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|  |  | Wednesday, Jan 1  **Closed New Year’s Day** | Thursday, Jan 2  **3oz. Hamburger Steak**  1/4c Grilled Onions 1oz LS Gravy  1/2c Sweet potato fries  1/2c Broccoli  Wheat roll  Orange | Friday, Jan 3  **Chili Dog**  (1oz Turkey frank,2 oz beef, 2oz RC sauce, 1/2 hotdog bun)  1/2c Pinto beans  1/2c Carrots  1/2c Apricots |
| Monday, Jan 6  **Open Hot Turkey Sandwich**  (3 oz. Turkey, 2 oz. Low Sodium Gravy, 1 sl. Wheat Bread)  1/2c Green Peas  3/4c Brussel Sprouts w/ 1 tsp unsalted butter  1c Tropical Fruit salad | Tuesday, Jan 7  **6oz Beef Enchilada Casserole**  (2oz Ground beef, 2 corn tortilla, 1oz Cheese, 2 oz. red chile,  1/2c lettuce and tomato)  1/2c LS Pinto Beans  1/2c Cucumber tomato salad  1/2c SF Gelatin w/ 1/2c Pears | Wednesday, Jan 8  **3 oz. Roasted Chicken**  (3 oz. Chicken, 2oz. LS Gravy)  1/3c Scalloped Potatoes  3/4c Spinach  1 WW roll  1 tsp unsalted butter  1/2c Fruit Cocktail | Thursday, Jan 9  **Sweet and Sour Pork**  (3oz Pork, 1oz Sauce)  1/2c Brown Rice  1c Emperor blend vegetables  Vegetable egg roll  3/4c Pineapple | Friday, Jan 10  **5oz. Hamburger Stroganoff**  (3 oz. hamburger 2 oz. sauce  1/2c mushroom  1/2c Egg Noodles  1c Vegetable medley w/ 1 tsp unsalted butter  1/2c Mixed Fruit  1/2c Butterscotch pudding |
| Monday, Jan 13  **Chicken Fajitas**  (3oz Chicken, 1 6in WW Tortilla, 1/2c Peppers and onions, 2 TBSP salsa)  1/2c LS pinto beans  1c Capri Vegetables w/ 1 tsp unsalted butter  1c Grapes | Tuesday, Jan 14  **Spaghetti**  (1/2c pasta, 3 oz. meat, 3oz NAS Marinara Sauce)  1.5c Tossed salad w/ 2 TBSP Light ranch dressing.  1c Italian Blend vegetables w/ 1 tsp unsalted butter  1/2c Cherries w/ 1 slice white cake (no frosting) | Wednesday, Jan 15  **Teriyaki Chicken Breast**  (3oz chicken breast, 1 TBSP Sauce)  1c Oriental vegetables  1/2c Brown rice  1 Vegetable egg roll  1 Orange | Thursday, Jan 16  **Chicken Fried steak**  1/3c mashed potatoes  2oz LS Country Gravy  3/4c Green beans w/1 tsp unsalted butter  Wheat roll w/ 1 tsp unsalted butter  1c Strawberries and Bananas | Friday, Jan 17  **4 oz. Classic Chicken Salad**  (3oz chicken, 1/4c celery & onions, 2 slices wheat bread, 1/2c lettuce)  4 oz. Tomato and Onion Salad  1/2c Carrot raisin salad  1/2c Peaches |
| Monday, Jan 20  **8oz Shepherd’s Pie**  (3oz Ground Beef  1/3c Mashed potatoes,  1/2c onions, carrots, peas)  1/2c Beets  3/4c Salad w/ 1 TBSP light Italian Dressing  Wheat Dinner Roll  1/2c Apple slices | Tuesday, Jan 21  **Chile Relleno**  (1 pepper, 1oz Cheese, 1oz batter)  1/2c LS spanish rice  1/2c Pinto beans  1c Zucchini w/ NAS diced tomatoes  1c Fruit Salad | Wednesday, Jan 22  **8oz Beef and Barley Soup**  (3oz Beef, 1/4c Barley, 1/4c carrots and celery)  1/2c Cauliflower  1.5c Tossed salad w/ 2 TBSP light ranch dressing  Wheat roll  1c Pineapple Chunks | Thursday, Jan 23  **2oz LS Lean Ham**  1/2c LS parsley Potatoes  1/2c Asparagus  1.5 Tossed salad w/ 2 TBSP Light Italian Dressing  3/4c Light (SF) Vanilla Nonfat Yogurt  Wheat roll  1c Tropical Fruit | Friday, Jan 24  **Open Faced Red Chile Burger**  (1/2 wheat bun, 3 oz patty, 1oz RC, .5oz Cheese, 1/2c Lettuce and tomato)  1/3c Hominy  1c Chateau blend vegetables  1c Strawberries  1 slices SF Angel Food Cake |
| Monday, Jan 27  **Ham and Swiss Cheese Sandwich**  (2 slices wheat bread, 2oz LS Ham, 1oz Swiss cheese, 1/2c Lettuce, 2 sliced tomato)  1/2c Sliced Carrots  1/2c LS creamy Cucumber Salad  Apple | Tuesday, Jan 28  **6oz LS Beef Tips w/ LS Gravy**  (3oz Beef, 3oz LS Gravy)  1/3c Mashed Potatoes  1c California Vegetables  1 WW Roll  banana | Wednesday, Jan29  **Stuffed Peppers**  (3oz Beef, 1 pepper, 1/3c Rice)  1c Vegetable medley  1 WW Roll  3/4c Apricots | Thursday, Jan 30  **3/4c Chicken and rice casserole**  (3oz chicken, 1/4c Rice, 1oz cheese,)  3/4c Broccoli, 1/4c red pepper  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  Wheat roll w/ 1 tsp unsalted butter  Pear | Friday, Jan 31  **Fish and Chips**  (3 oz breaded fish,  3oz. NAS French fries)  3/4c Green Beans  Dressings  1 WW Roll w/1 tsp unsalted butter  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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | **700 or more** | 724.2 | 708.9 | 769.4 | 700.2 | 701.1 |
| % Carbohydrates from Calories | **45-55%** | 48.3 | 52.7 | 50.0 | 53.4 | 51.3 |
| % Protein from Calories | **15-25%** | 22.7 | 22.3 | 20.0 | 19.7 | 21.4 |
| % Fat from Calories | **25-35%** | 29.0 | 25.0 | 30.0 | 26.9 | 27.3 |
| Saturated Fat | **less than 8g** | 7.8 | 7.9 | 7.5 | 8.0 | 8.0 |
| Fiber | **10g or more** | 15.2 | 10.0 | 11.2 | 11.1 | 11.9 |
| Vitamin B-12 | **.8ug or more** | 3.6 | 2.0 | 1.8 | 2.6 | 2.9 |
| Vitamin A | **300ug RAE or more** | 847.6 | 387.8 | 446.0 | 465.7 | 523.8 |
| Vitamin C | **30mg or more** | 60.7 | 53.5 | 54.9 | 75.4 | 65.2 |
| Iron | **2.6mg or more** | 5.7 | 5.3 | 4.4 | 4.6 | 4.6 |
| Calcium | **400mg or more** | 547.2 | 496.0 | 479.3 | 473.8 | 507.7 |
| Sodium | **less than 766mg** | 694.4 | 765.0 | 747.5 | 761.0 | 757.2 |

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 5, 2024