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| Monday February 3  Pepper Steak  (1/2c Peppers and Onions, 3oz Beef, 2oz sauce)  1c Stir Fry Vegetables  1/2c Brown rice  1c Mandarin oranges | Tuesday February 4  Asian Salad with chicken  (3oz Diced chicken, 1.5c Romaine lettuce, 1/4c tomatoes, 1/4c shredded red cabbage, 1/4c shredded carrots, 1/4c cucumber, 1/2c Diced mango)  2 TBSP Lite Toasted Sesame Dressing  Wheat roll w/ 1 tsp margarine | Wednesday February 5  Spaghetti w/ Meat sauce  (1/2c Spaghetti  6oz meat sauce (3oz ground beef, 3oz NAS marinara Sauce)  1c Italian blend  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1 Garlic bread  1 Fresh Pear | Thursday February 6  Hot Turkey Sandwich  (3oz. sliced Turkey, 1 sl. Wheat Bread, 1 oz LS Gravy )  1/2c Parsley Potatoes  3/4c Green Beans w/ 1 tsp margarine  1/2c LS LF Broccoli Salad  1c Berries w/ 1/2c Light (SF) nonfat vanilla yogurt | Friday February 7  GC Cheeseburger  (2 TBSP GC, .5oz Cheese, 3oz beef, 1bun, 1/2c Lettuce, 2 slices tomato, 1 slice onion)  1c California Blend Vegetables w/ 1 tsp unsalted butter  1/2c LS pinto beans  1c Pineapple |
| Monday February 10  Salisbury Steak w/Mushrooms  (3.5oz beef, 1/2c Mushrooms, 1oz LS Gravy)  1/2c Brown Rice  1/2c Broccoli w/1 tsp margarine  1c Tropical Fruit | Tuesday February 11  1c RC Pork Posole  (3oz Pork, 1/2c Hominy, 1 oz RC)  1c Capri Veggies w/ 1 tsp margarine  6 LS WW Crackers  1/2c Spiced Pears | Wednesday February 12  Chicken Pot Pie  (3oz chicken, 1oz Crust, 1/2c peas and carrots)  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c Strawberries & Peaches  1/2c SF gelatin | Thursday February 13  RC Smothered Bean Burrito  (1 8n Flour tortilla, 3/4c LS Pinto beans, .5oz Cheese, 2oz RC Sauce),  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1/2c Warm Apple slices | Friday February 14  Grilled Chicken Sandwich  (3oz Chicken Breast, 1/2c lettuce, 1 slice tomato, 1 bun)  1/2c Potato wedges  1/2c Brussel sprouts  1c mixed fruit |
| Monday February 17  Closed in observance of President’s Day | Tuesday February18  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1c Stuffed Bell Pepper Casserole  (1/3c pepper, 1/4c Brown Rice, 3oz Beef)  Wheat roll w/ 1 tsp margarine  1c Strawberries and bananas | Wednesday February 19  3oz LS Oven baked chicken breast w/ 2oz LS Gravy  1/3c LS herb roasted potatoes  3/4c carrots  Wheat roll  orange | Thursday February 20  Beef Fajita  (3oz Beef, 1/2c peppers and onion, 1 6in flour tortilla)  2 TBSP Salsa  1/2c LS Spanish rice  1/2c LS Pinto Beans  1/2c Calabacitas  3/4c Diced Mango | Friday February 21  Chicken Alfredo  (3oz Chicken, 1oz Light Alfredo sauce), 1/2c Fettuccine  1c Italian Blend Vegetables  3/4c Tossed Salad w/ 1 TBSP Light Italian Dressing  3/4c Apricots |
| Monday February 24  3oz Chicken Fried Steak  1/3c LS Mashed Potatoes, w/ 2oz LS Country Gravy  3/4c Collard greens  Wheat roll  1c Pears | Tuesday February 25  Tuna salad sandwich  (3/4c Tuna salad, 2 slices wheat bread, 1/2c lettuce)  1/2c Carrot raisin salad  3/4c LS tomato soup  1c Tropical light | Wednesday February 26  5oz Beef Stroganoff  (3oz Beef, 2oz LS gravy)  1/2c Wheat penne pasta  1/4c Mushrooms,  1c Chateau blend  1c Fruit Cocktail | Thursday February 27  5oz Teriyaki Chicken  (3oz Chicken, 1oz Sauce, 1/4c peppers and onions)  1/2c Brown Rice  1c Emperor vegetables  Vegetable egg roll  1c Pineapple chunks and mandarin oranges | Friday February 28  Shredded BBQ Pork Sandwich  (2oz shredded pork, 1oz BBQ Sauce, 1 WW hamburger bun)  1/2c NAS Baked French Fries  1/2c LS three bean salad  1/2c Light (SF) nonfat vanilla yogurt  1c cantaloupe |

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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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **n/a** |
| Calories | 700 or more | 702.7 | 703.4 | 711.0 | 795.6 |  |
| % Carbohydrates from Calories | 45-55% | 49.4 | 51.7 | 49.4 | 53.6 |  |
| % Protein from Calories | 15-25% | 22.9 | 20.9 | 23.8 | 19.6 |  |
| % Fat from Calories | 25-35% | 27.6 | 27.5 | 26.8 | 26.8 |  |
| Saturated Fat | less than 8g | 8.0 | 7.8 | 7.5 | 7.2 |  |
| Fiber | 10g or more | 12.1 | 10.6 | 11.9 | 10.2 |  |
| Vitamin B-12 | .8ug or more | 3.0 | 1.9 | 2.5 | 2.7 |  |
| Vitamin A | 300ug RAE or more | 485.7 | 449.9 | 665.4 | 353.3 |  |
| Vitamin C | 30mg or more | 75.3 | 71.9 | 92.5 | 57.5 |  |
| Iron | 2.6mg or more | 5.1 | 4.3 | 4.8 | 4.5 |  |
| Calcium | 400mg or more | 463.4 | 444.4 | 439.9 | 484.0 |  |
| Sodium | less than 766mg | 751.8 | 671.1 | 764.6 | 766.5 |  |

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 January 26, 2025