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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 Dressing  1/2c 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 Beans  1/2c Succotash  1/2c LS Spanish Rice  1/2c 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 Dressing  Wheat roll w/ 1 tsp margarine  Fresh Pear | **Thursday, February 6**  3oz Meat Loaf 1oz LS Gravy  1/2c 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 Strips  1oz LS Gravy  1/2c Carrots  1/2c 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 margarine  Wheat 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 Rice  1/2c 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 margarine  1/2c Peaches | **February 14**  3oz Orange Chicken  (3oz Diced Chicken, 1oz Sauce)  1/2c Brown Rice  1 Vegetable egg roll  1c Asian Vegetables  1/2c Mandarin Oranges |
| **February 17**  **CLOSED**  **Presidents Day** | **February 18**  5oz Swedish Meatballs (3oz Beef)  2oz LS Brown Gravy  1/2c Mushrooms  1/2c Creamy Cucumber salad  3/4c Steamed Brown Rice  1/2c 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 dressing  1/2c LS Three bean salad  6 in WW Tortilla  1/2c Apricots | **February 20**  Chicken Fried Steak  (3oz Beef)  1/2c LS Mashed Potatoes  w/ 2oz LS Country Gravy  1c California Blend Vegetables  1/2c Applesauce  Wheat Roll  1tsp Margarine | **February 21**  Chicken Fettuccine  (3oz diced chicken, 1/2c Fettuccine, 1oz Light Alfredo sauce)  1/2c Asparagus  1/2c Baby Carrots  Wheat roll  1/2c Mandarin Oranges |
| **February 24**  Ravioli w/ Meat Sauce  1/3c cheese Ravioli, 2.5oz ground beef, 3oz NAS Marinara Sauce)  1c Italian blend veg  1 WW Roll  1C Cantaloupe | **February 25**  Waffle  (1 4” Waffle w/ 1 TBSP syrup)  2oz reduced fat Sausage Patty  1 HB Egg  1/2c 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 seeds  3/4c Brown Rice  1/2c 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 chips  1c 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