|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 3** 2oz Kielbasa 1/2c peppers and onions1/2c Cabbage1oz Cornbread1/2c Tomato and cucumber salad1/2c Mandarin oranges 1/2c light (SF) nonfat vanilla yogurt  | **Tuesday 4**3oz Roast Turkey2 oz LS Gravy1/2c parsley Potatoes1/2c Carrots w/ onionsWheat roll1/2c Fruit cocktail  | **Wednesday 5**BBQ chicken(3oz Chicken, 1 TBSP BBQ sauce)1/2c Yams3/4c Roasted Brussel sprouts3/4c Tossed salad w/ 1 TBSP light ranch DressingWheat roll1/2c Pears   | **Thursday 6** 3/4c Goulash(3oz Beef, 1/2c Macaroni, 1/8c stewed tomatoes)1c Winter blendWheat roll1.5c Tossed salad w/ 2 TBSP light ranch Dressing | **Friday 7**CLOSED  |
| **Monday 10** Hamburger(wheat bun, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)1.5c Tossed salad w/ 2 TBSP light Italian Dressing1/2c LS Cowboy Beans1/2c SF gelatin 1/2c Strawberries  | **Tuesday 11**3oz Baked Chicken1oz LS Gravy1/2c Zucchini1/2c Brown Rice1.5c Tossed salad w/ 2 TBSP light ranch DressingWheat roll  1/2c Spiced Peaches  | **Wednesday 12** 3oz Meatloaf w/2oz LS Gravy1/3c LS Mashed potatoes3/4c Green beansWheat roll1.5c Tossed salad w/ 2 TBSP light ranch Dressing1c grapes | **Thursday 13**3oz Pork Roast1oz LS gravy1/2c Brown/Wild Rice blend 3/4c Tossed salad w/ 1 TBSP light Italian Dressing1c California blend vegetablesWheat roll1/2c Applesauce | **Friday 14** CLOSED  |
| **Monday 17**CLOSED  | **Tuesday 18**Hamburger veggie pizza(1.5oz Ground beef, 0.5oz Cheese, 1oz Wheat crust, 1oz Sauce, 1/2c Peppers and onions, 2 TBSP GC)1.5c Tossed salad w/ 2 TBSP light ranch Dressing1c Tropical Fruit salad 1/2c Light (SF) nonfat vanilla yogurt  | **Wednesday 19**Sweet and sour Pork(3oz Pork, 2 TBSP sauce, 1 tsp sesame seeds)3/4c Brown rice1c Oriental vegetables1c Mandarin oranges and pineapple chunks   | **Thursday 20**Tuna Salad Sandwich(3/4c Tuna salad (3oz Tuna), 2 slices wheat bread, 1/2c lettuce)1c LS Tomato soup3/4c Broccoli w/ 1/4c red bell peper 3/4c Tossed salad w/ 1 TBSP light Italian Dressing1c Mixed Fruit   | **Friday 21**CLOSED  |
| **Monday 24**4oz Porcupine Meatballs(3oz beef, 1oz rice)1c Vegetable medley3/4c Tossed salad w/ 1 TBSP light Italian DressingWheat roll w/ 1 tsp margarine 1 Fresh Pear  | **Tuesday 25**Nacho Supreme(1oz Tortilla chips, 1oz beef, 2 slices jalapeno slices, 2 TBSP GC, 1 tsp green onions, 1/2c Tomatoes) 1/2c Black beans1/2c SpinachOrange  | **Wednesday 26**Grilled cheese sandwich(2 slices wheat bread, 1oz Swiss Cheese)1c Minestrone soup w/ 1/4c red beans1.5c Tossed Salad w/ 2 TBSP light Italian dressing1c Fruit salad 1/2c Light (SF) nonfat vanilla yogurt | **Thursday 27**8oz GC Chicken Enchiladas(3oz Chicken, 1oz cheese, 2oz GC sauce, 1/2c lettuce and tomato, 2 corn tortilla)1/2c Pinto beans1c Zucchini and yellow squash1/3cLS Spanish rice 1/2c Cinnamon Peaches1 slice SF angel food cake  | **Friday 28**CLOSED  |

***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:****4** | **Days in Week:****4** | **Days in Week:****3** | **Days in Week:****4** | **Days in Week:****n/a** |
| Calories | 700 or more | 702.5 | 703.0 | 774.7 | 707.4 |  |
| % Carbohydrates from Calories | 45-55% | 47.1 | 46.9 | 52.5 | 54.8 |  |
| % Protein from Calories | 15-25% | 23.2 | 23.6 | 18.4 | 19.9 |  |
| % Fat from Calories | 25-35% | 29.7 | 29.6 | 29.1 | 25.3 |  |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 8.0 | 7.9 |  |
| Fiber | 10g or more | 10.4 | 11.9 | 10.1 | 13.7 |  |
| Vitamin B-12 | .8ug or more | 2.4 | 2.5 | 2.7 | 2.1 |  |
| Vitamin A | 300ug RAE or more | 547.9 | 622.7 | 520.2 | 550.7 |  |
| Vitamin C | 30mg or more | 70.9 | 52.1 | 126.4 | 44.3 |  |
| Iron | 2.6mg or more | 4.4 | 5.0 | 4.0 | 5.3 |  |
| Calcium | 400mg or more | 467.9 | 455.8 | 520.2 | 602.9 |  |
| Sodium | less than 766mg | 738.3 | 728.9 | 758.7 | 749.4 |  |

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 15, 2025