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| --- | --- | --- | --- | --- |
| Monday 2  GC Cheeseburger  (3oz Beef Patty, 0.5oz Cheese,  1 Bun, 1/2c lettuce, 2 slices tomato, 1 slice onion, 2 TBSP GC)  1c California Blend Vegetables  1oz Sun chips  Orange | Tuesday 3  Spinach tomato  alfredo pizza  (1oz Pizza crust, 1oz Light Alfredo sauce, 0.5oz Mozzarella cheese, 1/4c spinach and 2 sliced tomato)  1.5c Tossed salad w/ 2 TBSP light Italian dressing and 1 HB egg  1c Light (SF) nonfat vanilla yogurt  3/4c Strawberries | Wednesday 4  3oz LS Herbed Pork Chop w/  2oz. Low Sodium Gravy  1/2c Brown Rice  1/2c Green beans  1/2c LS Beets  1oz Cornbread  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1/2c Warm Cinnamon Applesauce | Thursday 5  Fish and Chips  (3 oz. LS Baked Cod, 1T Tartar Sauce,  1/2c NAS Baked French Fries  1/2c LS Roasted Zucchini  Wheat roll  1c Fruit Salad | Friday 6  CLOSED |
| Monday 9  4oz. Parmesan crusted Chicken  (3oz chicken, 1oz parm and breadcrumbs, 1oz LS Marinara sauce)  1/2c Wheat Penne Pasta  1c Italian Blend vegetables w/ 1 tsp margarine  3/4c Tossed Salad w/  1 TBSP light Ranch Dressing  Wheat roll w/ 1 tsp margarine  Banana | Tuesday 10  Breakfast for lunch  2 Scrambled Eggs  1oz reduced fat Sausage Patty  1/2c Hashbrowns  1/2c Peppers and onions  Wheat toast w/ 1 tsp margarine  1c Tropical Fruit Salad | Wednesday 11  3/4c Chicken Stir fry  (3oz diced Chicken, 0.5oz sauce)  1/2c Brown Rice  1c Asian Blend vegetables  1/2c Mandarin oranges  1 Fortune Cookie | Thursday 12  Frito Pie  (3oz Ground Beef, 1oz.corn chips, 2oz RC sauce, 1/2c lettuce and tomato)  1/3c LS Spanish Rice  1c Capri Blend vegetable w/ 1 tsp margarine  1/2c LS pinto beans  Pear | Friday 13  CLOSED |
| Monday 16  Chicken Fajitas  (3oz diced chicken, 1/2c Peppers and onions, 1 TBSP salsa, 1 6in flour tortilla)  1/2c LS Pinto beans  1c Chateau blend vegetables w/ 1tsp unsalted butter  1c Grapes | Tuesday 17  Christmas Dinner  2oz. LS Sliced Ham  1/2c Sweet Potatoes  3/4c Green Beans w/ 1/3c Slivered almonds  1 Wheat Roll w/ 1 tsp unsalted butter  ½ c Banana Pudding  1c Fruit salad | Wednesday 18  BBQ chicken sandwich  (3oz Chicken breast, 1 TBSP BBQ sauce, 1 wheat bun)  1/2c Cucumber and tomato salad  3/4c Broccoli Spears  1/2c Spiced Pears | Thursday 19  2oz. Kielbasa  1c Peppers and onions and shredded cabbage  1oz Wheat roll w/1 tsp unsalted butter  3/4c Pineapple  1/2c Light (SF) nonfat vanilla yogurt | Friday 20  CLOSED |
| Monday 23  3 oz. Roast Beef  1oz LS gravy  1/2c LS Herbed Red Potatoes, 3/4c  1/4c Onions & 1/2c Carrots  1 wheat Roll w/ 1 tsp. Margarine  1c Tropical Fruit salad | Tuesday 24  3oz LS Roasted chicken  (3oz chicken, 2oz LS gravy, 1/4c Mushrooms)  1c Vegetable Medley  1.5c Tossed salad w/ 2 TBSP light Ranch dressing  Wheat roll w/ 1 tsp margarine  3/4c Mixed Fruit | Wednesday 25  Closed Christmas | Thursday 26  CLOSED | Friday 27  CLOSED |
| Monday 30  4oz Sweet and Sour Turkey Meatballs  (3oz meatballs, 1 TBSP Sauce)  1/2c Brown Rice  1c Emperor vegetables  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  3/4c Mandarin oranges | Tuesday 31  1c LS Green Chile Stew  (3 oz Pork, 2 TBSP Green Chile, 1/4c Potato, 1/4c Carrots)  1/2c calabacitas  1.5c Salad w/ 2T light Italian Dressing  1 6in Flour tortilla  3/4c Apricots |  |  |  |

***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:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **2** | **Days in Week:**  **2** |
| Calories | 700 or more | 706.0 | 713.2 | 702.0 | 730.7 | 707.3 |
| % Carbohydrates from Calories | 45-55% | 50.0 | 50.5 | 49.2 | 51.3 | 49.2 |
| % Protein from Calories | 15-25% | 21.1 | 21.5 | 20.7 | 20.2 | 20.3 |
| % Fat from Calories | 25-35% | 28.9 | 27.9 | 30.1 | 28.5 | 30.6 |
| Saturated Fat | less than 8g | 8.0 | 7.2 | 8.0 | 8.0 | 7.9 |
| Fiber | 10g or more | 10.1 | 10.7 | 11.5 | 10.2 | 10.9 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.2 | 1.4 | 2.7 | 1.9 |
| Vitamin A | 300ug RAE or more | 560.9 | 358.4 | 338.8 | 735.8 | 705.0 |
| Vitamin C | 30mg or more | 92.4 | 67.0 | 59.9 | 80.1 | 64.7 |
| Iron | 2.6mg or more | 4.3 | 3.9 | 3.7 | 4.2 | 3.9 |
| Calcium | 400mg or more | 543.8 | 423.1 | 498.8 | 389.0 | 423.6 |
| Sodium | less than 766mg | 738.3 | 683.6 | 742.2 | 657.1 | 735.5 |

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 26, 2024