|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Wednesday December 31CLOSED FOR NEW YEARS | Thursday January 23oz LS Herbed Chicken Breast2oz LS gravy 1/3c LS Herbed Italian Rice1/2c asparagus w/ 1/2c carrots Wheat roll w/ 1 tsp margarine 1c Mandarin orange and pineapple chunks  | Friday January 31c RC Pork Posole(3oz Pork 2oz RC, 1/2c Hominy)1c Chateau blend vegetables1.5c Tossed salad w/ 2 TBSP light Italian dressing1 6in flour tortilla1c 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 salad1.5c Tossed salad w/ 1 TBSP light Italian Dressingbanana | Wednesday January 8 1c meat lasagna(3oz beef, 1oz cheese, 1oz LS sauce, 1/2c pasta)1c Italian blend vegetables1.5c Tossed salad w/ 2TBSP light Italian DressingWheat roll1/2c 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 DressingWheat roll1/2c Apricots  | Friday January 10 5oz Pepper steak1/4c peppers, tomato sauce)1/2c Baked sweet Potato1c Mediterranean blend vegetables 1 wheat roll1/2c Fruit cocktail  |
| Monday January 13Hamburger (3oz Patty,1/2c lettuce, 2 slices tomato, 1 slice onion, wheat bun)1/2c NAS baked French Fries1/2c 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 beans1c Capri blend vegetables1c Strawberries | Wednesday January 153oz Meatloaf 1oz LS gravy1/3c Scalloped potatoes3/4c Roasted Brussel sprouts Wheat roll1/2c spiced peaches1 slice sugar free angel food cake | Thursday January 163oz Fried chicken1/2c spinach1/2c Black eyed peasWheat roll1/2c Applesauce | Friday January 172oz Kielbasa w/1/2c Peppers and onions1/2c Brown rice 1c vegetable medley1/2c Light (SF) nonfat vanilla yogurt1/2c pineapple chunks  |
| Monday January 20 CLOSED MLK Day | Tuesday January 21Soft Beef Tacos(3oz Beef, 1/2c lettuce and tomato, 1 6in flour tortilla, 2 TBSP salsa)1/2c Roasted Zucchini1/2c LS pinto beans1c Grapes  | Wednesday January 22Santa 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 rice1/2c mandarin oranges | Thursday January 233oz Chicken Fried Steak1/3c Mashed Potatoes1oz LS Country Gravy1c broccoli and cauliflower Wheat roll1c Fruit salad  | Friday January 24Tuna Salad Sandwich (1/2c Tuna Salad, 2 sl. Wheat Bread, 1/2c Lettuce, 1 sliced tomato)1c LS Tomato soup1/2c carrots 1/2c pears |
| Monday January 275oz Steak Ranchero,3oz Salisbury steak, 2oz Sauce1c Island Blend Vegetables3/4c Tossed salad w/ 1 TBSP light Italian dressingWheat roll w/ 1 tsp margarine 1c Fruit cocktail | Tuesday January 281c GC chicken Enchiladas(3oz Chicken, 2oz GC sauce, 1oz cheese, 2 corn tortilla, 1/2c lettuce and tomato)1/3c LS cilantro lime brown rice1/2c Pinto beans1c Capri blend vegetables1c strawberries and bananas | Wednesday January 29Open faced turkey sandwich(3oz Turkey, 1 slice wheat bread, 2oz LS gravy)1/2c parsley potatoes1/2c spinach, 1/4c onions1c Tropical Fruit salad  | Thursday January 301c GC pork stew(3oz Pork, 2 TBSP GC, 1/2c Potatoes and onions)1.5c Tossed salad w/ 2 TBSP light Italian dressing1 6in flour tortilla1/2c Peaches1/2c SF Gelatin  | Friday January 31Frito pie(3oz beef, 2oz RC, 1oz Corn chips, 1/2c lettuce and tomato)1/2c Pinto beans1c yellow squash w/ NAS Diced Tomatoes  Orange |

***Nutrient Table***

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