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| --- | --- | --- | --- | --- |
| Monday 2  3oz Oven Baked Chicken  1/3c Mash Potatoes  2oz LS gravy  3/4c Asparagus  Wheat Roll w/ 1 tsp margarine  1/2c SF gelatin  1c Strawberries | Tuesday 3  Pepperoni Pizza  (1oz Crust, 1oz Cheese, 2oz Pizza sauce, 0.5oz pepperoni)  1.5 Tossed salad w/ 2 TBSP light ranch dressing  3/4c Warm Apple Slices  1c Light (SF) nonfat vanilla yogurt | Wednesday 4  5oz Mac and Cheese w/ GC  (1/2c macaroni, 1oz Cheese, 2 TBSP GC)  1c Italian Blend vegetables  1.5c Tossed salad w/ 2 TBSP light Ranch Dressing  1c Light (SF) nonfat vanilla yogurt  3/4c Pears | Thursday 5  Chicken Tacos  (2 corn tortilla, 3oz Chicken, 2 TBSP salsa, 1/2c Lettuce and tomato)  1/2c Pinto beans  1c Capri Vegetables  3/4c Tossed salad w/ 1 TBSP light Ranch Dressing  3/4c Pineapple | Friday 6  Beef & Broccoli  (1/2c Broccoli, 3oz Beef, 1 tsp sesame seeds)  1c Asian vegetables  1/2c Brown Rice  1c Tropical Fruit |
| Monday 9  3oz Country Steak  3/4c Brussel Sprouts  1/3c Mashed potatoes,  w/ 1oz country gravy  Wheat roll  1.5c Tossed salad w/ 2 TBSP light ranch dressing  Orange | Tuesday 10  Chile Relleno  (1 pepper, 1oz cheese, 1 oz crust)  1/2c LS Pinto Beans  1c zucchini and NAS diced tomatoes  1/2c LS Spanish rice  1 banana | Wednesday 11  6oz LS Beef Stroganoff  (3oz beef, 3oz Sauce)  1/2c egg noodles  1/2c Mushrooms  3/4c Green Beans  1.5c Tossed salad w/ 2 TBSP light ranch dressing  Fresh pear | Thursday 12  2 Scrambled eggs  1/2c Diced Potatoes  1/2c Peppers/Onions  1 slice wheat bread, w/ 1 tsp margarine  1c Fruit Salad  1/2c Light (SF) nonfat vanilla yogurt | Friday 13  Sloppy Joe  (3oz beef, 1/4c sauce, 1 wheat bun, 1/2c peppers and onions)  1c California blend vegetables  1c Apricots |
| Monday 16  3oz LS Lemon Pepper Fish  2 TBSP Tartar Sauce  1/2c Brown Wild Rice  1c Vegetable medley w/ 1 tsp unsalted butter  Wheat roll w/ 1 tsp unsalted butter  1c Grapes | Tuesday 17  1c GC Pork Stew  (3oz Pork, 2 TBSP GC, 1/2c Potatoes, tomatoes)  1/2c Calabacitas  1.5c Tossed Salad w/ 1 TBSP light Italian dressing  1 6in Flour Tortilla  1/3c Chocolate Pudding  1c Mixed Fruit | Wednesday 18  Open Face Roast Beef  (3oz beef, 1 slice wheat bread, 2oz LS gravy)  1/2c LS Herb Roasted Red potatoes  1/2c LS three bean salad  1/2c Light (SF) nonfat vanilla yogurt  3/4c Berries | Thursday 19  GC Alfredo Pasta  (2 TBSP GC, 1/2c Spaghetti, 2oz light alfredo sauce)  1.5c Tossed salad w/ 2 TBSP light Italian dressing  w/ 1/2c Garbanzo beans  1/2c Mandarin Oranges  1/2c Light (SF) nonfat vanilla yogurt | Friday 20  3oz LS Herbed Pork Chops  2oz LS gravy  1/2c Spinach  ½ Baked Potato  w/ 1 tsp margarine, 2 TBSP sour cream  Wheat roll w/ 1 tsp unsalted butter  1/2c Sliced Apples |
| Monday 23  3/4c LS RC Posole  (2oz RC, 1/2c hominy)  1/2c Brussel sprouts  1/2c Yellow squash  HB egg  6 in Wheat tortilla  1c Fruit Salad  1c Light (SF) nonfat vanilla yogur | Closed Christmas Eve | Closed Christmas | Thursday 26  Chicken Fajita  (3oz chicken, 1/2c peppers and onions, 2 TBSP salsa, 1 6in flour tortilla)  1/2c Zucchini  1/2c Carrots  1/2c Peaches | Friday 27  1c Lasagna  (3oz beef, 1oz cheese, 1/2c pasta, 1oz sauce)  3/4c Garden Salad w/ 1 TBSP light Italian dressing  1c Italian Blend vegetables  Wheat Roll w/ 1 tsp unsalted butter  1c Tropical Fruit salad |
| Monday 30  3oz Salisbury steak  2oz LS gravy  3/4c Brown Rice  1c California blend vegetables w/ 1 tsp unsalted butter  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  Orange | Tuesday 31  3oz Chicken Strips  1c Vegetable medley w/ 1 tsp unsalted butter  1 WW Roll w/ 1 tsp margarine  1/2c Pineapples and 1/2c bananas  1/3c Lemon pudding |  |  |  |

***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:**  **3** | **Days in Week:**  **2** |
| Calories | 700 or more | 708.6 | 707.9 | 702.6 | 710.6 | 722.9 |
| % Carbohydrates from Calories | 45-55% | 53.1 | 52.8 | 54.1 | 52.6 | 54.5 |
| % Protein from Calories | 15-25% | 20.1 | 20.0 | 19.9 | 21.3 | 19.0 |
| % Fat from Calories | 25-35% | 26.8 | 27.2 | 26.0 | 26.0 | 26.5 |
| Saturated Fat | less than 8g | 7.6 | 7.7 | 7.6 | 7.6 | 7.9 |
| Fiber | 10g or more | 10.0 | 12.3 | 10.5 | 10.0 | 10.6 |
| Vitamin B-12 | .8ug or more | 1.6 | 2.6 | 1.5 | 2.3 | 2.3 |
| Vitamin A | 300ug RAE or more | 517.3 | 520.6 | 497.7 | 571.3 | 488.7 |
| Vitamin C | 30mg or more | 76.0 | 72.5 | 38.5 | 92.1 | 68.8 |
| Iron | 2.6mg or more | 3.5 | 4.9 | 4.8 | 4.1 | 3.8 |
| Calcium | 400mg or more | 575.1 | 514.5 | 524.8 | 582.8 | 416.8 |
| Sodium | less than 766mg | 760.3 | 758.5 | 753.2 | 688.8 | 752.2 |

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 November 25, 2024