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| **Monday February 3**1c Chicken Pot Pie(3oz. Chicken, 1 oz. Sauce, 1 oz. Crust, 3 oz. Veggies)1c Tossed salad w/ 2 TBSP Light Ranch Dressing1/2c Spiced Peaches | **Tuesday, February 4**Beef Tacos(3oz Beef, 1 6in flour tortilla, 1/2c Lettuce and tomato, 1oz Cheese, 2 TBSP Salsa)1/2c LS Pinto Beans1/2c Succotash 1/2c LS Spanish Rice1/2c warm apple slices | **Wednesday, February 5**1c Shepherd’s Pie(3oz ground Turkey, 1/2c peas and carrots, 1/4c LS mashed potatoes)1c Tossed Salad w/ 2 TBSP light Italian DressingWheat roll w/ 1 tsp margarine Fresh Pear  | **Thursday, February 6**3oz Meat Loaf1oz LS Gravy1/2c Penne pasta w/ 1 tsp margarine.1c Garden Blend vegetables w/ 1 tsp margarine WW Dinner Roll w/ 1 tsp margarine 3/4c Pineapple tidbits | **Friday, February 7**3oz Chicken Strips1oz LS Gravy1/2c Carrots1/2c NAS Stewed Tomatoes w/ 1oz GC WW Dinner Roll Chocolate Chip Cookie |
|  **February 10**1c Ham with Northern Beans(1oz LS Ham, 1/2c Beans, 1oz Sauce)1c Capri Vegetables w/ 2 tsp margarineWheat roll w/ 1 tsp margarine 1c Tropical Fruit | **February 11**1c Hamburger Mac(3 oz. Beef, 1 oz. Sauce,1/2c Macaroni)1/2c Green Beans w/ 1 tsp margarine 1/2c Peas w/ 1 tsp margarine 1/2c plums | **February 12**1c Green Chile Chicken Enchiladas(1oz GC, 3oz Chicken, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato) 1/2c LS Spanish Rice1/2c Broccoli w/ 1 tsp margarine  1/2c Pinto Beans 1/2c Fruit cocktail | **February 13**Sloppy Joe(1 bun, 3oz beef, 2oz Sauce)1oz Multigrain Chips 1c Vegetable Medley w/ 2 tsp margarine1/2c Peaches | **February 14**3oz Orange Chicken(3oz Diced Chicken, 1oz Sauce) 1/2c Brown Rice1 Vegetable egg roll 1c Asian Vegetables1/2c Mandarin Oranges |
| **February 17****CLOSED****Presidents Day** | **February 18**5oz Swedish Meatballs (3oz Beef)2oz LS Brown Gravy1/2c Mushrooms1/2c Creamy Cucumber salad 3/4c Steamed Brown Rice1/2c Fruit Cocktail | **February 19**1c Green Chili Pork Stew (3oz Pork, 1oz Green Sauce, 1/2c Potatoes and tomatoes)1c Tossed salad w/ 2 TBSP FF ranch dressing1/2c LS Three bean salad6 in WW Tortilla1/2c Apricots | **February 20**Chicken Fried Steak(3oz Beef)1/2c LS Mashed Potatoesw/ 2oz LS Country Gravy1c California Blend Vegetables 1/2c ApplesauceWheat Roll 1tsp Margarine | **February 21**Chicken Fettuccine(3oz diced chicken, 1/2c Fettuccine, 1oz Light Alfredo sauce)1/2c Asparagus1/2c Baby Carrots Wheat roll1/2c Mandarin Oranges  |
| **February 24**Ravioli w/ Meat Sauce 1/3c cheese Ravioli, 2.5oz ground beef, 3oz NAS Marinara Sauce)1c Italian blend veg1 WW Roll1C Cantaloupe | **February 25**Waffle(1 4” Waffle w/ 1 TBSP syrup)2oz reduced fat Sausage Patty1 HB Egg1/2c Hashbrowns w/ 1/2c diced peppers and onions Banana | **February 26**3oz Pepper Steak(3oz steak, 1/2c Peppers and onions, 1/2c Snow peas, 1 tsp sesame seeds3/4c Brown Rice1/2c Cinnamon applesauce | **February 27**Pepperoni Pizza(1oz crust, 1oz Pizza sauce, 1oz Mozzarella cheese, .5oz or 7 slices of pepperoni) 1.5C Tossed Salad w/ 2 TBSP Light Italian Dressing 1C Nonfat Vanilla Yogurt Fresh Pear | **February 28**Taco Burger(3oz beef patty, 1 6in tortilla,w/ 1/2c lettuce and tomato, 2 TBSP Salsa) 1/2c Pinto beans 1/2c LS LF broccoli salad 1oz multigrain chips1c Fruit Salad |

***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 | 732.6 | 782.7 | 701.1 | 700.1 |  |
| % Carbohydrates from Calories | 45-55% | 47.5 | 51.6 |  49.4 | 50.7 |  |
| % Protein from Calories | 15-25% | 20.7 | 23.3 | 22.1 | 21.4 |  |
| % Fat from Calories | 25-35% | 31.7 | 25.1 | 28.4 | 27.0 |  |
| Saturated Fat | less than 8g | 7.9 | 6.7 | 8.0 | 7.3 |  |
| Fiber | 10g or more | 10.5 | 12.3 | 10.1 | 10.6 |  |
| Vitamin B-12 | .8ug or more | 2.2 | 2.2 | 2.3 | 3.1 |  |
| Vitamin A | 300ug RAE or more | 622.7 | 349.1 | 600.4 | 384.1 |  |
| Vitamin C | 30mg or more | 30.7 | 34.2 | 34.0 | 76.7 |  |
| Iron | 2.6mg or more | 4.8 | 5.4 | 4.6 | 4.9 |  |
| Calcium | 400mg or more | 469.4 | 486.1 | 485.8 | 517.6 |  |
| Sodium | less than 766mg | 758.8 | 676.0 | 611.4 | 755.0 |  |

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 January 6, 2025