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|  |  | Wednesday January 1  Closed for Holiday | Thursday January 2  Spaghetti and Meatballs  (1/2c spaghetti, 3oz meatballs)  1c Italian Blend vegetables  Wheat 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 Tortilla  1.5c 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 Roll  1/2c Lentils  1/2c 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 beans  1/2c NAS stewed tomatoes  1/2c Spiced Peaches  1/2c SF Angel Food Cake | Thursday January 9  6oz LS Beef Stroganoff  (3oz Beef, 3oz Sauce)  1/2c Egg Noodles  1c Winter vegetables w/ 1 tsp unsalted butter  1/2c Fruit cocktail | Friday January 10  Sweet and Sour Pork  (3oz Pork, 2 TBSP sauce, 1 tsp sesame seeds, 1/2c peppers and onions)  1/2c Brown Rice  1c Stir Fry Vegetables  Vegetable Eggroll  Fortune Cookie  1/2c Mandarin Oranges |
| Monday January 13  Beef Soft Tacos  (3oz Beef, 1 6in Flour Tortilla, 1 TBSP Salsa, 1/2c lettuce and tomato)  1/2c Pinto Beans  1c Garden Blend Vegetables  Orange | Tuesday January 14  **Breakfast for Lunch**  2 Scrambled Eggs  1c diced Red potatoes w/ Peppers and Onions  Wheat Bread  1c Fruit Salad  1/2c Light (SF) vanilla nonfat Yogurt | Wednesday January 15  1c Tuna Noodle Casserole  (3oz Tuna, 1/2c pasta, 1/4c peas and carrots)  1.5c Tossed salad w/ 2 TBSP light Ranch Dressing  Wheat Roll w/ 1 tsp unsalted butter  1/2c Pear Halves | Thursday January 16  1c Green Chile Chicken Enchiladas  (2 corn tortilla, 3oz chicken, 2oz GC sauce, 1oz Cheese)  1/3c LS Cilantro Lime Brown Rice  1c Yellow Squash w/ Diced Tomatoes  1c Grapes | Friday January 17  3oz Salisbury Steak  1/3c parsley potatoes  1c Chateau Blend Vegetables  1.5c Tossed salad w/ 2 TBSP light ranch Dressing  Wheat roll  1/2c Plums  1/2c LF Lemon pudding |
| Monday January 20  Closed  MLK Day | Tuesday January 21  Frito Pie  (3oz ground beef, 2oz RC sauce, 1oz corn chips)  1/2c Pinto beans  1c Capri Blend vegetables  1/2c Mandarin oranges  1/2c LF chocolate pudding | Wednesday January 22  1c 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 dressing  1c Light (SF) vanilla nonfat Yogurt  1c Strawberries and bananas | Thursday January 23  3/4c 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 Cantaloupe  1/2c SF gelatin | Friday January 24  4oz LS herbed Tilapia  1 TBSP Tartar sauce  1/2c Black Beans w/ 1/2c red bell pepper  1.5c Tossed salad w/ 2 TBSP light ranch dressing  Wheat roll w/ 1 tsp unsalted butter  1c Fruit salad |
| Monday January 27  Green 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 Fries  1/2c LS three bean salad  Fresh pear | Tuesday January 28  Closed for  Kitchen Cleaning | Wednesday January 29  3/4c Spinach Lasagna  (1/2c Spinach, 1/4c pasta, 1oz Sauce, 2oz Cheese)  1c Italian Vegetables  Wheat roll w/ 1 tsp unsalted butter  1/2c Light (SF) vanilla nonfat Yogurt  1/2c Berries | Thursday January 30  Fish Tacos w/ Corn Tortilla  (2 corn tortilla, 3oz Fish, 2 TBSP Salsa)  1/2c Spanish Slaw  1/3c LS Cilantro Lime Brown Rice  1/2c Calabacitas  1/2c Mixed Fruit | Friday January 31  2oz LS ham  1/3c LS Mashed Sweet Potatoes  3/4c Green Beans w/ 1/4c Slivered Almonds  Whole 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