1/2c lettuce and tomato, 2 TBSP GC)1/2c spinach3/4c Fruit cocktail | Friday, Jan 17CLOSED |
| Monday, Jan 20 CLOSED Martin Luther King Day | Tuesday, Jan 21 1.5c Tossed salad w/ 2 TBSP light Italian dressing3oz Ground beef, 1 slices wheat bread, 1oz LS gravy1c California blend vegetables1 pear1/2c Light (SF) nonfat vanilla yogurt | Wednesday, Jan 22 3/4c Tossed salad w/ 1 TBSP light Italian dressing 1c Green Chile stew(3oz Pork, 2 TBSP GC, 1/2c Vegetables)1c vegetable medley1 6 in wheat tortilla 3/4c Apricots 1/2c FF Sorbet | Thursday, Jan 23 1.5c Tossed salad w/ 2 TBSP light Italian dressingHamburger veggie Pizza(1.5oz wheat Crust, 1oz pizza sauce, 1oz Beef, 0.5oz mozzarella cheese, 1/2c peppers and onions, 1/4c tomatoes)1/2c SF baked apple 1c Light (SF) nonfat vanilla yogurt  | Friday, Jan 24CLOSED |
| Monday, Jan 271c Beef Stew(3oz beef, 1/2c Vegetables) Wheat roll1/2c LS Beets3/4c Tossed salad w/ 1 TBSP Light Italian Dressing1/2c Cinnamon peaches | Tuesday, Jan 28 1.5c Tossed salad w/ 2 TBSP light Italian dressing1 svg. Veggie quiche w/ sweet potato crust  (1/2c Spinach, 1oz Cheese, 1 egg, 1/4c Sweet potatoes)1oz Apple Cinnamon Muffin 1c Grapes3/4c Light (SF) nonfat vanilla yogurt | Wednesday, Jan291.5c Tossed salad w/ 2 TBSP light Italian dressing3oz Pork chops1oz LS gravy1/2c Apples and 1/4c onions1/2c Red cabbageWheat roll1c Fruit salad  | Thursday, Jan 303/4c Tossed salad w/ 1 TBSP light Italian dressing3oz Salisbury steak1oz LS gravy1/2c Parsley potatoes3/4c Green beans1c Tropical Fruit salad Wheat roll   | Friday, Jan 31CLOSED |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:****4** | **Days in Week:****4** | **Days in Week:****3** | **Days in Week:****4** |
| Calories | **700 or more** | 742.0 | 702.6 | 706.7 | 712.2 | 700.1 |
| % Carbohydrates from Calories | **45-55%** | 55.2 | 51.2 | 51.9 | 54.4 | 53.6 |
| % Protein from Calories | **15-25%** | 18.9 | 22.5 | 22.4 | 19.5 | 20.8 |
| % Fat from Calories | **25-35%** | 25.9 | 26.3 | 25.8 | 26.1 | 25.6 |
| Saturated Fat | **less than 8g** | 7.1 | 8.0 | 8.0 | 8.0 | 8.0 |
| Fiber | **10g or more** | 11.9 | 12.6 | 11.0 | 12.0 | 10.5 |
| Vitamin B-12 | **.8ug or more** | 2.5 | 2.2 | 2.2 | 2.4 | 2.9 |
| Vitamin A | **300ug RAE or more** | 622.5 | 560.8 | 588.9 | 635.2 | 10.5 |
| Vitamin C | **30mg or more** | 34.4 | 81.1 | 70.8 | 55.6 | 69.4 |
| Iron | **2.6mg or more** | 5.2 | 4.7 | 5.3 | 3.9 | 4.8 |
| Calcium | **400mg or more** | 571.9 | 588.1 | 492.4 | 538.9 | 533.8 |
| Sodium | **less than 766mg** | 703.8 | 759.0 | 764.4 | 755.5 | 748.3 |

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 10, 2024