|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday 2GC Cheeseburger (3oz Beef Patty, 0.5oz Cheese, 1 Bun, 1/2c lettuce, 2 slices tomato, 1 slice onion, 2 TBSP GC)1c California Blend Vegetables1oz 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 43oz LS Herbed Pork Chop w/2oz. Low Sodium Gravy1/2c Brown Rice 1/2c Green beans1/2c LS Beets1oz Cornbread1.5c Tossed salad w/ 2 TBSP light Italian dressing1/2c Warm Cinnamon Applesauce | Thursday 5Fish and Chips(3 oz. LS Baked Cod, 1T Tartar Sauce, 1/2c NAS Baked French Fries1/2c LS Roasted Zucchini Wheat roll 1c Fruit Salad  | Friday 6CLOSED  |
| Monday 94oz. 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 DressingWheat roll w/ 1 tsp margarine Banana | Tuesday 10Breakfast for lunch2 Scrambled Eggs1oz reduced fat Sausage Patty1/2c Hashbrowns1/2c Peppers and onionsWheat toast w/ 1 tsp margarine1c Tropical Fruit Salad  | Wednesday 113/4c Chicken Stir fry (3oz diced Chicken, 0.5oz sauce)1/2c Brown Rice 1c Asian Blend vegetables1/2c Mandarin oranges1 Fortune Cookie  | Thursday 12Frito 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 beansPear | Friday 13CLOSED  |
| 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 17Christmas Dinner2oz. LS Sliced Ham1/2c Sweet Potatoes3/4c Green Beans w/ 1/3c Slivered almonds 1 Wheat Roll w/ 1 tsp unsalted butter ½ c Banana Pudding1c Fruit salad  | Wednesday 18BBQ 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 192oz. Kielbasa1c Peppers and onions and shredded cabbage1oz Wheat roll w/1 tsp unsalted butter 3/4c Pineapple1/2c Light (SF) nonfat vanilla yogurt | Friday 20CLOSED  |
| Monday 233 oz. Roast Beef1oz LS gravy 1/2c LS Herbed Red Potatoes, 3/4c 1/4c Onions & 1/2c Carrots1 wheat Roll w/ 1 tsp. Margarine1c Tropical Fruit salad  | Tuesday 243oz LS Roasted chicken(3oz chicken, 2oz LS gravy, 1/4c Mushrooms)1c Vegetable Medley1.5c Tossed salad w/ 2 TBSP light Ranch dressingWheat roll w/ 1 tsp margarine3/4c Mixed Fruit | Wednesday 25Closed Christmas | Thursday 26CLOSED  | Friday 27 CLOSED  |
| Monday 30 4oz Sweet and Sour Turkey Meatballs(3oz meatballs, 1 TBSP Sauce)1/2c Brown Rice1c Emperor vegetables3/4c Tossed salad w/ 1 TBSP light Italian Dressing3/4c Mandarin oranges  | Tuesday 311c LS Green Chile Stew(3 oz Pork, 2 TBSP Green Chile, 1/4c Potato, 1/4c Carrots)1/2c calabacitas1.5c Salad w/ 2T light Italian Dressing1 6in Flour tortilla 3/4c Apricots  |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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