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| Monday 12/30/2024**DUE TO UNFORSEEN****CIRCUMSTANCES****MENU IS SUBJECT TO****CHANGE** | Tuesday 12/31/2024 | Wednesday 1/1/2025**CLOSED** **NEW YEARS DAY** | Thursday 1/2/20253 oz. Breaded Pork Chop1/2c LS brown Wild Rice blend 1c Vegetable medley1 Wheat Roll w/ 1 tsp margarine 3/4c Tossed salad w/ 1 TBSP light Italian dressing 3/4c Fruit Cocktail | Friday 1/3/20253 oz. LS herbed Baked Chicken breast 2oz LS gravy1/3c Mashed Potatoes 1/2c Spinach, 1/4c onionsWheat roll3/4c Tossed salad w/ 1 TBSP light Italian dressing 1c Tropical Fruit salad  |
| Monday 1/6/20253oz LS Ham1/2c sweet potatoes (not candied)2 oz LS Gravy1.5c Tossed Salad w/ 2 TBSP light ranch dressing1/2c Green BeansWheat Roll w/ 1 tsp margarine 1/2c Heavenly Hash | Tuesday 1/7/20253/4c Arroz con Pollo(3 oz. Chicken, 1/2c brown Rice)1/2c Roasted Broccoli 1/2c Carrots3/4c Tossed Salad w/1T Light Italian Dressing1/2c mixed fruit  | Wednesday 1/8/20253 oz. Chopped Steak2oz Low Sodium Gravy1/3c Potato wedges3/4c Asparagus3/4c Tossed salad w/ 1 TBSP light Italian Dressing1 Wheat Roll w/ 1 tsp margarine 1/2c Sliced Apples  | Thursday 1/9/2025Soft Chicken Taco(3oz Chicken, 1 6in Flour tortilla, 1/2c Lettuce and tomato, 1 TBSP salsa)1/2c LS pinto beans1c Capri Vegetables 1/2c Apricots | Friday 1/10/20251c Sweet and Sour Pork(3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)1/2c brown Rice1c Asian Blend Vegetables1/2c Mandarin Oranges |
| Monday 1/13/20255oz Beef Stroganoff (3oz beef, 2oz LS Gravy)1/2c noodles, 1/2c Mushrooms1/2c LS beets3/4c Tossed salad w/ 1 TBSP light Italian Dressing1c Grapes1/2c SF Gelatin  | Tuesday 1/14/20253oz Lean Pork Roast2oz LS Gravy1/2c Mustard greens1c Mediterranean VegiesWheat roll w/ 1 tsp margarine 1/2c plums  | Wednesday 1/15/2025Sloppy Joes(1 WW bun, 2oz Beef, 1/4c Sauce, 1/2c Peppers, onions)3/4c Brussel sprouts1/2c tomato and cucumber salad (non-creamy)3/4c Fruit cocktail 1/2c Light (SF) nonfat vanilla yogurt | Thursday 1/16/20255oz Chicken Adovada(3oz Chicken, 2oz RC sauce)1/3c Calabacitas3/4c Spinach1 6 in Tortilla1c Tropical Fruit Salad 1 slice SF angel food cake | Friday 1/17/256oz c R. Chile Beef Enchiladas(2 corn tortilla, 2oz beef, 1oz Cheese, 2oz RC Sauce, 1/2c Lettuce and tomato) 1/2c LS pinto Beans 1.5c Tossed Salad w/ 2 TBSP light Italian Dressing 3/4c Applesauce |
| Monday 1/20/2025**Closed in Observance of Martin Luther King Day**  | Tuesday 1/21/25Tuna salad sandwich(1/2c tuna salad, 2 slices wheat bread, 1/2c lettuce)1c LS Tomato Soup1.5C Tossed salad w 2 TBSP light Ranch Dressing1c Pineapple chunks  | Wednesday, 1/22/20253oz Chicken Fried Steak1oz LS gravy3/4c Italian green Beans1/3c Red PotatoesWheat roll w/ 1 tsp unsalted butter 1c Strawberries  | Thursday 1/23/20251c Chicken and Dumplings(3oz Chicken, 1/2c Dumplings, 1/4c carrots, onions)1.5c Tossed salad w/ 2 TBSP light Ranch dressing1c Fruit salad  | Friday 1/24/2025Beef taco(3oz Beef, 1/2c Lettuce and tomato, 1 TBSP Pico de Gallo, 1 6in Flour tortilla)3/4c Pinto beans1c Yellow Squash w/ NAS diced tomatoesBanana |
| Monday January 27Chicken Fajitas(3oz Chicken, 1/2c Lettuce and tomato, 6in Flour Tortilla, 2 TBSP salsa, 1/2c peppers and onions)1c Capri Vegetables1c Tropical Fruit salad  | Tuesday January 281 Smothered Tamale(1oz Pork, 1/3c Masa,1/4c Red Chile, 1/4c RC sauce)1/2c LS pinto beans1/3c LS Spanish rice1c Chateau Blend 1/2c Pears | Wednesday January 291c Green Chile Chicken Enchiladas(3oz Chicken, 1oz GC, 2 corn tortilla, 1oz Cheese, 1/2c lettuce and tomato)1/2c Spinach 3/4c Brussel Sprouts 1/2c SF GelatinOrange  | Thursday January 302oz Roast Beef1oz LS Gravy1/3c Scalloped potatoes3/4c BroccoliWW roll 3/4c Apricots1/2c Light (SF) nonfat vanilla yogurt | Friday January 313oz chicken Strips1oz LS Country gravy3/4c Carrots 1/2c LS three bean saladWheat roll 3/4c Mixed Fruit |

***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:****4** | **Days in Week:****5** |
| Calories | 700 or more | 770.3 | 702.9 | 700.8 | 711.7 | 701.0 |
| % Carbohydrates from Calories | 45-55% | 49.9 | 48.6 | 50.7 | 49.4 | 51.2 |
| % Protein from Calories | 15-25% | 23.5 | 22.0 | 23.0 | 21.6 | 20.8 |
| % Fat from Calories | 25-35% | 26.6 | 29.4 | 26.2 | 29.0 | 28.0 |
| Saturated Fat | less than 8g | 7.9 | 7.7 | 7.9 | 8.0 | 8.0 |
| Fiber | 10g or more | 10.6 | 11.2 | 10.6 | 11.5 | 12.1 |
| Vitamin B-12 | .8ug or more | 1.8 | 1.8 | 2.5 | 2.7 | 1.8 |
| Vitamin A | 300ug RAE or more | 653.7 | 696.0 | 511.6 | 470.6 | 592.8 |
| Vitamin C | 30mg or more | 77.0 | 69.4 | 63.3 | 57.0 | 85.7 |
| Iron | 2.6mg or more | 4.9 | 4.4 | 6.0 | 5.7 | 3.6 |
| Calcium | 400mg or more | 440.4 | 427.6 | 525.7 | 483.6 | 508.0 |
| Sodium | less than 766mg | 718.4 | 758.9 | 737.9 | 764.4 | 757.3 |

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 20, 2024