|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY 3, 20253oz Chicken Fried Steak(3oz chicken fried steak, 2oz LS pepper gravy)1/3c mashed potatoes3/4c carrots WW Roll 1c cinnamon applesauce | TUESDAY 4, 2025BREAKFAST FOR LUNCH(2oz scrambled eggs, 1oz reduced fat sausage patty)1/2c hashbrowns w/ 1/2c onions and peppersWheat bread w/ 1 tsp margarine 1c Fruit salad | WEDNESDAY 5, 20253/4c Goulash(3oz ground beef, 1/2c elbow macaroni, 2oz tomato sauce,)1/2c broccoli spears w/ 1/2c red bell peppers1/2c Creamy cucumber salad Wheat roll1c Apricots  | THURSDAY 6, 20254 oz. Sweet & Sour Pork(2 TBSP Sauce, 3oz Diced Pork, 1 tsp sesame seeds)1/2c Brown Rice1c Stir Fry Vegetables1/2c Mandarin Oranges and 1/2c Pineapple Chunks | FRIDAY 7, 2025Pepperoni Pizza (7 slices of pepperoni ~1/2oz, 1oz Crust, 1oz Pizza sauce, 0.5oz Mozzarella cheese) 1/2c roasted Zucchini1.5 c Tossed Salad w/ 2 TBSP Light Ranch Dressing1c Tropical fruit salad 1c Light (SF) Vanilla Nonfat Yogurt |
| MONDAY 10, 20253/4c Tater tot casserole (1/4c Mixed Vegetable, 3oz Ground beef, 1oz sauce, 1/4c Tater Tots)1c Tossed Saladw/ 2 TBSP FF Italian DressingWheat roll1c Grapes  | TUESDAY 11, 2025Tuna Salad Sandwich(3/4c tuna salad, 3oz tuna. 1 tbsp mayo,1 oz white onion, 1oz chopped celery, 2sl wheat bread)1c Chateau blend vegetables1/2c Fruit Cocktail  | WEDNESDAY 12, 20256oz RC beef enchiladas(1oz Red chile, 1oz cheddar cheese, 2 corn tortillas, 1 tsp veg oil, 2oz Beef)1/2c Pinto beans1/2c Calabacitas1/2c Light (SF) nonfat vanilla yogurt1/2c Diced Mango | THURSDAY 13, 20251c LS Chicken noodle soup (3oz diced chicken, 1/4c noodles, 1/4c Carrots, 1/4c celery, onions, 1/4c LS broth)1/2c roasted Brussel sproutsWheat roll 1/2c SF peach cobbler1/2c Spiced peaches  | FRIDAY 14, 2025Mushroom Burger (3oz beef patty,0.5oz Swiss cheese, 1/4c mushrooms, 2sl tomato, 1/2c shredded lettuce)1/2c potato wedges1/2c carrot raisin salad1/2c Pears |
| MONDAY 17, 2025**CLOSED** | TUESDAY 18, 2025Beef Burrito (1 8in flour tortilla, 3oz ground beef, 1oz cheese, 1/2c potatoes, 1oz GC)2oz RC sauce1/2c Beets1/2c Black Bean saladOrange  | WEDNESDAY 19, 20253/4c Sausage Rustica(1oz sausage, 1/4c oyster mushrooms, 1/2c penne pasta, 1/4 c peppers, 1/4c spinach, 1/8c onion, 2oz NAS marinara)1/2c roasted cauliflower1 Wheat roll 3/4c mixed fruit1c light nonfat vanilla yogurt | THURSDAY 20, 20253/4c Chile Beans(1/2c pinto beans, 3oz ground beef, 2oz red Chile)1oz cornbread 1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1/2c SF Gelatin w/ 1/2c berries | FRIDAY 21, 20253oz Fried Catfish 1 TBSP tartar Sauce1/2c baby bakers1/2c green beans Wheat roll w/ 1 tsp unsalted butter 1c Cantaloupe |
| MONDAY 24, 2025Meatball Sub(1-5in. Hoagie Roll, 3 1oz beef meatball, 2oz Marinara sauce, 1oz mozz cheese)1/2c LS cucumber and tomato salad1c Italian VegetablesFresh Pear | TUESDAY 25, 2025Orange Chicken(3oz Chicken, 1oz Sauce)1/2c Brown Rice1c Stir Fry Vegetables1 fortune cookie1/2c Pineapple tidbits | WEDNESDAY 26, 2025Frito pie (3oz ground beef, **1oz corn chips,** 2oz red chile)1/2c LS Pinto Beans 1c Zucchi and NAS diced tomatoes1 Brownie | THURSDAY 27, 20251c GC Chicken Corn chowder(1oz GC, 1/4c Potatoes, 1/4c Corn, 2 oz LS broth, 3oz Chicken)1.5c Tossed salad w/ 2 TBSP light ranch dressingWW Roll w/ 1 tsp unsalted butter 1/2c Apricots  | FRIDAY 28, 2025BBQ Chicken drumsticks(1 3oz Drumstick, 2 TBSP BBQ sauce)1c Pasta Salad (1/2c Pasta, 1/2c Vegetables)1/2c Spinach 1oz Cornbread w/ 1 tsp unsalted butterBanana1/2c Vanilla pudding  |

***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:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****n/a** |
| Calories | 700 or more | 805.2 | 724.7 | 704.9 | 720.0 |  |
| % Carbohydrates from Calories | 45-55% | 53.8 | 46.2 | 50.3 | 51.3 |  |
| % Protein from Calories | 15-25% | 19.0 | 22.0 | 19.1 | 22.2 |  |
| % Fat from Calories | 25-35% | 27.2 | 31.9 | 30.6 | 26.6 |  |
| Saturated Fat | less than 8g | 7.9 | 7.9 | 7.8 | 7.5 |  |
| Fiber | 10g or more | 10.1 | 10.1 | 12.4 | 10.7 |  |
| Vitamin B-12 | .8ug or more | 2.4 | 2.9 | 2.2 | 2.6 |  |
| Vitamin A | 300ug RAE or more | 629.9 | 451.8 | 465.1 | 525.4 |  |
| Vitamin C | 30mg or more | 115.1 | 38.0 | 85.6 | 39.2 |  |
| Iron | 2.6mg or more | 4.4 | 38.0 | 4.7 | 5.4 |  |
| Calcium | 400mg or more | 514.5 | 519.4 | 575.0 | 559.1 |  |
| Sodium | less than 766mg | 765.5 | 691.3 | 766.5 | 711.5 |  |

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 17, 2025