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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 1/2/2025  3 oz. Breaded Pork Chop  1/2c LS brown Wild Rice blend  1c Vegetable medley  1 Wheat Roll w/ 1 tsp margarine  3/4c Tossed salad w/ 1 TBSP light Italian dressing  3/4c Fruit Cocktail | Friday 1/3/2025  3 oz. LS herbed Baked Chicken breast  2oz LS gravy  1/3c Mashed Potatoes  1/2c Spinach, 1/4c onions  Wheat roll  3/4c Tossed salad w/ 1 TBSP light Italian dressing  1c Tropical Fruit salad |
| Monday 1/6/2025  3oz LS Ham  1/2c sweet potatoes (not candied)  2 oz LS Gravy  1.5c Tossed Salad w/ 2 TBSP light ranch dressing  1/2c Green Beans  Wheat Roll w/ 1 tsp margarine  1/2c Heavenly Hash | Tuesday 1/7/2025  3/4c Arroz con Pollo  (3 oz. Chicken, 1/2c brown Rice)  1/2c Roasted Broccoli  1/2c Carrots  3/4c Tossed Salad w/  1T Light Italian Dressing  1/2c mixed fruit | Wednesday 1/8/2025  3 oz. Chopped Steak  2oz Low Sodium Gravy  1/3c Potato wedges  3/4c Asparagus  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  1 Wheat Roll w/ 1 tsp margarine  1/2c Sliced Apples | Thursday 1/9/2025  Soft Chicken Taco  (3oz Chicken, 1 6in Flour tortilla, 1/2c Lettuce and tomato, 1 TBSP salsa)  1/2c LS pinto beans  1c Capri Vegetables  1/2c Apricots | Friday 1/10/2025  1c Sweet and Sour Pork  (3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)  1/2c brown Rice  1c Asian Blend Vegetables  1/2c Mandarin Oranges |
| Monday 1/13/2025  5oz Beef Stroganoff  (3oz beef, 2oz LS Gravy)  1/2c noodles, 1/2c Mushrooms  1/2c LS beets  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  1c Grapes  1/2c SF Gelatin | Tuesday 1/14/2025  3oz Lean Pork Roast  2oz LS Gravy  1/2c Mustard greens  1c Mediterranean Vegies  Wheat roll w/ 1 tsp margarine  1/2c plums | Wednesday 1/15/2025  Sloppy Joes  (1 WW bun, 2oz Beef, 1/4c Sauce, 1/2c Peppers, onions)  3/4c Brussel sprouts  1/2c tomato and cucumber salad (non-creamy)  3/4c Fruit cocktail  1/2c Light (SF) nonfat vanilla yogurt | Thursday 1/16/2025  5oz Chicken Adovada  (3oz Chicken, 2oz RC sauce)  1/3c Calabacitas  3/4c Spinach  1 6 in Tortilla  1c Tropical Fruit Salad  1 slice SF angel food cake | Friday 1/17/25  6oz 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 1/21/25  Tuna salad sandwich  (1/2c tuna salad, 2 slices wheat bread, 1/2c lettuce)  1c LS Tomato Soup  1.5C Tossed salad w 2 TBSP light Ranch Dressing  1c Pineapple chunks | Wednesday, 1/22/2025  3oz Chicken Fried Steak  1oz LS gravy  3/4c Italian green Beans  1/3c Red Potatoes  Wheat roll w/ 1 tsp unsalted butter  1c Strawberries | Thursday 1/23/2025  1c Chicken and Dumplings  (3oz Chicken, 1/2c Dumplings, 1/4c carrots, onions)  1.5c Tossed salad w/ 2 TBSP light Ranch dressing  1c Fruit salad | Friday 1/24/2025  Beef taco  (3oz Beef, 1/2c Lettuce and tomato, 1 TBSP Pico de Gallo, 1 6in Flour tortilla)  3/4c Pinto beans  1c Yellow Squash w/ NAS diced tomatoes  Banana |
| Monday January 27  Chicken Fajitas  (3oz Chicken, 1/2c Lettuce and tomato, 6in Flour Tortilla, 2 TBSP salsa, 1/2c peppers and onions)  1c Capri Vegetables  1c Tropical Fruit salad | Tuesday January 28  1 Smothered Tamale  (1oz Pork, 1/3c Masa,  1/4c Red Chile, 1/4c RC sauce)  1/2c LS pinto beans  1/3c LS Spanish rice  1c Chateau Blend  1/2c Pears | Wednesday January 29  1c 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 Gelatin  Orange | Thursday January 30  2oz Roast Beef  1oz LS Gravy  1/3c Scalloped potatoes  3/4c Broccoli  WW roll  3/4c Apricots  1/2c Light (SF) nonfat vanilla yogurt | Friday January 31  3oz chicken Strips  1oz LS Country gravy  3/4c Carrots  1/2c LS three bean salad  Wheat 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