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|  |  | **WEDNESDAY, Jan 1**  **CLOSED** | **THURSDAY, Jan 2**  1c Reduced sodium Menudo  (3oz tripe, 1/2c hominy, 1/4c red Chile)  1 6in WW tortilla  1/2c Carrots  1c Tropical Fruit Salad  w/ 2TBSP whipped topping | **FRIDAY, Jan 3**  Breakfast for Lunch  2 HB eggs  1/2c pinto beans, 1/2c Peppers and onions, 2 TBSP Salsa  Wheat bread toasted w/ 2 tsp margarine  1/2c Light (SF) nonfat vanilla yogurt  banana |
| **Monday, Jan 6**  1c Shepherd’s Pie  (3oz ground beef, 1/2c carrots and peas, 1/4c LS mashed potatoes)  1/2c LS Beets  3/4c Tossed Salad w/ 1 TBSP Light ranch Dressing  WW Roll  1/2c Mandarin oranges | **Tuesday, Jan 7**  Turkey and Ham Sandwich  (1oz Turkey, 1oz LS ham, 2 slice WW bread  1/2c lettuce and 2 slices tomato)  1c Green beans and carrots  1/2c Light (SF) Nonfat Vanilla yogurt  1/2c mixed Berries | **Wednesday, Jan 8**  6oz Red Chile Chicken Enchiladas  (2 corn tortillas, 1oz cheese, 3oz Chicken, 2oz Red Chile Sauce, 1/2c lettuce and tomato)  1/2c LS Pinto beans  1c Capri Vegetables  1c Strawberries and bananas | **Thursday , Jan 9**  3oz Salisbury Steak  2oz LS gravy,  1/3c LS parsley pots  1c Vegetable medley  WW Roll  1c Fruit Salad | **Friday, Jan 10**  3oz LS Baked Chicken Breast  2oz LS gravy  1/2c Brown rice  1/2c Roasted broccoli  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/2c spiced peaches  1slice SF angel food cake |
| **MONDAY, Jan 13**  4oz LS Lemon Herb Cod  1oz LS Cucumber Dill Sauce  1/2c Brown Rice  1/2c Asparagus w/ 1 tsp margarine  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  3/4c Mixed Fruit | **TUESDAY, Jan 14**  Bean and Cheese Burrito  (1/2c LS pinto beans, 1oz cheese, 1 8in WW flour tortilla, 1/4c red Chile sauce)  1c Chateau Blend vegetables w/ 1 tsp unsalted butter  1/2 sliced Apples | **WEDNESDAY, Jan 15**  Chicken Tacos  (3 oz. Shredded Chicken,  1/2c Red cabbage slaw, 1 6in WW Tortilla, 2 TBSP pineapple salsa)  1/3c LS Spanish Rice  1c Yellow squash w/ NAS diced Tomatoes  3/4c Apricots | **THURSDAY, Jan 16**  Sausage w/ peppers and Onions  (2oz polish sausage, 3/4c peppers and onions)  1/3c LS Herb roasted potatoes  1 WW roll  Spinach Salad  (1c Spinach, 1 TBSP Cranberries, 1/4c Red  onion, 1 HB egg, 2TBSP Light Ranch Dressing)  1 fresh pear | **FRIDAY, Jan 17**  Garden Salad w/ Grilled Chicken  (3oz Chicken breast , 1c romaine lettuce, 1/4c tomato, 1/4c cucumber, 1/8c carrots, 2 TBSP Light Ranch dressing)  1 WW Roll w/ 1 tsp unsalted butter  1c Fruit Cocktail |
| **MONDAY, Jan 20**  1c Green Chile Hamburger and Potato Stew  (1oz GC, 3oz Beef, 1/2c Potatoes)  1.5 Tossed Salad w/ 2 TBSP Light Ranch Dressing  1oz Cornbread w/ 1 TBSP honey  1c Tropical Fruit salad | **TUESDAY, Jan 21**  BBQ Chicken  3oz Chicken Breast  1 TBSP BBQ Sauce  1c Coleslaw w/ 2 TBSP dressing  3/4c Roasted Brussels Sprouts  1 WW roll  1c Fruit salad | **WEDNESDAY, Jan 22**  Taco Salad  (1oz tortilla chips, 3oz beef, 1c romaine lettuce, 1/2c tomatoes, 1/8c red onion, 2 TBSP salsa, 1 TBSP light Ranch)  1/2c LS pinto beans  1c Diced mango | **THURSDAY, Jan 23**  Egg Salad  (1/2c egg salad=1 egg)  2 slice WW bread  1.5 c Tossed salad w/ 2 TBSP light Italian dressing  1/2c peaches  1c Light (SF) nonfat vanilla yogurt | **FRIDAY, Jan 24**  Sloppy Joe  (3 oz ground beef, 1/8c sauce, 1 WW bun, 1/2c Peppers and onions)  1/3c NAS Baked French Fries  1/2c LS Three Bean Salad  Orange |
| **MONDAY, Jan 27**  3oz Meatloaf  1/3c Mashed potatoes  2oz LS gravy  3/4c Broccoli spears  Wheat Roll  1.5c Tossed Salad w/ 1 TBSP light Italian Dressing  1 banana | **Tuesday, Jan 28**  1c Egg Roll in a Bowl  3oz ground turkey  1c Cabbage, carrots, onions, garlic, ginger  1 TSP LS Soy Sauce  1/2c Brown Rice  1c Pineapple Chunks | **Wednesday, Jan 29**  Southwest Chicken  (3 oz Chicken breast, 1/4c black beans, 1/4c corn, 0.5oz Cheese, 1/4c Green Chile sauce)  1/2c spinach  1/2c Tomato wedges  1/2c LS Spanish Rice  1/2c Light (SF) NF Vanilla yogurt  1/2c sweet Cherries | **Thursday, Jan 30**  Zucchini Boats  1 Zucchini (2 halves)  3oz ground turkey, 1/2c chopped tomato, corn, black beans  1oz LS Taco Seasoning  0.5oz reduced fat Cheddar cheese, 2 TBSP Salsa  1c California blend  1/2c LS Cilantro lime Brown Rice  Pear | **Friday January 31**  Baked Chicken crusted Parmesan  4oz Chicken Parm Crusted  (3oz Chicken breast, 1oz parm crust), 1/3c NAS Marinara Sauce, 0.5oz Mozzarella. Cheese, 1/2c WW pasta)  1c Italian blend  1/2c Apricots |

***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:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 717.0 | 712.1 | 701.2 | 736.5 | 701.7 |
| % Carbohydrates from Calories | 45-55% | 52.3 | 48.8 | 50.1 | 49.0 | 49.5 |
| % Protein from Calories | 15-25% | 20.4 | 23.0 | 19.7 | 19.7 | 23.4 |
| % Fat from Calories | 25-35% | 27.4 | 28.2 | 30.3 | 31.3 | 27.0 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 7.9 | 7.9 | 7.9 |
| Fiber | 10g or more | 11.3 | 12.0 | 12.1 | 10.0 | 12.1 |
| Vitamin B-12 | .8ug or more | 2.5 | 2.4 | 1.7 | 2.6 | 2.4 |
| Vitamin A | 300ug RAE or more | 584.5 | 514.5 | 500.4 | 444.4 | 559.9 |
| Vitamin C | 30mg or more | 85.2 | 48.2 | 51.9 | 94.5 | 55.0 |
| Iron | 2.6mg or more | 3.7 | 4.6 | 3.9 | 4.4 | 4.6 |
| Calcium | 400mg or more | 549.4 | 491.6 | 445.4 | 498.6 | 534.2 |
| Sodium | less than 766mg | 679.4 | 745.5 | 766.6 | 766.6 | 604.0 |

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 19, 2024