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| Monday, February 03  1/2c Spinach Lasagna  (1/2c Spinach, 1/4c pasta, 1oz Sauce, 1oz Cheese)  1c Italian Vegetables  Wheat roll  1c Light (SF) vanilla nonfat Yogurt  3/4c Berries | Tuesday, February 04  Beef Soft Tacos  (3oz Beef, 1 6in Flour Tortilla, 1 TBSP Salsa, 1/2c lettuce and tomato)  1/2c Pinto Beans  1c Garden Blend Vegetables  Orange | Wednesday, February 05  2oz LS ham  1/3c LS Mashed Sweet Potatoes  3/4c Green Beans w/ 1/3c Slivered Almonds  Whole Wheat Roll  3/4c Pineapple Chunks | Thursday, February 06  Spaghetti and Meatballs  (1/2c spaghetti, 3oz meatballs)  1c California blend  Wheat 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 Tortilla  1.5c 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 Lentils  1/2c Spinach w/ 1tsp unsalted butter  1c Strawberries  1oz Plantain Chips | Wednesday, February 12  Cheese & Mushroom Pizza  (1oz crust, 1/2c Mushrooms, 1oz Cheese, 1oz pizza sauce)  1/2c Asparagus w/ 1 tsp unsalted butter  1/2c Garbanzo beans  1/2c NAS stewed tomatoes  1/2c Spiced Peaches  1/2c SF Angel Food Cake | Thursday, February 13  6oz LS Beef Stroganoff  (3oz Beef, 3oz Sauce)  1/2c Egg Noodles  1c Winter vegetables w/ 1 tsp margarine  3/4c Fruit cocktail | Friday, February 14  Sweet and Sour Pork  (3oz Pork, 2 TBSP sauce, 1 tsp sesame seeds, 1/2c peppers and onions)  1/2c Brown Rice  1c Stir Fry Vegetables  Fortune Cookie  3/4c Mandarin Oranges |
| President Day  Closed | Tuesday, February 18  **Breakfast for Lunch**  2oz Scrambled egg (1egg)  1/3c diced Red potatoes w/ 3/4c Peppers and Onions  Wheat Bread w/ 1 tsp unsalted butter  1c Fruit Salad  1c Light (SF) vanilla nonfat Yogurt | Wednesday, February 19  1c Tuna Noodle Casserole  (3oz Tuna, 1/2c pasta, 1/4c peas and carrots)  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1/2c Pear Halves  1/2c SF Gelatin | Thursday, February 20  1c 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 margarine  1c Tropical Fruit salad | Friday, February 21  3oz Salisbury Steak  1oz LS Gravy  1/3c parsley potatoes  1c Chateau Blend Vegetables  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  Wheat roll  3/4c Plums |
| Monday, February, 24  Green 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 Fries  1/2c LS three bean salad  1/2c Peaches | Tuesday, February 25  Frito Pie  (2oz ground beef, 2oz RC sauce, 1oz corn chips)  1/2c Pinto beans  1c Capri Blend vegetables  1/2c Mandarin oranges | Wednesday, February 26  1c 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 dressing  1c Light (SF) vanilla nonfat Yogurt  1c Strawberries and bananas | Thursday, February 27  1c 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 28  Fish Tacos w/ Corn Tortilla  (2 corn tortillas, 3oz Fish, 2 TBSP Salsa)  1/2c Spanish Slaw  1/3c LS Cilantro Lime Brown Rice  1/2c 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