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|  |  | Wednesday, Jan 1  **Closed New Year’s Day** | Thursday, Jan 2  Spaghetti w/ meat sauce  (1/2c Spaghetti, 4oz meat sauce (2oz beef, 2oz NAS marinara sauce)  3/4c green beans  1.5c Tossed salad w/ 2 TBSP light ranch dressing  Wheat roll  3/4c Grapes  1/2c Light (SF) vanilla nonfat yogurt | Friday, Jan 3  CLOSED |
| Monday, Jan 6  1c Chile relleno casserole  (1oz Cheese, 1/2c peppers, 1oz Batter)  1c Capri vegetables  1/2c Pinto beans  1 6in WW tortilla  1/2c SF gelatin  Orange | Tuesday, Jan 7  3/4c Tossed salad w/ 1 TBSP light Italian dressing  3oz Meatloaf  2oz LS gravy  1/2c Brussel sprouts  1/2c LS mashed potatoes  1/2c applesauce | Wednesday, Jan 8  3oz Creamy Lemon Parm chicken, 1oz sauce  3/4c Wild rice/brown w/ 1/2c mushrooms  1c Chateau blend vegetables  1c Strawberries w/ 1 slice SF angel food cake | Thursday, Jan 9  Ham 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 Carrots  3/4c pineapple chunks  1/2c Light (SF) nonfat vanilla yogurt) | Friday, Jan 10  CLOSED |
| Monday, Jan 13  3/4c Tossed salad w/ 1 TBSP light Italian dressing  Roasted Chicken  (4oz chicken breast, 2oz LS gravy)  1/3c Scalloped potatoes  3/4c Broccoli  1c Fruit salad | Tuesday, Jan 14  1.5c Tossed salad w/ 2 TBSP light ranch dressing  3/4c Minestrone soup (w/ 1/4c red beans, 1/4c pasta, 1/4c Vegetables)  Grilled cheese  (2 slices wheat bread, 1oz American cheese)  HB egg  1/2c Mixed fruit | Wednesday, Jan 15  Sweet and Sour pork  (3oz Pork 2 TBSP Sauce, 1 tsp sesame seeds)  1c Stir Fry vegetables  3/4c brown rice  1c Tropical Fruit salad | Thursday, Jan 16  3/4c Tossed salad w/ 1 TBSP light Italian dressing  Navajo Taco  (1oz Fry bread, 3oz beef, 1/2c pinto beans, 1/2c lettuce and tomato, 2 TBSP GC)  1/2c spinach  3/4c Fruit cocktail | Friday, Jan 17  CLOSED |
| Monday, Jan 20  CLOSED  Martin Luther King Day | Tuesday, Jan 21  1.5c Tossed salad w/ 2 TBSP light Italian dressing  3oz Ground beef, 1 slices wheat bread, 1oz LS gravy  1c California blend vegetables  1 pear  1/2c 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 medley  1 6 in wheat tortilla  3/4c Apricots  1/2c FF Sorbet | Thursday, Jan 23  1.5c Tossed salad w/ 2 TBSP light Italian dressing  Hamburger 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 24  CLOSED |
| Monday, Jan 27  1c Beef Stew  (3oz beef, 1/2c Vegetables)  Wheat roll  1/2c LS Beets  3/4c Tossed salad w/ 1 TBSP Light Italian Dressing  1/2c Cinnamon peaches | Tuesday, Jan 28  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1 svg. Veggie quiche w/ sweet potato crust  (1/2c Spinach, 1oz Cheese, 1 egg, 1/4c Sweet potatoes)  1oz Apple Cinnamon Muffin  1c Grapes  3/4c Light (SF) nonfat vanilla yogurt | Wednesday, Jan29  1.5c Tossed salad w/ 2 TBSP light Italian dressing  3oz Pork chops  1oz LS gravy  1/2c Apples and 1/4c onions  1/2c Red cabbage  Wheat roll  1c Fruit salad | Thursday, Jan 30  3/4c Tossed salad w/ 1 TBSP light Italian dressing  3oz Salisbury steak  1oz LS gravy  1/2c Parsley potatoes  3/4c Green beans  1c Tropical Fruit salad  Wheat roll | Friday, Jan 31  CLOSED |

***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:**  **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