|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 3**  4oz Chicken crusted Parm  1/2c Pasta, 2oz NAS marinara Sauce  1c Italian Blend vegetables w/ 1 tsp margarine  Wheat 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 wedges  3/4c Broccoli  1/2c Applesauce | **Wednesday 5**  2oz Kielbasa  1/2c Peppers and onions  1c Cabbage and carrots  1/2c Brown Rice  1/2c Pineapple chunks  1/2c Light (SF) nonfat vanilla yogurt | **Thursday 6**  1c LS Tomato soup  Grilled cheese sandwich  (1oz Cheese, 2 slices wheat bread)  1c Vegetable medley w/ 1 tsp margarine  Banana  1c 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 vegetables  Caesar salad  (1c Romaine lettuce, 1/2c tomatoes, 2 TBSP Light Caesar Dressing  1/2c Fruit cocktail | **Tuesday 11**  Santa Fe Chicken  (3oz Chicken breast, 0.5oz Cheese, 2oz GC sauce)  1/2c LS Spanish Rice  1/2c Calabacitas  1/2c Spinach  1c Tropical Fruit salad | **Wednesday 12**  Pulled pork Sandwich  (3oz Pulled pork 1oz BBQ sauce, 1bun)  1c Coleslaw w/ 2 TBSP dressing  1/2c 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 vegetables  1c 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 beans  1c Chateau blend vegetables  Orange | **Wednesday 19**  7oz Stuffed cabbage  (3oz Beef, 1/4c rice, 1 cabbage leaf, 2oz sauce)  1/2c Egg noodles  3/4c Asparagus  1.5c Tossed salad w/ 2 TBSP light ranch dressing  Fesh Pear | **Thursday 20**  4oz Lemon garlic chicken  1/2c Parsley potatoes  1c Island blend vegetables  wheat roll  1c Strawberries and bananas | **Friday 21**  CLOSED |
| **Monday 24**  Breakfast for Lunch  2oz Scrambled egg  1 slice wheat bread w/ 1 tsp margarine  1oz 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 Dressing  1c Honeydew | **Wednesday 26**  Hamburger  (3oz patty, 1 wheat bun, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c LS Potato Salad  1/2c LS three bean salad  1c mandarin oranges  ½ slice SF angel food cake  2 TBSP whipped topping | **Thursday 27**  4oz Tuna Patty  1c Cilantro lime slaw  1/2c Spinach  Wheat roll w/ 1 tsp margarine  1c 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