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| --- | --- | --- | --- | --- |
| Monday, February 031/2c Spinach Lasagna(1/2c Spinach, 1/4c pasta, 1oz Sauce, 1oz Cheese)1c Italian VegetablesWheat roll 1c Light (SF) vanilla nonfat Yogurt3/4c Berries | Tuesday, February 04Beef Soft Tacos(3oz Beef, 1 6in Flour Tortilla, 1 TBSP Salsa, 1/2c lettuce and tomato)1/2c Pinto Beans1c Garden Blend VegetablesOrange | Wednesday, February 052oz LS ham1/3c LS Mashed Sweet Potatoes 3/4c Green Beans w/ 1/3c Slivered AlmondsWhole Wheat Roll 3/4c Pineapple Chunks | Thursday, February 06Spaghetti and Meatballs(1/2c spaghetti, 3oz meatballs)1c California blendWheat roll 3/4c Tossed salad w/ 1 TBSP Light Italian Dressing Pear | Friday, February 07 1c GC Pork Posole (3oz Pork, 1/2c hominy, 2 TBSP GC)1/2c zucchini 1 6in Wheat Tortilla1.5c Tossed Salad w/ 2 TBSP light Italian Dressing 3/4c Mixed Fruit |
| Monday, February 10 Egg Salad Sandwich(1/2c Egg salad, 1/2c lettuce, 2 slices wheat bread)1/2c Vegetable medley w/ 1 tsp margarine 1c LS Tomato soup 1c Apricots 1c Light (SF) nonfat vanilla yogurt  | Tuesday, February 11 3/4c Shrimp Ceviche(3oz shrimp, 1/3c onions, tomatoes, red bell pepper)1oz Wheat roll w/ 1 tsp margarine 1/2c Lentils1/2c Spinach w/ 1tsp unsalted butter 1c Strawberries 1oz Plantain Chips | Wednesday, February 12Cheese & Mushroom Pizza(1oz crust, 1/2c Mushrooms, 1oz Cheese, 1oz pizza sauce) 1/2c Asparagus w/ 1 tsp unsalted butter 1/2c Garbanzo beans1/2c NAS stewed tomatoes1/2c Spiced Peaches1/2c SF Angel Food Cake  | Thursday, February 136oz LS Beef Stroganoff(3oz Beef, 3oz Sauce)1/2c Egg Noodles1c Winter vegetables w/ 1 tsp margarine 3/4c Fruit cocktail  | Friday, February 14Sweet and Sour Pork(3oz Pork, 2 TBSP sauce, 1 tsp sesame seeds, 1/2c peppers and onions)1/2c Brown Rice1c Stir Fry VegetablesFortune Cookie3/4c Mandarin Oranges |
| President DayClosed | Tuesday, February 18**Breakfast for Lunch**2oz Scrambled egg (1egg) 1/3c diced Red potatoes w/ 3/4c Peppers and OnionsWheat Bread w/ 1 tsp unsalted butter 1c Fruit Salad 1c Light (SF) vanilla nonfat Yogurt | Wednesday, February 191c Tuna Noodle Casserole(3oz Tuna, 1/2c pasta, 1/4c peas and carrots)1.5c Tossed salad w/ 2 TBSP light Italian Dressing1/2c Pear Halves1/2c SF Gelatin | Thursday, February 201c Green Chile Chicken Enchiladas(2 corn tortillas, 3oz chicken, 2oz GC sauce, 1oz Cheese)1/2c Pinto beans 1c Yellow Squash w/ Diced Tomatoes w/ 1 tsp margarine1c Tropical Fruit salad  | Friday, February 213oz Salisbury Steak1oz LS Gravy1/3c parsley potatoes1c Chateau Blend Vegetables1.5c Tossed salad w/ 2 TBSP light Italian DressingWheat roll 3/4c Plums |
| Monday, February, 24Green Chile Cheeseburger(1bun, 3oz patty, 2 TBSP GC, 0.5oz Cheese, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c NAS baked French Fries1/2c LS three bean salad 1/2c Peaches  | Tuesday, February 25Frito Pie (2oz ground beef, 2oz RC sauce, 1oz corn chips)1/2c Pinto beans1c Capri Blend vegetables1/2c Mandarin oranges | Wednesday, February 261c LS LF Broccoli Cheese Soup‘(1/2c Broccoli, 1oz Cheese, 1/4c onions, carrots, celery)1oz Cornbread 1.5c Tossed salad w/ 2 TBSP light Italian dressing1c Light (SF) vanilla nonfat Yogurt 1c Strawberries and bananas | Thursday, February 271c Tater Tot Casserole(3oz Beef, 1/4c Tater tots, 1/2c mixed vegetables) WW Roll w/ 1 tsp margarine 3/4c Brussel Sprouts 1c Cantaloupe | Friday, February 28Fish Tacos w/ Corn Tortilla(2 corn tortillas, 3oz Fish, 2 TBSP Salsa)1/2c Spanish Slaw 1/3c LS Cilantro Lime Brown Rice1/2c Calabacitas 1/2c Mixed Fruit   |

***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:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****n/a** |
| Calories | 700 or more | 702.5 | 713.8 | 701.5 | 703.6 |  |
| % Carbohydrates from Calories | 45-55% | 49.2 | 54.9 | 53.0 | 51.0 |  |
| % Protein from Calories | 15-25% | 22.0 | 19.3 | 22.2 | 19.8 |  |
| % Fat from Calories | 25-35% | 28.8 | 25.7 | 25.0 | 29.2 |  |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 8.0 | 8.0 |  |
| Fiber | 10g or more | 12.6 | 12.6 | 10.1 | 11.2 |  |
| Vitamin B-12 | .8ug or more | 2.7 | 2.1 | 2.4 | 2.7 |  |
| Vitamin A | 300ug RAE or more | 472.2 | 455.5 | 541.7 | 473.8 |  |
| Vitamin C | 30mg or more | 48.5 | 59.5 | 66.1 | 82.7 |  |
| Iron | 2.6mg or more | 4.5 | 5.6 | 4.1 | 4.2 |  |
| Calcium | 400mg or more | 536.1 | 572.8 | 540.6 | 501.5 |  |
| Sodium | less than 766mg | 717.0 | 745.7 | 762.7 | 673.9 |  |

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 6, 2024