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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 tortilla1/2c Carrots 1c Tropical Fruit Saladw/ 2TBSP whipped topping | **FRIDAY, Jan 3**Breakfast for Lunch2 HB eggs1/2c pinto beans, 1/2c Peppers and onions, 2 TBSP Salsa Wheat bread toasted w/ 2 tsp margarine  1/2c Light (SF) nonfat vanilla yogurtbanana |
| **Monday, Jan 6**1c Shepherd’s Pie(3oz ground beef, 1/2c carrots and peas, 1/4c LS mashed potatoes)1/2c LS Beets3/4c 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 bread1/2c lettuce and 2 slices tomato)1c Green beans and carrots1/2c Light (SF) Nonfat Vanilla yogurt1/2c 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 beans1c Capri Vegetables 1c Strawberries and bananas | **Thursday , Jan 9**3oz Salisbury Steak 2oz LS gravy, 1/3c LS parsley pots1c Vegetable medley WW Roll1c Fruit Salad  | **Friday, Jan 10** 3oz LS Baked Chicken Breast2oz LS gravy1/2c Brown rice 1/2c Roasted broccoli 1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c spiced peaches 1slice SF angel food cake |
| **MONDAY, Jan 13**4oz LS Lemon Herb Cod1oz LS Cucumber Dill Sauce1/2c Brown Rice 1/2c Asparagus w/ 1 tsp margarine1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing3/4c 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 Rice1c Yellow squash w/ NAS diced Tomatoes3/4c Apricots  | **THURSDAY, Jan 16**Sausage w/ peppers and Onions(2oz polish sausage, 3/4c peppers and onions)1/3c LS Herb roasted potatoes1 WW rollSpinach Salad(1c Spinach, 1 TBSP Cranberries, 1/4c Redonion, 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 Dressing1oz Cornbread w/ 1 TBSP honey 1c Tropical Fruit salad  | **TUESDAY, Jan 21**BBQ Chicken3oz Chicken Breast1 TBSP BBQ Sauce1c Coleslaw w/ 2 TBSP dressing 3/4c Roasted Brussels Sprouts1 WW roll1c 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 beans1c Diced mango  | **THURSDAY, Jan 23**Egg Salad(1/2c egg salad=1 egg)2 slice WW bread1.5 c Tossed salad w/ 2 TBSP light Italian dressing1/2c peaches1c 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 SaladOrange  |
| **MONDAY, Jan 27**3oz Meatloaf 1/3c Mashed potatoes  2oz LS gravy 3/4c Broccoli spears Wheat Roll1.5c Tossed Salad w/ 1 TBSP light Italian Dressing 1 banana | **Tuesday, Jan 28**1c Egg Roll in a Bowl3oz ground turkey1c Cabbage, carrots, onions, garlic, ginger1 TSP LS Soy Sauce1/2c Brown Rice1c 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 Rice1/2c Light (SF) NF Vanilla yogurt1/2c sweet Cherries  | **Thursday, Jan 30**Zucchini Boats1 Zucchini (2 halves)3oz ground turkey, 1/2c chopped tomato, corn, black beans1oz LS Taco Seasoning0.5oz reduced fat Cheddar cheese, 2 TBSP Salsa1c California blend 1/2c LS Cilantro lime Brown Rice Pear | **Friday January 31** Baked Chicken crusted Parmesan4oz Chicken Parm Crusted(3oz Chicken breast, 1oz parm crust), 1/3c NAS Marinara Sauce, 0.5oz Mozzarella. Cheese, 1/2c WW pasta)1c Italian blend1/2c 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