|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday December 2 1C GC Pork Stew(3oz Pork, 1oz GC, 1/2c vegetables)1/2c Tom/Cucumber salad1.5c Tossed salad w/ 2 TBSP light Italian Dressing 1oz Cornbread1/2C Pears | Tuesday December 3 3/4c chili Beans w/Beef (3oz Beef, 1/4cTomatoes 1/2C Pinto Beans 1oz Red Chili)1.5C Garden Salad w/ 2 TBSP light Italian Dressing1oz Cornbread1/2c Mandarin Oranges | Wednesday December 4 3oz LS Herbed Pork Chop2oz LS Gravy1/2c LS brown Rice Pilaf1c California blend vegetablesWheat roll1c Strawberries and bananas | Thursday December 5 3oz Chicken Fried Steak1/3c Mashed Potatoes1oz LS Country Gravy3/4c green Beans3/4c Tossed salad w/ 1 TBSP light Italian DressingWheat roll1c Tropical fruit salad | Friday December 6 6oz Red Chile Ench.(0.5oz Cheese, 1/4C LS Red Chile Sauce, 2 Corn Tortilla)1/2C Lettuce/Tomatoes3/4C LS Pinto Beans1c Capri Vegetables1/2c Apricots1c Light nonfat vanilla yogurt |
| Monday December 9GC Cheeseburger (1 HB Patty, 0.5oz Cheese Slice, 1 ww bun, 1/2c lettuce, 2 slices tomato, 1 slice onion, 2 TBSP GC )1/2c NAS Baked French Fries1/2c Broccoli 1/2c Fruit Cocktail  | Tuesday December 101C Ham & Beans (2oz LS Ham, 1/2C Beans, 2oz sauce)1.5c Tossed salad w/ 2 TBSP light Ranch Dressing1oz Cornbread1/2c Warm apple Slices  | Wednesday December 11Beef Tacos (3oz Beef, 2 Corn Tortilla)1/2C Lettuce/Tomato, 2 TBSP salsa)1/2c LS Spanish Rice1c Island Blend vegetables1/2c Mixed Fruit  | Thursday December 12Chicken Alfredo (1/2c Penne Pasta, 3oz Diced Chicken, 1oz light Alfredo Sauce)1c Italian Blend VegetablesWheat roll 1/2c Peaches  | Friday December 133oz Meatloaf1/3c Scalloped Potatoes1/2c Spinach1.5c Tossed salad w/ 2 TBSP light Italian Dressing1 WW Roll 1/2c Pineapple Chunks |
| Monday December 163oz LS roasted Chicken Breast2oz LS gravy1/4c Mushrooms3/4c Green Beans W/1/4c Tom1/3c LS Herb roasted herb potatoes1 WW Roll1c Fruit Salad  | Tuesday December 171C RC Pork Posole (3oz Pork, 1oz RC, ½c Hominy)1/3c Calabacitas1.5c Tossed Salad w/ 2 TB SP light Italian Dressing1 6in flour tortillaOrange  | Wednesday December 18 Spaghetti W/Meatballs (3oz meatballs, 1/2C noodles, 1/2c NAS Marinara)1c Vegetable medley3/4c Garden Salad W/ 1 TBSP Light Ranch Dressing1 Wheat roll 1 banana | Thursday December 19 Open Faced Turkey Sandwich(2oz Turkey, 1oz LS gravy, 1 slice wheat bread)1/3c Parsley Potatoes3/4c Carrots3/4c spiced pears 1/2c Light nonfat vanilla yogurt | Friday December 20 3oz Oven Fried Chicken1c Coleslaw w/ 2 TBSP dressing3/4c LS Roasted brussels sproutsWheat roll w/ 1 tsp unsalted butter 1c Applesauce  |
| Monday December 232oz LS Glazed Ham1oz Pineapple Glaze2 slices pineapple 1/2C baked Sweet Potatoes, w/ 1/4c Chopped pecans1c Green Beans w/Mushrooms and onions1 WW Roll1/2c Light nonfat vanilla yogurt½ slice Pumpkin Pie W/1 TBSP whipped topping | Tuesday December 24Closed for Christmas | Wednesday December 25Closed for Christmas | Thursday December 26Tuna Salad Sandwich (4 oz. Tuna Salad, 2 sl. Wheat Bread, 1/2c baby spinach, 2 slices tomato)1/2c LS cold beets1/2c Carrot raisin salad 1c Tropical Light salad  | Friday December 273oz LS Salisbury Steak1/3C Mashed Potatoes2oz LS gravy 1c Winter vegetablesWheat roll3/4c Fruit cocktail  |
| Monday December 30Beef Fajitas(3oz beef, 1/2c peppers and onions, 2 corn tortilla, 2 TBSP salsa)1/2c LS Pinto beans1c Capri Vegetables Banana | Tuesday December 311c LS Chicken Noodle Soup(3oz Chicken, 1/8c Broth 1/4c Noodles, 1/4c carrots, celery, onions)3/4c Tossed salad w/ 1 TBSP light Italian Dressing1c Roasted Zucchini w/ NAS diced TomatoesWheat roll 1c Fruit salad  |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:****5** | **Days in Week:****3** | **Days in Week:****2** |
| Calories | **700 or more** | 715.0 | 711.1 | 704.5 | 797.0 | 724.6 |
| % Carbohydrates from Calories | **45-55%** | 52.3 | 52.3 | 50.6 | 50.0 | 50.2 |
| % Protein from Calories | **15-25%** | 20.4 | 21.3 | 20.3 | 17.2 | 23.3 |
| % Fat from Calories | **25-35%** | 27.3 | 26.4 | 29.1 | 32.8 | 26.6 |
| Saturated Fat | **less than 8g** | 8.0 | 7.8 | 7.8 | 7.9 | 7.2 |
| Fiber | **10g or more** | 13.6 | 11.2 | 11.2 | 10.2 | 14.1 |
| Vitamin B-12 | **.8ug or more** | 2.2 | 2.5 | 1.9 | 2.7 | 2.6 |
| Vitamin A | **300ug RAE or more** | 598.3 | 547.9 | 521.9 | 592.7 | 396.9 |
| Vitamin C | **30mg or more** | 66.3 | 47.0 | 50.5 | 65.1 | 75.4 |
| Iron | **2.6mg or more** | 4.2 | 5.4 | 4.5 | 4.6 | 5.2 |
| Calcium | **400mg or more** | 520.7 | 488.4 | 452.1 | 495.9 | 440.2 |
| Sodium | **less than 766mg** | 752.4 | 757.6 | 764.6 | 753.6 | 520.3 |

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 November 4, 2024