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| **Monday, February 3**Beef and Papas(3oz Beef, 1/2c Potatoes)1/2c LS Pinto Beans1oz GC1/2c Roasted Brussel Sprouts 1 6in Flour Tortilla3/4c Tropical Fruit Salad1/2c Greek Nonfat Vanilla Yogurt | **Tuesday, February 4** 3/4c Chicken and Noodles(3oz ,1/2c Noodles, 1oz Sauce)1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1c California Blend vegetables1c Cantaloupe | **Wednesday, February 5** 7oz Pepper Steak(3oz Pepper steak, 1/2c Peppers and onions)Baked Sweet Potato w/ 1 tsp margarineWheat roll w/ 1 tsp margarine1/2c Cherries in 1/4c Cobbler  | **Thursday, February 6** Chicken and Dumplings(3oz Chicken, 1oz Sauce, 1 Dumpling)1/2c Asparagus w/ 1 tsp margarine1/2c Carrots w/ 1 tsp margarine1/2c Fruit Cocktail1 sugar Cookie | **Friday, February 7** 3oz Chicken Fried Steak1/2c LS Mashed Potatoes2oz LS Peppered Gravy1/2c Green Beans w/ 1 tsp margarine1 slice Wheat Bread w/ 1 tsp margarine1/2c Spiced Apples |
| **Monday, February 10**Chicken Fajitas(3oz Chicken, 1/2c Peppers and onions, 1 6in WW Tortilla, 2 TBSP Salsa)1/2c Corn Salsa 1/2c LS Spanish Rice1/2c Pears | **Tuesday, February 11**Sweet and Sour Pork(4oz Diced Pork, 1oz Sauce, 2 tsp Sesame Seeds)1c Brown Rice1c Stir Fry Vegetables1c Mandarin Oranges | **Wednesday, February 12** 6oz Tuna Noodle Casserole(3oz Light Tuna, 1/2c pasta, 1/2c Peas and carrots1c Tossed Salad w/ 2 TBSP FF Italian DressingWheat roll w/ 1 tsp margarine1c Strawberries w/ 2 TBSP whipped topping | **Thursday February 13**1 Stuffed Cabbage(1 cabbage leaf, 3oz Beef, 1/4 c Rice, 1oz Marinara Sauce)1/2c Carrot Raisin Salad 1/2c Roasted Cauliflower 1 slice Wheat bread w/ 1sp margarine1/2c Spiced Peaches | **Friday, February 14** Fish Sandwich(3oz LS Baked Fish, 1 WW bun, 1 TBSP Tartar Sauce, 1/2c Lettuce, 2 slices tomato)1/2c Herb Roasted Red Potatoes 1c Coleslaw w 2 TBSP Dressing1 Banana |
| **Monday, February 17** **CLOSED**3,857 Presidents Day Illustrations & Clip Art - iStock | **Tuesday, February 18** 3/4c Chicken Tetrazzini(3oz Chicken, 1/2c Pasta, 1oz Sauce)1c Vegetable Medley w/ 1 tsp margarine Wheat roll w/ 1 tsp unsalted butter 1/2c Grapes | **Wednesday, February 19** 3/4c Ham and Beans(1oz LS Ham, 1/2c LS Pinto Beans)1/2c Peppers and onions1/2c LF LS Broccoli Salad 1 slice LF Cornbread, 1tsp margarine1/2c Berries w/ 1/2c SF Gelatin | **Thursday, February 20** 3oz Hamburger Steak2oz LS Gravy, 1/4c Mushrooms1/2c Brown Rice w/ 1 tsp unsalted butter 1/2 Green Beans w/ 1/4c Onions Wheat roll w/ 1 tsp margarine1/2c Pineapple Chunks | **Friday, February 21** 1c Macaroni and Cheese(1/2c Macaroni and 2oz Cheese)Spinach salad (1c Spinach, w/ 2 TBSP lite Raspberry Dressing1/4c onions, 2 TBSP Cranberries) Fresh Pear 1/2c Light Vanilla Yogurt |
| **Monday, February 24**Green Chile Cheeseburger(1oz GC, 1 slice Swiss cheese, 3oz Patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c NAS Baked French Fries 1c Capri Vegetables1 Orange (sliced) | **Tuesday, February 25** 3oz Baked Chicken Thighw/ Herbs1/2 Baked Sweet Potato w/ 1tsp Margarine1c California Blend Vegetable1 Whole Wheat roll1 Banana1 Peanut Butter Cookie | **Wednesday, February 26** Beef Tacos(3oz Beef, 0.5 shredded cheese, 1/2c Lettuce & Tomato,2 Corn Tortillas, 2 TBSP salsa)1/2c Calabacitas 1/2c Roasted Carrots1 Apple (sliced) | **Thursday, February 27**Green Chile Cheese Chicken Sandwich(1oz GC, 1 slice cheese, 1 bun, 3oz Chicken)1.5c Tossed Salad w/ 2 TBSP FF Ranch Dressing3/4c Three Bean Salad1c Cantaloupe | **Friday, February 28** 4oz Baked LS Cajun Tilapia1 TBSP Tartar Sauce 1/2c Brown Rice1c Italian Vegetables w 1tsp Margarine 1 Whole Wheat roll w/ 1 tsp Margarine1 cup grapes |
|  |  | Occasionally we must substitute a food item. We apologize for any inconvenience. | Lunch served daily from 12:00 – 1:00 pm | Suggested Donation$1.50 |

***utrient 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:****4** | **Days in Week:****5** | **Days in Week:****n/a** |
| Calories | **700 or more** | 704.9 | 724.4 | 809.5 | 702.9 |  |
| % Carbohydrates from Calories | **45-55%** | 51.2 | 51.6 | 53.9 | 48.6 |  |
| % Protein from Calories | **15-25%** | 22.8 | 19.4 | 20.2 | 24.1 |  |
| % Fat from Calories | **25-35%** | 25.9 | 29.0 | 25.9 | 27.3 |  |
| Saturated Fat | **less than 8g** | 6.2 | 6.4 | 7.7 | 6.8 |  |
| Fiber | **10g or more** | 10.0 | 10.0 | 11.5 | 10.5 |  |
| Vitamin B-12 | **.8ug or more** | 2.8 | 1.6 | 2.3 | 2.7 |  |
| Vitamin A | **300ug RAE or more** | 887.6 | 520.9 | 398.1 | 608.3 |  |
| Vitamin C | **30mg or more** | 69.7 | 81.6 | 45.7 | 56.5 |  |
| Iron | **2.6mg or more** | 5.3 | 3.5 | 5.4 | 4.2 |  |
| Calcium | **400mg or more** | 501.2 | 461.0 | 610.7 | 509.0 |  |
| Sodium | **less than 766mg** | 763.4 | 759.1 | 670.1 | 745.4 |  |

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 20, 2025