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| **Monday, February 3**  Beef and Papas  (3oz Beef, 1/2c Potatoes)  1/2c LS Pinto Beans  1oz GC  1/2c Roasted Brussel Sprouts  1 6in Flour Tortilla  3/4c Tropical Fruit Salad  1/2c 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 Dressing  1c California Blend vegetables  1c Cantaloupe | **Wednesday, February 5**  7oz Pepper Steak  (3oz Pepper steak, 1/2c Peppers and onions)  Baked Sweet Potato w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  1/2c Cherries in 1/4c Cobbler | **Thursday, February 6**  Chicken and Dumplings (3oz Chicken, 1oz Sauce, 1 Dumpling)  1/2c Asparagus w/ 1 tsp margarine  1/2c Carrots w/ 1 tsp margarine  1/2c Fruit Cocktail  1 sugar Cookie | **Friday, February 7**  3oz Chicken Fried Steak  1/2c LS Mashed Potatoes  2oz LS Peppered Gravy  1/2c Green Beans w/ 1 tsp margarine  1 slice Wheat Bread w/ 1 tsp margarine  1/2c 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 Rice  1/2c Pears | **Tuesday, February 11**  Sweet and Sour Pork  (4oz Diced Pork, 1oz Sauce, 2 tsp Sesame Seeds)  1c Brown Rice  1c Stir Fry Vegetables  1c Mandarin Oranges | **Wednesday, February 12**  6oz Tuna Noodle Casserole  (3oz Light Tuna, 1/2c pasta, 1/2c Peas and carrots  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Wheat roll w/ 1 tsp margarine  1c 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 margarine  1/2c 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 Dressing  1 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 onions  1/2c LF LS Broccoli Salad  1 slice LF Cornbread, 1tsp margarine  1/2c Berries w/ 1/2c SF Gelatin | **Thursday, February 20**  3oz Hamburger Steak  2oz LS Gravy, 1/4c Mushrooms  1/2c Brown Rice w/ 1 tsp unsalted butter  1/2 Green Beans w/ 1/4c Onions  Wheat roll w/ 1 tsp margarine  1/2c Pineapple Chunks | **Friday, February 21**  1c Macaroni and Cheese  (1/2c Macaroni and 2oz Cheese)  Spinach salad  (1c Spinach, w/ 2 TBSP lite Raspberry Dressing  1/4c 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 Vegetables  1 Orange (sliced) | **Tuesday, February 25**  3oz Baked Chicken Thigh  w/ Herbs  1/2 Baked Sweet Potato w/ 1tsp Margarine  1c California Blend Vegetable  1 Whole Wheat roll  1 Banana  1 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 Carrots  1 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 Dressing  3/4c Three Bean Salad  1c Cantaloupe | **Friday, February 28**  4oz Baked LS Cajun Tilapia  1 TBSP Tartar Sauce  1/2c Brown Rice  1c Italian Vegetables w 1tsp Margarine  1 Whole Wheat roll w/ 1 tsp Margarine  1 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