|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Feb 3**1c Beef Stew(3oz Beef, 1oz Sauce1/2c Potato and Vegetables)3/4c Tossed salad w/ 1 TBSP light Ranch Dressing 1/2c Beets 1oz Cornbread w/ 1 tsp. Margarine1/2c Light (SF) nonfat Vanilla Yogurt1/2c Peaches  | **Feb 4**3oz LS Herbed Chicken Breast1/2c Herbed Italian Rice1/2c LS Cucumber and tomato salad (non-creamy)1/2c Green Beans /w 1/4c Onion1 Wheat roll w/ 1 tsp margarine 1/2c Applesauce | **Feb 5** Chili Cheese Dog(1oz Hot Dog, 4oz Chile Con carne,2oz meat, 2oz Sauce).5oz. Cheese, 1/2 Dog Bun, 1/4c Peppers/Onions)1c Island Blend3/4c Mixed Fruit | **Feb 6**1c Green Chile Enchiladas(3oz Chicken, 1oz Cheese, 1oz Green Chili, 2 Corn Tortillas, 1/2c lettuce and tomato)1c Capri vegetables1/2c LS pinto beans1 Pear | **Feb 7**8 oz Shepherd pie  (3oz Beef, 1/2c Peas,1/4c Mashed Potato)1c Vegetable medleyWheat Roll 1c Fruit Salad |
| **Feb 10**Beef Soft Tacos(3oz Beef, 2 corn tortilla,, 1/2c lettuce and tomato, 2 TBSP Salsa)1c Mediterranean Blend Vegetables 1/2c LS pinto beans1c Tropical Fruit salad  | **Feb 11**1c RC Pork Posole (3oz Pork, 1oz Red Chile, 1/2c Hominy)1c Chateau blend 1 6in Flour Tortilla 1/2c Mandarin Oranges  | **Feb 12** 4oz Salsbury Steak /w 2oz LS Mushroom Gravy1/3c Mashed potatoes w/ 1 tsp margarine and 1 tsp chives 1c Winter Blend Wheat roll1/2c Berry in 1/4c cobbler | **Feb 13**BBQ Chicken On a Bun(3oz Chicken breast , 2 TBSP Sauce, 1 Bun)1/2c LS 3 bean salad1/2c LS Spinach w/ garlic 1oz Sun Chips 1c Grapes | **Feb 14**Beef & Papas(3oz Ground Beef, 1/2c Potato)1-8 in Flour Tortilla1 TBSP Salsa1c Zucchini 1/2c Carrots 1/2c Pineapple |
| **Feb 17****CLOSED****President’s Day.** | **Feb 18** Sloppy Joe Sandwich(3oz beef, 1/4c Sloppy Joe sauce, 1 Ham. Bun, 1/2c peppers and onions)1c Vegetable Medley w/ 2 tsp margarine 1/2c Applesauce 1/2c Chocolate pudding | **Feb 19** 1c Green Chile Chicken Stew(3 oz. Chicken, 1 oz. Green Chile, 1/4c Potatoes, 1/4c Carrots, 1/4c Corn)1.5c Tossed salad w/ 2 TBSP Light ranch dressing, 6 in WW Tortilla 1 Orange | **Feb 20**3/4c Hamburger Chilimac(3oz Ground beef, 1/4c tomatoes, 1/2c Penne Pasta)1c Italian Blend Vegetable w/ 2 tsp margarine 1/2c SF Gelatin1 Banana  | **Feb 21**Fish Soft Tacos(4oz Cod, 2 corn tortilla,, 1c Cilantro-Lime Coleslaw, 2 TBSP Salsa)1c Island Blend Vegetables w/ 2 tsp margarine 1/2c Spanish Brown Rice3/4c Diced mango  |
| **Feb 24**Beef & Bean Burrito(2 oz. Beef, 1/3c LS Pinto Beans, 1 8in WW Tortilla, 1 TBSP Salsa, 2 TBSP Sour Cream)1/3c Calabacitas3/4c broccoli 1c Strawberries and bananas | **Feb 25**1c Sausage and Mushroom Ragu (2oz Turkey Sausage, 1/4c Mushrooms, 1/3c NAS marinara Sauce)1/2c Penne Pasta1c California blend 1 Garlic Roll1/2c Spiced Peaches 1/2c Light (SF) nonfat vanilla yogurt | **Feb 26**6 oz Meat Ball Casserole(3 oz. Meatballs w/ 1oz Marinara Sauce, .5oz. Cheese)1c Green Beans and Carrots 1 wheat roll3/4c Diced Pears  | **Feb 27**Tamale W/Red Chile (3oz Pork tamale, (1.5oz. Pork, 1oz Red Chile, 1/3c masa)1c Quelites (Spinach & Beans w/ Onion)1/2c Nonfat yogurt 4 Graham Crackers1/2c Mixed fruit  | **Feb 28**Chicken Salad sandwich(1/2c Chicken salad (3oz Meat(, 2 slices wheat bread)1/3c Parsley Potatoes 3/4c Mediterranean blend 1c 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 | 705.8 | 754.9 | 705.7 | 756.4 |  |
| % Carbohydrates from Calories | 45-55% | 50.4 | 50.6 | 50.7 | 50.3 |  |
| % Protein from Calories | 15-25% | 23.6 | 22.6 | 22.6 | 21.5 |  |
| % Fat from Calories | 25-35% | 26.0 | 26.7 | 26.7 | 28.2 |  |
| Saturated Fat | less than 8g | 8.0 | 7.5 | 6.2 | 7.9 |  |
| Fiber | 10g | 11.3 | 10.3 | 10.0 | 13.4 |  |
| Vitamin B-12 | .8ug | 2.7 | 2.8 | 2.4 | 2.2 |  |
| Vitamin A | 300ug RAE | 475.8 | 403.1 | 442.9 | 670.0 |  |
| Vitamin C | 30mg | 31.7 | 48.9 | 71.5 | 67.7 |  |
| Iron | 2.6mg | 4.3 | 5.7 | 4.2 | 6.7 |  |
| Calcium | 400mg | 524.9 | 481.3 | 443.9 | 613.3 |  |
| Sodium | less than 766mg | 735.0 | 753.8 | 691.3 | 766.0 |  |

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 7, 2025