|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 3**4oz Chicken crusted Parm1/2c Pasta, 2oz NAS marinara Sauce1c Italian Blend vegetables w/ 1 tsp margarineWheat roll w/ 1 tsp margarine 1/2c Fruit compote | **Tuesday 4**Sloppy Joe(3oz Beef, 1/4c sauce, WW bun, 1/2c peppers and onions)1/2c Potato wedges3/4c Broccoli 1/2c Applesauce  | **Wednesday 5**2oz Kielbasa1/2c Peppers and onions1c Cabbage and carrots 1/2c Brown Rice1/2c Pineapple chunks1/2c Light (SF) nonfat vanilla yogurt | **Thursday 6** 1c LS Tomato soupGrilled cheese sandwich(1oz Cheese, 2 slices wheat bread)1c Vegetable medley w/ 1 tsp margarineBanana1c Light (SF) nonfat strawberry yogurt  | **Friday 7**CLOSED  |
| **Monday 10**Spaghetti w/ meat sauce(1/2c spaghetti, 3oz meat, 3oz NAS marinara sauce)1/2c California bend vegetablesCaesar salad(1c Romaine lettuce, 1/2c tomatoes, 2 TBSP Light Caesar Dressing1/2c Fruit cocktail  | **Tuesday 11**Santa Fe Chicken(3oz Chicken breast, 0.5oz Cheese, 2oz GC sauce)1/2c LS Spanish Rice 1/2c Calabacitas1/2c Spinach1c Tropical Fruit salad  | **Wednesday 12**Pulled pork Sandwich(3oz Pulled pork 1oz BBQ sauce, 1bun)1c Coleslaw w/ 2 TBSP dressing1/2c Green beans 1c Fruit salad | **Thursday 13**Navajo Taco(3oz Beef,1/2c pinto beans, 1/2c lettuce tomato, 1oz fry bread, 1/4c onion)1c Capri vegetables1c mixed fruit  | **Friday 14** CLOSED  |
| **Monday 17**CLOSED  | **Tuesday 18**8oz GC chicken Enchiladas(3oz chicken, 1oz cheese, 2oz GC sauce, 2 corn tortilla, 1/2c lettuce and tomato)1/2c Pinto beans1c Chateau blend vegetablesOrange  | **Wednesday 19**7oz Stuffed cabbage(3oz Beef, 1/4c rice, 1 cabbage leaf, 2oz sauce)1/2c Egg noodles3/4c Asparagus 1.5c Tossed salad w/ 2 TBSP light ranch dressing Fesh Pear  | **Thursday 20** 4oz Lemon garlic chicken 1/2c Parsley potatoes1c Island blend vegetableswheat roll1c Strawberries and bananas | **Friday 21**CLOSED  |
| **Monday 24**Breakfast for Lunch2oz Scrambled egg1 slice wheat bread w/ 1 tsp margarine1oz reduced fat sausage patty, 2 TBSP GC 3/4c LS Pinto beans w/ 1/4c peppers and onions 1 banana  | **Tuesday 25**1c Chicken and dumplings(3oz Chicken, 1/2c Dumplings)1c Winter blend w/ 1 tsp margarine 3/4c Tossed salad w/ 1 TBSP light ranch Dressing1c Honeydew  | **Wednesday 26**Hamburger(3oz patty, 1 wheat bun, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c LS Potato Salad1/2c LS three bean salad 1c mandarin oranges ½ slice SF angel food cake2 TBSP whipped topping  | **Thursday 27** 4oz Tuna Patty1c Cilantro lime slaw1/2c Spinach Wheat roll w/ 1 tsp margarine1c Berries, w/ 3/4c light (SF) nonfat vanilla yogurt | **Friday 28**CLOSED  |

***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:****3** | **Days in Week:****4** | **Days in Week:****n/a** |
| Calories | 700 or more | 707.0 | 738.0 | 702.5 | 709.1 |  |
| % Carbohydrates from Calories | 45-55% | 53.9 | 50.8 | 48.1 | 45.2 |  |
| % Protein from Calories | 15-25% | 20.0 | 21.3 | 23.8 | 22.8 |  |
| % Fat from Calories | 25-35% | 26.0 | 27.3 | 28.1 | 32.0 |  |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.9 | 7.9 |  |
| Fiber | 10g or more | 10.7 | 10.1 | 14.1 | 11.5 |  |
| Vitamin B-12 | .8ug or more | 2.1 | 2.7 | 1.7 | 2.6 |  |
| Vitamin A | 300ug RAE or more | 403.0 | 423.5 | 417.9 | 496.1 |  |
| Vitamin C | 30mg or more | 61.9 | 59.8 | 77.4 | 61.7 |  |
| Iron | 2.6mg or more | 3.7 | 5.0 | 4.6 | 5.2 |  |
| Calcium | 400mg or more | 584.4 | 460.3 | 510.5 | 509.0 |  |
| Sodium | less than 766mg | 766.3 | 630.4 | 761.2 | 764.7 |  |

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 20,2025