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|  |  | Wednesday, Jan 1**Closed New Year’s Day** | Thursday, Jan 2**3oz. Hamburger Steak**  1/4c Grilled Onions 1oz LS Gravy1/2c Sweet potato fries 1/2c BroccoliWheat rollOrange  | Friday, Jan 3**Chili Dog**(1oz Turkey frank,2 oz beef, 2oz RC sauce, 1/2 hotdog bun)1/2c Pinto beans1/2c Carrots1/2c Apricots |
| Monday, Jan 6 **Open Hot Turkey Sandwich**(3 oz. Turkey, 2 oz. Low Sodium Gravy, 1 sl. Wheat Bread)1/2c Green Peas3/4c 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 Beans1/2c Cucumber tomato salad1/2c SF Gelatin w/ 1/2c Pears | Wednesday, Jan 8 **3 oz. Roasted Chicken**(3 oz. Chicken, 2oz. LS Gravy)1/3c Scalloped Potatoes3/4c Spinach1 WW roll 1 tsp unsalted butter 1/2c Fruit Cocktail  | Thursday, Jan 9**Sweet and Sour Pork**(3oz Pork, 1oz Sauce)1/2c Brown Rice1c Emperor blend vegetables Vegetable egg roll 3/4c Pineapple  | Friday, Jan 10 **5oz. Hamburger Stroganoff**(3 oz. hamburger 2 oz. sauce 1/2c mushroom1/2c Egg Noodles1c Vegetable medley w/ 1 tsp unsalted butter 1/2c Mixed Fruit1/2c 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 beans1c 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 vegetables1/2c Brown rice1 Vegetable egg roll1 Orange  | Thursday, Jan 16**Chicken Fried steak**1/3c mashed potatoes2oz LS Country Gravy3/4c 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 Salad1/2c Carrot raisin salad1/2c Peaches |
| Monday, Jan 20 **8oz Shepherd’s Pie**(3oz Ground Beef1/3c Mashed potatoes,1/2c onions, carrots, peas)1/2c Beets3/4c Salad w/ 1 TBSP light Italian DressingWheat Dinner Roll1/2c Apple slices | Tuesday, Jan 21 **Chile Relleno**(1 pepper, 1oz Cheese, 1oz batter)1/2c LS spanish rice1/2c Pinto beans1c Zucchini w/ NAS diced tomatoes1c Fruit Salad | Wednesday, Jan 22 **8oz Beef and Barley Soup**(3oz Beef, 1/4c Barley, 1/4c carrots and celery)1/2c Cauliflower1.5c Tossed salad w/ 2 TBSP light ranch dressingWheat roll 1c Pineapple Chunks  | Thursday, Jan 23 **2oz LS Lean Ham**1/2c LS parsley Potatoes1/2c Asparagus1.5 Tossed salad w/ 2 TBSP Light Italian Dressing3/4c Light (SF) Vanilla Nonfat YogurtWheat roll1c 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 Hominy1c Chateau blend vegetables1c Strawberries1 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 Carrots1/2c LS creamy Cucumber SaladApple | Tuesday, Jan 28 **6oz LS Beef Tips w/ LS Gravy**(3oz Beef, 3oz LS Gravy)1/3c Mashed Potatoes1c California Vegetables1 WW Rollbanana | Wednesday, Jan29**Stuffed Peppers**(3oz Beef, 1 pepper, 1/3c Rice)1c Vegetable medley1 WW Roll3/4c Apricots | Thursday, Jan 30**3/4c Chicken and rice casserole**(3oz chicken, 1/4c Rice, 1oz cheese,)3/4c Broccoli, 1/4c red pepper3/4c Tossed salad w/ 1 TBSP light Italian DressingWheat roll w/ 1 tsp unsalted butterPear | Friday, Jan 31**Fish and Chips**(3 oz breaded fish,3oz. NAS French fries)3/4c Green BeansDressings1 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