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| --- | --- | --- | --- | --- |
| **Feb 3**  1c Beef Stew  (3oz Beef, 1oz Sauce  1/2c Potato and Vegetables)  3/4c Tossed salad w/ 1 TBSP light Ranch Dressing  1/2c Beets  1oz Cornbread w/  1 tsp. Margarine  1/2c Light (SF) nonfat Vanilla Yogurt  1/2c Peaches | **Feb 4**  3oz LS Herbed Chicken Breast  1/2c Herbed Italian Rice  1/2c LS Cucumber and tomato salad (non-creamy)  1/2c Green Beans /w 1/4c Onion  1 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 Blend  3/4c 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 vegetables  1/2c LS pinto beans  1 Pear | **Feb 7**  8 oz Shepherd pie  (3oz Beef, 1/2c Peas,  1/4c Mashed Potato)  1c Vegetable medley  Wheat 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 beans  1c 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 Gravy  1/3c Mashed potatoes w/ 1 tsp margarine and 1 tsp chives  1c Winter Blend  Wheat roll  1/2c 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 salad  1/2c LS Spinach w/ garlic  1oz Sun Chips  1c Grapes | **Feb 14**  Beef & Papas  (3oz Ground Beef, 1/2c Potato)  1-8 in Flour Tortilla  1 TBSP Salsa  1c 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 Gelatin  1 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 Rice  3/4c 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 Calabacitas  3/4c 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 Pasta  1c California blend  1 Garlic Roll  1/2c 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 roll  3/4c 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 Crackers  1/2c 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