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| --- | --- | --- | --- | --- |
| MONDAY 3, 2025Chicken Fajitas(3oz Chicken, 1/2c Peppers and onions,1 6in wheat tortilla, 1 TBSP salsa)1/2c LS pinto beans1c Island Blend Vegetables1/2c Peaches 1 PB cookie | TUESDAY 4, 2025Pork Stir Fry(3oz Pork, 0.5oz Sauce)3/4c Brown Rice1c Stir Fry Vegetables1/2c Mandarin oranges 1 slice SF Angel food cake  | WEDNESDAY 5, 2025Breaded Chicken Sandwich(1 wheat bun, 3oz Chicken patty, 1/2c lettuce, 2 slices tomato)1/2c Baby carrots1/2c Cucumber and tomato salad 1c Tropical Fruit | THURSDAY 6, 20252oz LS Baked Ham1/2c Yams1c Vegetable Madely3/4c Garden Salad w/ 1 TBSP light ranch Dressing 1c Pineapple TidbitsWheat roll w/ 1 tsp unsalted butter 1/2c Light (SF) nonfat vanilla yogurt  | FRIDAY 7, 20253/4c Chicken & Rice Casserole(3oz Chicken 1/2c brown rice, 0.5oz Cheese)1c California Veggies w/ 2 tsp unsalted butter Spinach Salad(1c baby spinach, 1/4c red onion, ¼ HB Egg)2 TBSP Light Ranch Dressing Fresh Apple |
| MONDAY 10, 20253oz Chicken Tenders1/3c Sweet Potato Fries1c chateau blend vegetables1c strawberries6oz Light (SF) nonfat vanilla yogurt | TUESDAY 11, 2025Meatball Sub(1 hot dog bun, 3oz meatballs, 3oz NAS marinara Sauce)1c Italian Veggies1/2c SF gelatin w/ 1/2c Banana | WEDNESDAY 12, 20258oz Green Chile Chicken Enchiladas(2 corn tortilla, 3oz chicken, 2oz GC, 1oz Cheese, 1/2c Lettuce, tomato)1/2c Pinto Beans1c Capri blend vegetables 1c sliced Pears | THURSDAY 13, 20253oz Beef RoastMushroom Gravy(1oz LS gravy, 1/2c Mushrooms)½ Baked Potato1/2c Carrots, 1/4c onions)1.5c Tossed salad w/ 2 TBSP light Italian Dressing Wheat roll 1c Fruit salad  | FRIDAY 14, 20253oz LS Herbed Pork Chop2oz LS Gravy1/2c Lemon herb Orzo3/4c Broccoli 1/4c Red bell pepper1.5c Tossed salad w/ 2 TBSP light Italian Dressing 6 wheat crackers 3/4c Cinnamon Spiced Apples  |
| MONDAY 17, 20255oz Orange Chicken(3oz Chicken, 2oz sauce)1/2c Brown Rice1c Asian blend vegetablesVegetable egg roll1/2c pineapple chunks | TUESDAY 18, 2025Open Face Turkey Sandwich(1 wheat bread, 2oz LS Gravy, 2oz LS gravy)1c Mediterranean Blend w/ 2 tsp unsalted butter 1/2c Fruit cocktail1/2c Light (SF) nonfat vanilla yogurt | WEDNESDAY 19, 2025Spaghetti with(1/2c Spaghetti, 6oz Meat sauce(3oz beef, 3oz NAS marinara Sauce)1c Italian Blend w/ 1 tsp unsalted butter 1.5c Green Salad w/ 2TBSP Light Italian Dressing1c Fruit Salad | THURSDAY 20, 2025Pork Carne Adovada Burrito(1 8in wheat tortilla, 3oz Pork, 2oz RC sauce)1/2c Pinto beans1c Zucchini w/ NAS diced tomatoes w/ 1 tsp unsalted butter 1c Tropical Fruit salad  | FRIDAY 21, 20251c Green Chile Chicken Posole(2 TBSP GC, 3oz Chicken, 1/2c Posole)1.5c Tossed Salad w/ 2 TBSP light Italian Dressi1 6in wheat Tortilla1/2c Mixed Fruit  |
| MONDAY 24, 20253oz LS Salisbury SteakMushroom Gravy(2oz LS gravy, 1/4c mushrooms)1/3c Mashed Potatoes3/4c AsparagusWheat rollFresh Pear  | TUESDAY 25, 20253oz Baked Chicken 2oz LS gravy1/2c LS Rice Pilaf w/ 1/2c Mushrooms1c winter blend vegetablesOrange  | WEDNESDAY 26, 2025Frito Pie(1oz Corn Chips, 2oz RC sauce, 3oz Beef 1/2c Lettuce and tomato, 1/4c onions)1/2c Pinto Beans1c Capri Vegetables1c Apricots  | THURSDAY 27, 20251c Beef & Potato Stewwith Veggies1/2c Steamed Spinach & 1/4c Onions1.5 Tossed Salad w/ 2TBSP light Italian DressingWheat roll 1/2c SF gelatin1c Strawberries  | FRIDAY 28, 2025Chicken Salad Sandwich(1/2c Chicken salad w/ 3oz Chicken, 1/2c Lettuce, 2 slices tomato, 2 slices wheat bread)1/2c cold beets1/2c Carrot raisin salad Banana |

***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 | 700.7 | 701.0 | 713.4 | 713.9 |  |
| % Carbohydrates from Calories | 45-55% | 51.7 | 49.3 | 52.4 | 47.7 |  |
| % Protein from Calories | 15-25% | 20.5 | 23.7 | 22.8 | 23.7 |  |
| % Fat from Calories | 25-35% | 27.7 | 27.0 | 25.0 | 28.6 |  |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 7.9 | 7.4 |  |
| Fiber | 10g or more | 10.6 | 12.6 | 10.0 | 13.7 |  |
| Vitamin B-12 | .8ug or more | 1.5 | 2.5 | 1.9 | 2.9 |  |
| Vitamin A | 300ug RAE or more | 478.8 | 605.7 | 374.4 | 692.3 |  |
| Vitamin C | 30mg or more | 53.6 | 45.0 | 50.5 | 63.6 |  |
| Iron | 2.6mg or more | 3.4 | 4.4 | 4.1 | 5.8 |  |
| Calcium | 400mg or more | 452.5 | 523.7 | 431.1 | 471.2 |  |
| Sodium | less than 766mg | 765.7 | 696.6 | 709.8 | 592.7 |  |

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 21, 2025