|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY DECEMBER 2**  Chile Beans  (3/4 cup beans, 1/4c sauce)  1/2c Squash  1c Coleslaw w/ 2 TBSP Dressing  1 slice LF Cornbread  1c Grapes | **TUESDAY DECEMBER 3**  1c Beef Stew  (3oz Beef, 1/2c Vegetables)  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  1 6in Flour Tortilla  `1/2c Apricots | **WEDNESDAY DECEMBER 4**  Chicken Taco  (1/2c lettuce and tomato, 1/4c onion, .5oz Cheese, 6in flour Tortilla, 2 TBSP Salsa)  1c Vegetable Medley  1/2c LS Spanish Rice  1/2c Pears | **THURSDAY DECEMBER 5**  3oz LS Herbed Pork Chop  1/2c LS Brown Rice Pilaf  1c Roasted Zucchini and Brussel Sprouts  1/2c Topical Fruit Salad  1/2c Nonfat Vanilla Yogurt | **FRIDAY DECEMBER 6**  **CLOSED** |
| **MONDAY DECMBER 9**  Beef Fajitas  (3oz Beef, 1 6in Flour Tortilla, 2 TBSP Salsa, 1/2c Peppers and onions,)  1/2c Carrots  1/2c Chuckwagon Vegetables  3/4c Spiced Peaches | **TUESDAY DECEMBER 10**  1c Green Chile Chicken Stew  (1oz GC, 3oz Chicken, 1/2c Potatoes/onions)  1/2c Tomato and onion salad  Orange  1 6in Flour Tortilla | **WEDNESDAY DECEMBER 11**  3oz Meatloaf  1/3c LS Mashed Potatoes w/ 1oz LS Gravy  1c California blend Vegetables  1 Wheat roll w/ 1 tsp margarine  1c Fruit Salad  1/2c Vanilla nonfat Yogurt | **THURSDAY DECEMBER 12**  2oz LS Ham  1/4c Dressing  3/4c Yams  3/4c Green Beans w/  1/3c Slivered almonds  Wheat roll w/ 1tsp margarine  1/2c Pumpkin in Pie | **FRIDAY DECEMBER 13**  **CLOSED** |
| **MONDAY DECEMBER 16**  Navajo taco  (1oz Fry Bread, 1/2c Tomatoes, 1/2c Romaine lettuce, 1/2c Pinto Beans, 1oz Ground Beef, .5oz Cheese, 1/4c onion)  1/2c Calabacitas  1/2c Broccoli Spears  3/4c Apple Slices | **TUESDAY DECEMBER 17**  Spaghetti with meat sauce  (1/2c Pasta, 5oz meat sauce (3oz meat, 2oz LS Marinara Sauce)  1c Italian Blend Vegetables  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  3/4c Mixed Fruit | **WEDNESDAY DECEMBER 18**  Chile Relleno  (1oz batter, 1 pepper, .5oz Cheese)  1/2c LS Spanish rice  1/2c LS Pinto Beans  1/2c NAS Stewed Tomatoes  1/2c Spinach  1/2c Vanilla nonfat Yogurt  1c Strawberries | **THURSDAY DECEMBER 19**  Meat and Veggie Pizza  (2oz LS Ham, 1/2c Vegetables (peppers, onions, mushrooms, tomato, 1oz Sauce, 1oz Cheese, 1oz Crust)  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1/2c Pineapple Tidbits, 1/2c Mandarin oranges w/ 1/4c Slivered Almonds | **FRIDAY DECEMBER 20**  **CLOSED** |
| **MONDAY DECEMBER 23**  3oz LS baked Chicken Breast  1/2c LS Brown Rice Pilaf  1c Chateau Blend Vegetables w/ 1 tsp margarine  Wheat Roll w/ 1 tsp margarine  1/2c Fruit cocktail | **TUESDAY DECEMBER 24**  Loaded Baked Potato  (1 potato, 1 tsp margarine, 1 tsp chives, .5oz Cheese)  1c Tossed Salad w/ 1/2c Lentils, w/ 2 TBSP FF Italian Dressing, w/ 1/4c LS Garbanzo Beans  6 LS WW crackers  1/2c Cottage Cheese  Orange | **WEDNESDAY DECEMBER 25**  **CLOSED FOR THE HOLIDAY** | **THURSDAY DECEMBER 26**  **CLOSED FOR THE HOLIDAY** | **FRIDAY DECEMBER 27**  **CLOSED** |
| **MONDAY DECEMBER 30**  Chef’s Salad  1 oz. Turkey, 2oz Chicken, 1.5c Lettuce & 1/4c Tomato, 1 HB Egg, 1/4c cucumber, 1/4c carrots, 1/4c Red Cabbage, 2T Light Ranch Dressing  6 LS WW crackers  Banana | **TUESDAY DECEMBER 31**  BBQ Chicken  (3oz chicken,  1 TBSP BBQ Sauce)  1/2c Yams  1/2c Winter blend vegetables  1/2c LS Three bean salad  1 WW Roll w/ 1 tsp unsalted butter  1c Fruit Salad |  |  | LS=low sodium  NAS=no added salt  WW= whole wheat  SF=sugar free |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **2** | **Days in Week:**  **2** |
| Calories | 700 or more | 727.5 | 744.5 | 702.6 | 706.2 | 713.0 |
| % Carbohydrates from Calories | 45-55% | 51.1 | 46.9 | 53.2 | 51.9 | 49.6 |
| % Protein from Calories | 15-25% | 21.2 | 18.7 | 20.5 | 21.6 | 22.6 |
| % Fat from Calories | 25-35% | 27.7 | 31.4 | 26.3 | 26.5 | 27.8 |
| Saturated Fat | less than 8g | 7.7 | 7.9 | 7.8 | 7.6 | 7.6 |
| Fiber | 10g or more | 11.6 | 10.9 | 14.8 | 11.8 | 10.6 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.2 | 2.3 | 1.7 | 1.7 |
| Vitamin A | 300ug RAE or more | 581.2 | 498.5 | 656.1 | 521.1 | 492.3 |
| Vitamin C | 30mg or more | 63.3 | 60.7 | 127.8 | 57.0 | 37.2 |
| Iron | 2.6mg or more | 4.7 | 4.5 | 6.1 | 3.8 | 3.7 |
| Calcium | 400mg or more | 511.9 | 489.5 | 601.7 | 517.0 | 413.4 |
| Sodium | less than 766mg | 631.8 | 753.9 | 764.1 | 763.1 | 734.4 |

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 October 23, 2024