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|  |  | Wednesday December 31  CLOSED FOR NEW YEARS | Thursday January 2  3oz LS Herbed Chicken Breast  2oz LS gravy  1/3c LS Herbed Italian Rice  1/2c asparagus w/ 1/2c carrots  Wheat roll w/ 1 tsp margarine  1c Mandarin orange and pineapple chunks | Friday January 3  1c RC Pork Posole  (3oz Pork 2oz RC, 1/2c Hominy)  1c Chateau blend vegetables  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1 6in flour tortilla  1c Tropical Fruit Salad |
| Monday January 6  1c Fideo con carne  (3oz beef, 1/4c tomato Sauce, 1/4c Pasta, 1/2c potatoes, onions))  1c California blend  6in Flour tortilla)  1c Fruit salad | Tuesday January 7  Boneless rib sandwich  (3oz country style ribs, 1 TBSP BBQ Sauce, 1 bun)  1/2c LS three bean salad  1.5c Tossed salad w/ 1 TBSP light Italian Dressing  banana | Wednesday January 8  1c meat lasagna  (3oz beef, 1oz cheese, 1oz LS sauce, 1/2c pasta)  1c Italian blend vegetables  1.5c Tossed salad w/  2TBSP light Italian Dressing  Wheat roll  1/2c pears | Thursday January 9  Garden Salad with Chicken and Egg  (1.5c Romaine lettuce, 1oz LS ham, 1oz turkey, 1 HB Egg, 1/4c Red onions, 1/4c carrots, 1/4c cucumbers)  2 TBSP light ranch Dressing  Wheat roll  1/2c Apricots | Friday January 10  5oz Pepper steak  1/4c peppers, tomato sauce)  1/2c Baked sweet Potato  1c Mediterranean blend vegetables  1 wheat roll  1/2c Fruit cocktail |
| Monday January 13  Hamburger  (3oz Patty,1/2c lettuce, 2 slices tomato, 1 slice onion, wheat bun)  1/2c NAS baked French Fries  1/2c Broccoli  1/2c mixed fruit | Tuesday January 14  Chicken Fajitas  (3oz Chicken, 1/2c peppers and onions, 2 TBSP salsa), 1 6in Flour tortilla)  1/2c LS Pinto beans  1c Capri blend vegetables  1c Strawberries | Wednesday January 15  3oz Meatloaf  1oz LS gravy  1/3c Scalloped potatoes  3/4c Roasted Brussel sprouts Wheat roll  1/2c spiced peaches  1 slice sugar free angel food cake | Thursday January 16  3oz Fried chicken  1/2c spinach  1/2c Black eyed peas  Wheat roll  1/2c Applesauce | Friday January 17  2oz Kielbasa w/  1/2c Peppers and onions  1/2c Brown rice  1c vegetable medley  1/2c Light (SF) nonfat vanilla yogurt  1/2c pineapple chunks |
| Monday January 20  CLOSED  MLK Day | Tuesday January 21  Soft Beef Tacos  (3oz Beef, 1/2c lettuce and tomato, 1 6in flour tortilla, 2 TBSP salsa)  1/2c Roasted Zucchini  1/2c LS pinto beans  1c Grapes | Wednesday January 22  Santa Fe Chicken  (3oz Chicken breast, 2oz GC sauce, 0.5oz Cheese, 1/2c Black beans and corn)  1/2c Spanish slaw  1/2c LS Spanish rice  1/2c mandarin oranges | Thursday January 23  3oz Chicken Fried Steak  1/3c Mashed Potatoes  1oz LS Country Gravy  1c broccoli and cauliflower  Wheat roll  1c Fruit salad | Friday January 24  Tuna Salad Sandwich (1/2c Tuna Salad, 2 sl. Wheat Bread, 1/2c Lettuce, 1 sliced tomato)  1c LS Tomato soup  1/2c carrots  1/2c pears |
| Monday January 27  5oz Steak Ranchero,  3oz Salisbury steak, 2oz Sauce  1c Island Blend Vegetables  3/4c Tossed salad w/ 1 TBSP light Italian dressing  Wheat roll w/ 1 tsp margarine  1c Fruit cocktail | Tuesday January 28  1c GC chicken Enchiladas  (3oz Chicken, 2oz GC sauce, 1oz cheese, 2 corn tortilla, 1/2c lettuce and tomato)  1/3c LS cilantro lime brown rice  1/2c Pinto beans  1c Capri blend vegetables  1c strawberries and bananas | Wednesday January 29  Open faced turkey sandwich  (3oz Turkey, 1 slice wheat bread, 2oz LS gravy)  1/2c parsley potatoes  1/2c spinach, 1/4c onions  1c Tropical Fruit salad | Thursday January 30  1c GC pork stew  (3oz Pork, 2 TBSP GC, 1/2c Potatoes and onions)  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1 6in flour tortilla  1/2c Peaches  1/2c SF Gelatin | Friday January 31  Frito pie  (3oz beef, 2oz RC, 1oz Corn chips, 1/2c lettuce and tomato)  1/2c Pinto beans  1c yellow squash w/ NAS Diced Tomatoes  Orange |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 708.3 | 700.7 | 703.2 | 713.1 | 705.8 |
| % Carbohydrates from Calories | 45-55% | 52.9 | 48.6 | 49.4 | 47.8 | 49.8 |
| % Protein from Calories | 15-25% | 21.6 | 22.6 | 21.4 | 22.6 | 22.7 |
| % Fat from Calories | 25-35% | 25.4 | 28.8 | 29.2 | 29.5 | 27.9 |
| Saturated Fat | less than 8g | 7.3 | 8.0 | 7.9 | 8.0 | 8.0 |
| Fiber | 10g or more | 10.6 | 10.6 | 11.5 | 11.4 | 12.2 |
| Vitamin B-12 | .8ug or more | 1.4 | 3.1 | 2.1 | 2.8 | 2.4 |
| Vitamin A | 300ug RAE or more | 766.2 | 743.7 | 391.9 | 460.5 | 484.8 |
| Vitamin C | 30mg or more | 96.2 | 41.1 | 69.4 | 56.5 | 73.4 |
| Iron | 2.6mg or more | 3.9 | 5.0 | 5.0 | 5.1 | 5.2 |
| Calcium | 400mg or more | 406.7 | 463.1 | 461.4 | 506.8 | 499.7 |
| Sodium | less than 766mg | 764.1 | 762.6 | 631.1 | 681.0 | 763.9 |

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 December 9, 2024