|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday Feb 3, 20252 oz LS ham1/2c Baked Sweet potatoes (non candied)1/2c AsparagusWheat roll1c Strawberries and bananas1/2c Light (SF) nonfat vanilla yogurt  | Tuesday Feb 4, 20253oz LS roasted Chicken Drumstick 1/2c Brown Rice3/4c green Beans1.5c Tossed salad w/ 2 TBSP light ranch dressing1/2c Apple slices  | Wednesday Feb 5, 2025Cheeseburger(1 wheat bun, 3oz patty, 2 TBSP GC, 1oz American cheese, 1/2c Lettuce, 2 slices tomato, 1 slice onion)1/2c LS Potato wedges1c California blend vegetables1/2c Fruit cocktail  | Thursday Feb 6, 20253oz Fried Catfish1 TBSP tartar sauce1c Coleslaw w/ 2 TBSP dressing1/2c tomato and onion salad1oz 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 beans1/2c Spinach1 slice pineapple upside down cake  |
| Monday Feb 10, 20253oz Roast Beef2oz LS Gravy1/2c Parsley potatoes1/2c CarrotsWheat roll1/2c Apricots  | Tuesday Feb 11, 20253oz LS herbed Pork Chop2oz LS Gravy1/2c LS brown Rice pilaf w/ 1/4c Mushrooms1c Vegetable medley1/2c Applesauce  | Wednesday Feb 12, 20251c Stuffed Bell Pepper Soup(3oz Beef, 1/8c White rice, 1/2c bell pepper)1.5c Garden Salad w/ 2 TBSP Light Italian DressingWheat roll1/2c Butterscotch pudding | Thursday Feb 13, 20251c Chicken spaghetti(3oz Chicken, 1/2c Spaghetti, 0.5oz cheese, 1/4c broccoli))1/2c beets1.5c Tossed salad w/ 2 TBSP light ranch DressingFresh pear | Friday Feb 14, 20253oz Chicken Fried Steak2oz County Gravy1/2c LS three bean salad1/2c Mustard greensWheat roll1c Grapes |
| Monday Feb 17, 20256oz RC Beef Enchiladas(3oz beef, 2 corn tortilla, 1oz Cheese, 2oz RC, 1/2c lettuce and tomato)1/2c Pinto beans1c Capri Vegetables1/2c SF gelatin w/ 1/2c banana | Tuesday Feb 18, 20251c Chicken and dumplings(3oz Chicken, 1/2c dumplings, 1/4c carrots)1c Garden Blend vegetables1c Fruit salad   | Wednesday Jan 19, 20251c Ham and beans(2oz LS Ham, 1/2c LS pinto beans)1.5c tossed salad w/ 2 TBSP light ranch dressingWheat roll w/ 1 tsp unsalted butter 1slice spice cake w/ 2 TBSP cream cheese frosting  | Thursday Feb 20, 20254oz LS Orange chicken(3oz Chicken, 2 TBSP sauce)1/2c Brown Rice1c Emperor VegetablesVegetable egg roll 3/4c Mandarin oranges | Friday Feb 21, 2025 3oz Meatloaf2oz LS gravy1/3c Mashed Potatoes3/4c Green beansWheat roll w/ 1 tsp unsalted butter 3/4c Pineapple chunks  |
| Monday Feb 24, 20251c Beef stew(3oz beef, 1/2c Vegetables)1.5c Tossed salad w/ 2 TBSP light ranch dressingWheat roll w/ 1 tsp unsalted butter Orange  | Tuesday Feb 25, 20253oz LS Herbed Baked Fish2 TBSP tartar sauce1/2c Cilantro lime slaw1c Chateau blend vegetablesWheat roll w/ 1 tsp unsalted butter 1/2c plums  | Wednesday Feb 26, 20253oz Hamburger steak1/4c onions, 2oz LS gravy1/2c Black eyed peas 1/2c Brussel sproutsWheat roll w/ 1 tsp unsalted butter 3/4c mixed fruit  | Thursday Feb 27, 20253oz Chicken Tenders1oz LS Gravy1/2c LS Herb roasted red potatoes1c California Blen VegetablesWW Roll w/ 1 tsp unsalted butter 1/2c Fruit cocktail  | Friday Feb 28, 2025Frito pie(3oz Beef, 2oz RC, 1oz Corn chips, 1/2c lettuce and tomato, 1/4c Onion)1/2c LS pinto beans1c Zucchini w/ NAS diced tomatoes1c 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