|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday Feb 3, 20251c Classic Chili(3oz Beef, 1/4c Beans, 1/4c tomatoes)1c Zucchini and NAS diced tomatoes1oz Cornbread3/4c Apple slices  | Tuesday Feb 4, 20253oz LS Herbed Baked Chicken Breast 1/2c LS Brown Rice Pilaf1/4c Mushrooms1c Vegetable medley Wheat roll 1/2c Peaches | Wednesday Feb 5, 2025Green Chili Cheeseburger(1 wheat bun, 3oz Patty, 2 TBSP GC, .5oz Cheese, 1/2c Lettuce, 2 slices tomato, 1 slice onion)1/2 c LS LF Broccoli Salad3/4c Carrots1c Mixed Fruit  | Thursday Feb 6, 2025BBQ Chicken(3oz Chicken, 2 TBSP BBQ Sauce)1c Coleslaw w/ 2 TBSP Dressing1/2c LS potato wedges 1oz Cornbread1/2c SF Gelatin 1 banana | Friday Feb 7, 20253oz Pepper Steak, 1oz Sauce1/2c peppers and onions1/2c Brown Rice 1c Oriental Veggies1c Mandarin oranges and pineapple chunks  |
| Monday Feb 10, 2025Chicken Quesadilla(2oz Chicken, 0.5oz cheese, 8 in flour tortilla)1 TBSP salsa1/2c LS Pinto beans 1c Capri VegetablesFresh pear  | Tuesday Feb 11, 20251c Pork Green Chile Stew (3 oz. Pork, 1/8c Green Chile, 1/4c Carrots, 1/4c Potato)1.5c Tossed Salad w/ 2 TBSP light Italian Dressing1 6in Flour tortilla 1c Tropical fruit salad  | Wednesday Feb 12, 20256oz Red Chile Beef enchiladas(2oz lean Beef, 2 corn tortilla, 1 oz RC, 1oz Cheese, 1/2c lettuce and tomato)1/2c Cauliflower 1/2c LS Pinto Beans3/4c Fruit cocktail  | Thursday Feb 13, 20251/2c Green Salad w/ 1TBSP light Italian Dressing 3oz lean LS Roast Pork1/2c baked Yams (not candied)1c California blend Wheat Roll1 slice SF angel food cake, 2 TBSP cherry topping | Friday Feb 14, 20255oz chicken Cordon Bleu(3oz chicken, 1oz ham, 1oz cheese)1/2c LS Brown Rice 1c Normandy Vegetables (chateau blend) 3/4c Mixed Berries  |
| Monday Feb 17, 2025CLOSED  | Tuesday Feb 18, 2025Navajo Taco(1oz Fry bread, 2oz Beef, 1/2c LS Pinto Beans, 1/2c Lettuce, 1/2c Tomatoes, 1/4c onions, 2 TBSP Salsa)1c Cantaloupe | Wednesday Jan 19, 20253oz Chicken Strips 1oz LS Country gravy3/4c LS three bean salad 1/2c NAS Baked French Fries3/4c Tossed salad w/ 1 TBSP light Italian Dressing Wheat roll1c Fruit Salad  | Thursday Feb 20, 2025Carne Adovada(3oz Pork 1oz RC)1/2c LS Pinto Beans1/2c Spinach 1 6in Flour TortillaOrange  | Friday Feb 21, 2025 3oz Chicken Fried Steak1/3c Mashed Potatoes 2oz LS Country gravy1c California blend vegetablesWheat roll1c Strawberries and bananas |
| Monday Feb 24, 2025Frito Pie (2oz beef, 1/2c LS pinto beans, 2oz RC, 1oz corn chips, 1/2c lettuce and tomato, 1/8c onion)1c capri vegetables1/2c Mixed Fruit  | Tuesday Feb 25, 20252oz. Kielbasa Sausage1/2c Cabbage 1/2c Peppers and onions1.5c Tossed salad w/ 2 TBSP light Ranch dressing Wheat roll1/2c Light (SF) nonfat vanilla yogurt 1/2c spiced peaches  | Wednesday Feb 26, 20252oz Lean Brisket1/3c parsley potatoes3/4c Brussel SproutsWheat roll1/2c Pineapple tidbits 1/2c Light (SF) nonfat vanilla yogurt  | Thursday Feb 27, 20251c Green Chili Pork Posole(2 TBSP GC, 3oz Pork, 1/2c hominy)1/2c LS Pinto Beans3/4c Tossed salad w/ 1 TBSP light Italian Dressing1 6in Tortilla1/2c applesauce  | Friday Feb 28, 2025 Sloppy Joe(3oz beef, 1/8c sauce, 1 bun, 1/2c peppers and onions)1/3c sweet potato fries3/4c green beans1c Tropical Fruit salad  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:****4** | **Days in Week:****5** | **Days in Week:****n/a** |
| Calories | 700 or more | 717.2 | 703.0 | 711.4 | 701.8 |  |
| % Carbohydrates from Calories | 45-55% | 49.1 | 51.9 | 50.0 | 48.0 |  |
| % Protein from Calories | 15-25% | 23.7 | 21.3 | 20.8 | 20.7 |  |
| % Fat from Calories | 25-35 | 27.3 | 26.8 | 29.1 | 31.3 |  |
| Saturated Fat | less than 8g | 7.8 | 8.0 | 7.8 | 7.9 |  |
| Fiber | 10g or more | 10.0 | 12.5 | 13.3 | 12.6 |  |
| Vitamin B-12 | .8ug or more | 3.1 | 1.7 | 2.1 | 2.8 |  |
| Vitamin A | 300ug RAE or more | 450.9 | 394.2 | 469.4 | 300.0 |  |
| Vitamin C | 30mg or more | 54.7 | 53.2 | 70.0 | 50.2 |  |
| Iron | 2.6mg or more | 4.8 | 3.4 | 5.5 | 4.0 |  |
| Calcium | 400mg or more | 440.2 | 480.6 | 489.3 | 461.4 |  |
| Sodium | less than 766mg | 609.6 | 753.3 | 761.4 | 682.3 |  |

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 January 6, 2025