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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 beans  1/2c Applesauce | **Tuesday 4**  GC Alfredo Pasta  (2 TBSP GC, 3oz Light Alfredo sauce, 1/2c Fettuccine)  1c Italian Blend Vegetables  1.5c Tossed salad w/ 2 TBSP light ranch dressing w/ 1/4c Red beans (protein requirement)  Wheat Roll  Orange  1c Light (SF) nonfat vanilla yogurt | **Wednesday 5**  3oz LS Herbed Pork Chop  2oz LS gravy  1/2c Brown Rice  1c Winter blend Vegetable w/ 1 tsp unsalted butter  3/4c Tossed Salad w/ 1 TBSP light Italian Dressing  3/4c Fruit Cocktail | **Thursday 6**  Sloppy Joes  (1 bun, 3oz Beef, 1/4c sauce)  1/2c Peppers and onions  1/2c Green Beans  1/2c Creamy Cucumber Salad  Banana | **Friday 7**  3/4c Beans & Ham  (1/2c LS beans, 1oz LS Ham)  1c Coleslaw w/ 2 TBSP light Italian Dressing  1/2c Carrots  1oz 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 Salad  1/2c Potato Wedges  1c Light (SF) nonfat vanilla yogurt  1/2c Mixed Berries | **Tuesday 11**  4oz Macaroni & Cheese  (1oz Cheese, 1/2c Macaroni  1/2c Brussel Sprouts  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  3/4c Pineapple Tidbits  1c 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 beans  1/2c Spinach  1/2c Diced Mango | **Thursday 13**  Sweet & Sour Pork  (2 TBSP sauce, 3oz Pork)  1/2c Brown Rice  1c Stir Fry Vegetables  1 Vegetable egg roll  1 fortune cookie  3/4c Mandarin Oranges | **Friday 14**  RC Beef Potatoes  Burrito  (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 onions  1 slice wheat bread w/ 1 tsp unsalted butter  1c Mixed fruit | **Tuesday 18**  4oz LS Baked Fish  2 TBSP tartar sauce  1/2c LS brown Rice pilaf  1/2c Chateau Blend vegetables  1c Cilantro lime Slaw  Wheat 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 Dressing  Wheat 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 Yogurt  1c Tropical Fruit salad |
| **Monday 24**  Pasta w meat sauce  (3oz meat, 3oz NAS marinara Sauce  1/2c pasta)  1c Italian Blend vegetables  w/ 1 tsp unsalted butter  1c Strawberries and Bananas  1 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 dressing  3/4c Apricots | **Wednesday 26**  3oz Chicken Nuggets  1c Vegetable medley w/ 1 tsp unsalted butter  Wheat roll w/ 1 tsp unsalted butter  3/4c Tossed salad w/ 1 TBSP light ranch dressing  1c Cantaloupe | **Thursday 27**  Fish Sandwich  (3oz Fish, 1 TBSP tartar sauce, 1bun)  1/2c LS herb roasted potatoes  3/4c Green beans  1/2c Lemon pudding  3/4c Blueberries | **Friday 28**  BBQ chicken Breast  (3oz Chicken breast, 1 TBSP Barbecue sauce)  1/2c baked Sweet potatoes (not candied)  1c California Vegetables  Wheat 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