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|  |  | Wednesday January 1Closed for Holiday | Thursday January 2 Spaghetti and Meatballs(1/2c spaghetti, 3oz meatballs)1c Italian Blend vegetablesWheat roll 3/4c Tossed salad w/ 1 TBSP Light Italian Dressing Pear | Friday January 3 1c GC Pork Posole (3oz Pork, 1/2c hominy, 2 TBSP GC)1/2c zucchini 1 6in Wheat Tortilla1.5c Tossed Salad w/ 2 TBSP light Italian Dressing 1/2c Mixed Fruit |
| Monday January 6 Egg Salad Sandwich(1/2c Egg salad, 1/2c lettuce, 2 slices wheat bread)1/2c Vegetable medley w/ 1 tsp unsalted butter 1c LS Tomato soup 1/2c Apricots 1c Light (SF) nonfat vanilla yogurt  | Tuesday January 7 **Ecuador**3/4c Shrimp Ceviche(3oz shrimp, 1/3c onions, tomatoes, red bell pepper)1oz Cassava Bread Roll1/2c Lentils1/2c Spinach w/ 1 tsp unsalted butter 1/2c Strawberries 1oz Plantain Chips | Wednesday January 8 Cheese & Mushroom Pizza(1oz crust, 1/2c Mushrooms, 1oz Cheese, 1oz pizza sauce) 1/2c Asparagus w/ 1 tsp unsalted butter 1/2c Garbanzo beans1/2c NAS stewed tomatoes1/2c Spiced Peaches1/2c SF Angel Food Cake  | Thursday January 96oz LS Beef Stroganoff(3oz Beef, 3oz Sauce)1/2c Egg Noodles1c Winter vegetables w/ 1 tsp unsalted butter 1/2c Fruit cocktail  | Friday January 10Sweet and Sour Pork(3oz Pork, 2 TBSP sauce, 1 tsp sesame seeds, 1/2c peppers and onions)1/2c Brown Rice1c Stir Fry VegetablesVegetable EggrollFortune Cookie1/2c Mandarin Oranges |
| Monday January 13Beef Soft Tacos(3oz Beef, 1 6in Flour Tortilla, 1 TBSP Salsa, 1/2c lettuce and tomato)1/2c Pinto Beans1c Garden Blend VegetablesOrange | Tuesday January 14**Breakfast for Lunch**2 Scrambled Eggs1c diced Red potatoes w/ Peppers and OnionsWheat Bread1c Fruit Salad 1/2c Light (SF) vanilla nonfat Yogurt | Wednesday January 151c Tuna Noodle Casserole(3oz Tuna, 1/2c pasta, 1/4c peas and carrots)1.5c Tossed salad w/ 2 TBSP light Ranch DressingWheat Roll w/ 1 tsp unsalted butter 1/2c Pear Halves | Thursday January 161c Green Chile Chicken Enchiladas(2 corn tortilla, 3oz chicken, 2oz GC sauce, 1oz Cheese)1/3c LS Cilantro Lime Brown Rice1c Yellow Squash w/ Diced Tomatoes1c Grapes | Friday January 173oz Salisbury Steak1/3c parsley potatoes1c Chateau Blend Vegetables1.5c Tossed salad w/ 2 TBSP light ranch DressingWheat roll 1/2c Plums1/2c LF Lemon pudding |
| Monday January 20ClosedMLK Day  | Tuesday January 21Frito Pie (3oz ground beef, 2oz RC sauce, 1oz corn chips)1/2c Pinto beans1c Capri Blend vegetables1/2c Mandarin oranges1/2c LF chocolate pudding | Wednesday January 221c LS LF Broccoli Cheese Soup‘(1/2c Broccoli, .5oz Cheese, 1/4c onions, carrots, celery)1oz Cornbread w/ 1 tsp unsalted butter 1.5c Tossed salad w/ 2 TBSP light ranch dressing1c Light (SF) vanilla nonfat Yogurt 1c Strawberries and bananas | Thursday January 233/4c Tater Tot Casserole(3oz Beef, 1/4c Tater tots, 1/2c mixed vegetables) WW Roll w/ 1 tsp unsalted butter 3/4c Brussel Sprouts 1c Cantaloupe1/2c SF gelatin  | Friday January 244oz LS herbed Tilapia1 TBSP Tartar sauce1/2c Black Beans w/ 1/2c red bell pepper 1.5c Tossed salad w/ 2 TBSP light ranch dressingWheat roll w/ 1 tsp unsalted butter 1c Fruit salad   |
| Monday January 27Green Chile Cheeseburger(1bun, 3oz patty, 2 TBSP GC, 0.5oz Cheese, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c NAS baked French Fries1/2c LS three bean salad Fresh pear | Tuesday January 28Closed for Kitchen Cleaning | Wednesday January 293/4c Spinach Lasagna(1/2c Spinach, 1/4c pasta, 1oz Sauce, 2oz Cheese)1c Italian VegetablesWheat roll w/ 1 tsp unsalted butter 1/2c Light (SF) vanilla nonfat Yogurt1/2c Berries  | Thursday January 30Fish Tacos w/ Corn Tortilla(2 corn tortilla, 3oz Fish, 2 TBSP Salsa)1/2c Spanish Slaw 1/3c LS Cilantro Lime Brown Rice1/2c Calabacitas1/2c Mixed Fruit  | Friday January 312oz LS ham1/3c LS Mashed Sweet Potatoes 3/4c Green Beans w/ 1/4c Slivered AlmondsWhole Wheat Roll w/ 1 tsp unsalted butter 1/2c Pineapple Chunks |

***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:****4** |
| Calories | 700 or more | 722.3 | 702.4 | 701.3 | 700.3 | 734.5 |
| % Carbohydrates from Calories | 45-55% | 48.4 | 53.8 | 51.0 | 49.1 | 52.9 |
| % Protein from Calories | 15-25% | 23.4 | 20.8 | 22.6 | 21.9 | 19.8 |
| % Fat from Calories | 25-35% | 28.2 | 25.4 | 26.4 | 29.1 | 27.3 |
| Saturated Fat | less than 8g | 7.6 | 7.8 | 7.9 | 8.0 | 7.6 |
| Fiber | 10g or more | 11.7 | 10.8 | 10.2 | 12.7 | 12.1 |
| Vitamin B-12 | .8ug or more | 3.1 | 2.0 | 2.6 | 2.6 | 2.2 |
| Vitamin A | 300ug RAE or more | 549.5 | 442.8 | 542.1 | 667.9 | 383.4 |
| Vitamin C | 30mg or more | 37.3 | 48.7 | 47.2 | 106.5 | 49.3 |
| Iron | 2.6mg or more | 4.5 | 5.7 | 5.4 | 4.6 | 4.2 |
| Calcium | 400mg or more | 447.5 | 579.9 | 542.7 | 551.3 | 605.7 |
| Sodium | less than 766mg | 750.3 | 762.6 | 756.7 | 754.3 | 759.3 |

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 6, 2024