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| --- | --- | --- | --- | --- |
| **Monday 3** Chicken Soft Tacos(3oz Meat, 1 6in Flour Tortilla, 1/2c Lettuce and tomato, 2 TBSP salsa, 0.5oz Cheese)1/2c Zucchini w/ 1 tsp unsalted butter 1/2c Pinto beans1/2c Applesauce  | **Tuesday 4**GC Alfredo Pasta(2 TBSP GC, 3oz Light Alfredo sauce, 1/2c Fettuccine)1c Italian Blend Vegetables1.5c Tossed salad w/ 2 TBSP light ranch dressing w/ 1/4c Red beans (protein requirement)Wheat RollOrange1c Light (SF) nonfat vanilla yogurt | **Wednesday 5**3oz LS Herbed Pork Chop 2oz LS gravy1/2c Brown Rice 1c Winter blend Vegetable w/ 1 tsp unsalted butter 3/4c Tossed Salad w/ 1 TBSP light Italian Dressing3/4c Fruit Cocktail  | **Thursday 6** Sloppy Joes(1 bun, 3oz Beef, 1/4c sauce)1/2c Peppers and onions1/2c Green Beans1/2c Creamy Cucumber SaladBanana | **Friday 7**3/4c Beans & Ham (1/2c LS beans, 1oz LS Ham)1c Coleslaw w/ 2 TBSP light Italian Dressing1/2c Carrots1oz Cornbread w/ 1 tsp unsalted butter 1c Grapes |
| **Monday 10**Hot Dogs(1oz beef hot dog, ½ WW Hot dog bun, 1/2c shredded cabbage )1/2c Carrot raisin Salad1/2c Potato Wedges1c Light (SF) nonfat vanilla yogurt 1/2c Mixed Berries  | **Tuesday 11**4oz Macaroni & Cheese(1oz Cheese, 1/2c Macaroni1/2c Brussel Sprouts 1.5c Tossed Salad w/ 2 TBSP light Italian Dressing3/4c Pineapple Tidbits1c Light (SF) nonfat vanilla yogurt  | **Wednesday 12**Beef Fajitas(3oz Beef, 1/2c Peppers and onions, 1 6in flour tortilla, 2 TBSP salsa)1/2c Pinto beans1/2c Spinach 1/2c Diced Mango  | **Thursday 13**Sweet & Sour Pork (2 TBSP sauce, 3oz Pork)1/2c Brown Rice1c Stir Fry Vegetables1 Vegetable egg roll1 fortune cookie3/4c Mandarin Oranges  | **Friday 14** RC Beef PotatoesBurrito(2oz RC sauce , 3oz Beef, 1/2c Potatoes, 1 8 in flour tortilla)1c Yellow squash w/ NAS diced tomatoes 1/2c Blueberries in 1/4c Crisp  |
| **Monday 17**2oz Scrambled Eggs 1oz Reduced fat Sausage Patty 1/2c Pinto beans w/ 1/2c Peppers and onions1 slice wheat bread w/ 1 tsp unsalted butter 1c Mixed fruit | **Tuesday 18**4oz LS Baked Fish 2 TBSP tartar sauce1/2c LS brown Rice pilaf1/2c Chateau Blend vegetables1c Cilantro lime SlawWheat roll w/ 1 tsp unsalted butter  Orange  | **Wednesday 19**Garden Salad with Chicken & Eggs (1c Romaine lettuce and baby spinach, 1/4c carrots, 1/4c Cucumbers , 1/4c Red Cabbage, 1 HB Egg, 3oz Diced Chicken 1/4c tomatoes)2 TBSP light ranch DressingWheat roll w /1 tsp unsalted butter 1 Fresh pear  | **Thursday 20**Taco Burger(1 WW bun, 3oz patty, `1/2c lettuce, 2 slices tomato, 2 TBSP salsa)1/2c Pinto Beans 1/2c LS LF Broccoli Salad 1c Fruit Salad | **Friday 21**Pepperoni Pizza (1oz Crust, 0.5oz cheese, 0.5oz Pepperoni (about 7 slices, 1oz Sauce, 2 TBSP GC)1c Island blend vegetables w/ 1 tsp unsalted butter 1c Light (SF) Raspberry Yogurt1c Tropical Fruit salad  |
| **Monday 24**Pasta w meat sauce (3oz meat, 3oz NAS marinara Sauce1/2c pasta)1c Italian Blend vegetablesw/ 1 tsp unsalted butter 1c Strawberries and Bananas1 slice SF angel food cake  | **Tuesday 25**Bean & Cheese Burritos (1 8 in flour tortilla, 1/2c Pinto beans, 1oz cheese, 2 TBSP GC, 1oz GC sauce )1.5c Tossed salad w/ 2 TBSP light ranch dressing3/4c Apricots  | **Wednesday 26**3oz Chicken Nuggets1c Vegetable medley w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter 3/4c Tossed salad w/ 1 TBSP light ranch dressing1c Cantaloupe  | **Thursday 27**Fish Sandwich (3oz Fish, 1 TBSP tartar sauce, 1bun)1/2c LS herb roasted potatoes3/4c Green beans1/2c Lemon pudding3/4c Blueberries   | **Friday 28**BBQ chicken Breast (3oz Chicken breast, 1 TBSP Barbecue sauce)1/2c baked Sweet potatoes (not candied)1c California VegetablesWheat Roll w/ 1 tsp unsalted butter 3/4c Fruit cocktail  |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****n/a** |
| Calories | 700 or more | 701.6 | 816.1 | 705.7 | 703.7 |  |
| % Carbohydrates from Calories | 45-55% | 52.6 | 50.5 | 51.1 | 50.5 |  |
| % Protein from Calories | 15-25% | 21.7 | 18.4 | 21.4 | 21.5 |  |
| % Fat from Calories | 25-35% | 25.7 | 28.1 | 27.4 | 25.0 |  |
| Saturated Fat | less than 8g | 7.9 | 7.2 | 7.8 | 7.4 |  |
| Fiber | 10g or more | 12.1 | 10.0 | 10.5 | 10.5 |  |
| Vitamin B-12 | .8ug or more | 1.9 | 2.2 | 2.2 | 2.0 |  |
| Vitamin A | 300ug RAE or more | 501.5 | 479.1 | 396.3 | 560.5 |  |
| Vitamin C | 30mg or more | 51.0 | 70.0 | 78.0 | 40.4 |  |
| Iron | 2.6mg or more | 4.5 | 5.2 | 3.9 | 4.7 |  |
| Calcium | 400mg or more | 559.3 | 582.1 | 498.6 | 478.6 |  |
| Sodium | less than 766mg | 755.0 | 761.6 | 758.7 | 760.5 |  |

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 14, 2025