|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday Feb 3, 2025  1c Classic Chili  (3oz Beef, 1/4c Beans, 1/4c tomatoes)  1c Zucchini and NAS diced tomatoes  1oz Cornbread  3/4c Apple slices | Tuesday Feb 4, 2025  3oz LS Herbed Baked Chicken Breast  1/2c LS Brown Rice Pilaf  1/4c Mushrooms  1c Vegetable medley  Wheat roll  1/2c Peaches | Wednesday Feb 5, 2025  Green 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 Salad  3/4c Carrots  1c Mixed Fruit | Thursday Feb 6, 2025  BBQ Chicken  (3oz Chicken, 2 TBSP BBQ Sauce)  1c Coleslaw w/ 2 TBSP Dressing  1/2c LS potato wedges  1oz Cornbread  1/2c SF Gelatin  1 banana | Friday Feb 7, 2025  3oz Pepper Steak,  1oz Sauce1/2c peppers and onions  1/2c Brown Rice  1c Oriental Veggies  1c Mandarin oranges and pineapple chunks |
| Monday Feb 10, 2025  Chicken Quesadilla  (2oz Chicken, 0.5oz cheese, 8 in flour tortilla)  1 TBSP salsa  1/2c LS Pinto beans  1c Capri Vegetables  Fresh pear | Tuesday Feb 11, 2025  1c 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 Dressing  1 6in Flour tortilla  1c Tropical fruit salad | Wednesday Feb 12, 2025  6oz 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 Beans  3/4c Fruit cocktail | Thursday Feb 13, 2025  1/2c Green Salad w/ 1TBSP light Italian Dressing  3oz lean LS Roast Pork  1/2c baked Yams (not candied)  1c California blend  Wheat Roll  1 slice SF angel food cake, 2 TBSP cherry topping | Friday Feb 14, 2025  5oz 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, 2025  CLOSED | Tuesday Feb 18, 2025  Navajo 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, 2025  3oz Chicken Strips  1oz LS Country gravy  3/4c LS three bean salad  1/2c NAS Baked French Fries  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  Wheat roll  1c Fruit Salad | Thursday Feb 20, 2025  Carne Adovada  (3oz Pork 1oz RC)  1/2c LS Pinto Beans  1/2c Spinach  1 6in Flour Tortilla  Orange | Friday Feb 21, 2025  3oz Chicken Fried Steak  1/3c Mashed Potatoes 2oz LS Country gravy  1c California blend vegetables  Wheat roll  1c Strawberries and bananas |
| Monday Feb 24, 2025  Frito Pie  (2oz beef, 1/2c LS pinto beans, 2oz RC, 1oz corn chips, 1/2c lettuce and tomato, 1/8c onion)  1c capri vegetables  1/2c Mixed Fruit | Tuesday Feb 25, 2025  2oz. Kielbasa Sausage  1/2c Cabbage  1/2c Peppers and onions  1.5c Tossed salad w/ 2 TBSP light Ranch dressing  Wheat roll  1/2c Light (SF) nonfat vanilla yogurt  1/2c spiced peaches | Wednesday Feb 26, 2025  2oz Lean Brisket  1/3c parsley potatoes  3/4c Brussel Sprouts  Wheat roll  1/2c Pineapple tidbits  1/2c Light (SF) nonfat vanilla yogurt | Thursday Feb 27, 2025  1c Green Chili Pork Posole  (2 TBSP GC, 3oz Pork, 1/2c hominy)  1/2c LS Pinto Beans  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  1 6in Tortilla  1/2c applesauce | Friday Feb 28, 2025  Sloppy Joe  (3oz beef, 1/8c sauce, 1 bun, 1/2c peppers and onions)  1/3c sweet potato fries  3/4c green beans  1c Tropical Fruit salad |

***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:**  **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