|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday Feb 3, 2025  2 oz LS ham  1/2c Baked Sweet potatoes (non candied)  1/2c Asparagus  Wheat roll  1c Strawberries and bananas  1/2c Light (SF) nonfat vanilla yogurt | Tuesday Feb 4, 2025  3oz LS roasted Chicken Drumstick  1/2c Brown Rice  3/4c green Beans  1.5c Tossed salad w/ 2 TBSP light ranch dressing  1/2c Apple slices | Wednesday Feb 5, 2025  Cheeseburger  (1 wheat bun, 3oz patty, 2 TBSP GC, 1oz American cheese, 1/2c Lettuce, 2 slices tomato, 1 slice onion)  1/2c LS Potato wedges  1c California blend vegetables  1/2c Fruit cocktail | Thursday Feb 6, 2025  3oz Fried Catfish  1 TBSP tartar sauce  1c Coleslaw w/ 2 TBSP dressing  1/2c tomato and onion salad  1oz Cornbread  1c Chilled peaches | Friday Feb 7, 2025  Soft Chicken Taco  (1 6in flour tortilla, 3oz Chicken, 2 TBSP salsa, 1/2c Lettuce and tomato, 1oz cheese)  1/2c LS pinto beans  1/2c Spinach  1 slice pineapple upside down cake |
| Monday Feb 10, 2025  3oz Roast Beef  2oz LS Gravy  1/2c Parsley potatoes  1/2c Carrots  Wheat roll  1/2c Apricots | Tuesday Feb 11, 2025  3oz LS herbed Pork Chop  2oz LS Gravy  1/2c LS brown Rice pilaf w/ 1/4c Mushrooms  1c Vegetable medley  1/2c Applesauce | Wednesday Feb 12, 2025  1c Stuffed Bell Pepper Soup  (3oz Beef, 1/8c White rice, 1/2c bell pepper)  1.5c Garden Salad w/ 2 TBSP Light Italian Dressing  Wheat roll  1/2c Butterscotch pudding | Thursday Feb 13, 2025  1c Chicken spaghetti  (3oz Chicken, 1/2c Spaghetti, 0.5oz cheese, 1/4c broccoli))  1/2c beets  1.5c Tossed salad w/ 2 TBSP light ranch Dressing  Fresh pear | Friday Feb 14, 2025  3oz Chicken Fried Steak  2oz County Gravy  1/2c LS three bean salad  1/2c Mustard greens  Wheat roll  1c Grapes |
| Monday Feb 17, 2025  6oz RC Beef Enchiladas  (3oz beef, 2 corn tortilla, 1oz Cheese, 2oz RC, 1/2c lettuce and tomato)  1/2c Pinto beans  1c Capri Vegetables  1/2c SF gelatin w/ 1/2c banana | Tuesday Feb 18, 2025  1c Chicken and dumplings  (3oz Chicken, 1/2c dumplings, 1/4c carrots)  1c Garden Blend vegetables  1c Fruit salad | Wednesday Jan 19, 2025  1c Ham and beans  (2oz LS Ham, 1/2c LS pinto beans)  1.5c tossed salad w/ 2 TBSP light ranch dressing  Wheat roll w/ 1 tsp unsalted butter  1slice spice cake w/ 2 TBSP cream cheese frosting | Thursday Feb 20, 2025  4oz LS Orange chicken  (3oz Chicken, 2 TBSP sauce)  1/2c Brown Rice  1c Emperor Vegetables  Vegetable egg roll  3/4c Mandarin oranges | Friday Feb 21, 2025  3oz Meatloaf  2oz LS gravy  1/3c Mashed Potatoes  3/4c Green beans  Wheat roll w/ 1 tsp unsalted butter  3/4c Pineapple chunks |
| Monday Feb 24, 2025  1c Beef stew  (3oz beef, 1/2c Vegetables)  1.5c Tossed salad w/ 2 TBSP light ranch dressing  Wheat roll w/ 1 tsp unsalted butter  Orange | Tuesday Feb 25, 2025  3oz LS Herbed Baked Fish  2 TBSP tartar sauce  1/2c Cilantro lime slaw  1c Chateau blend vegetables  Wheat roll w/ 1 tsp unsalted butter  1/2c plums | Wednesday Feb 26, 2025  3oz Hamburger steak  1/4c onions, 2oz LS gravy  1/2c Black eyed peas  1/2c Brussel sprouts  Wheat roll w/ 1 tsp unsalted butter  3/4c mixed fruit | Thursday Feb 27, 2025  3oz Chicken Tenders  1oz LS Gravy  1/2c LS Herb roasted red potatoes  1c California Blen Vegetables  WW Roll w/ 1 tsp unsalted butter  1/2c Fruit cocktail | Friday Feb 28, 2025  Frito pie  (3oz Beef, 2oz RC, 1oz Corn chips, 1/2c lettuce and tomato, 1/4c Onion)  1/2c LS pinto beans  1c Zucchini w/ NAS diced tomatoes  1c Tropical 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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **n/a** |
| Calories | 700 or more | 734.0 | 715.4 | 714.1 | 700.9 |  |
| % Carbohydrates from Calories | 45-55% | 50.4 | 47.2 | 52.9 | 50.3 |  |
| % Protein from Calories | 15-25% | 20.1 | 24.4 | 21.5 | 21.9 |  |
| % Fat from Calories | 25-35 | 29.6 | 28.4 | 25.6 | 27.8 |  |
| Saturated Fat | less than 8g | 7.8 | 7.9 | 7.8 | 7.6 |  |
| Fiber | 10g or more | 10.1 | 10.1 | 10.9 | 11.2 |  |
| Vitamin B-12 | .8ug or more | 2.1 | 2.7 | 1.9 | 3.0 |  |
| Vitamin A | 300ug RAE or more | 579.7 | 603.9 | 358.0 | 490.5 |  |
| Vitamin C | 30mg or more | 38.4 | 39.8 | 30.6 | 69.0 |  |
| Iron | 2.6mg or more | 4.5 | 5.1 | 4.4 | 4.6 |  |
| Calcium | 400mg or more | 571.2 | 510.6 | 482.6 | 485.3 |  |
| Sodium | less than 766mg | 756.9 | 717.9 | 680.7 | 678.3 |  |

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 December 27, 2024