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| --- | --- | --- | --- | --- |
| Monday 3, 2025  2% milk  5oz Carne Avoada  (3oz pork,2oz RC sauce)  1/2c LS Pinto Beans  1/2c Calabacitas  1 6in Tortilla  1/3c Lemon Pudding  1c Grapes | Tuesday 4, 2025  2% milk  1c Beef Stew  (3oz beef,1oz sauce,1/4c carrots,1/4c potatoes)  1/2c Stewed Red Cabbage & Beets(1 slice reduced sodium bacon)  1 Wheat Roll w/1tsp Margarine  1 Baked Apple Slices | Wednesday 5, 2025  2% milk  3oz Chicken Strips  1/2c Herb Roasted Red Potatoes  1/2c LS 3 Bean Salad  WW Roll w/ 1tsp Margarine  3/4c Mandarin Oranges | Thursday 6, 2025  2% milk  1/2c Spaghetti w/ 6oz Meat Sauce (3oz NAS marinara sauce, 3oz beef)  1 Wheat Roll w/ 1tsp Margarine  1c Italian Blend Vegetables  1c Chopped Cantaloupe | Friday 7, 2025  2% milk  GC Chicken Sandwich  (1 bun, 3oz grill/bake chicken, 2TBSP GC, .5oz cheese)  1/2c Sweet Potato  1/2c LS Roasted Cauliflower  1 Oatmeal Cookie |
| Monday 10, 2025  2% milk  Carne Con Papas Burrito  (3oz beef, 1oz RC, 1/2c potato, 1 8in WW tortilla)  1/2c Buttered Cabbage  1/2c Plums | Tuesday 11, 2025  2% milk  3oz Chopped Steak  1oz LS Gravy  1/2c Mashed Potatoes  1/2c Mixed Vegetables  1c Tossed Salad w/ 2TBSP FF Ranch Dressing  1 8in WW Tortilla  1/2c SF Gelatin | Wednesday 12, 2025  2% milk  Beef & Broccoli Stir Fry  (3oz beef, 1/2c broccoli, 1oz sauce)  1c Brown Rice  1c Stir Fry Vegetables  1c Pineapple | Thursday 13, 2025  2% milk  3oz Mama’s Meatloaf  1/2c Mashed Potatoes  1oz LS Gravy  3/4c Brussel Sprouts  1c Tossed Salad w/2TBSP FF Ranch Dressing  1 Wheat Roll w/ 1tsp Margarine  1 Pear | Friday 14, 2025  2% milk  Breakfast  2 HB Eggs  2 Pancakes (4in in diameter)  1TBSP Maple Syrup, 1tsp Margarine  1oz Reduced Fat Sausage Patty  1/2c Potatoes w/ 1/2c Onions & Peppers  Orange |
| Monday 17, 2025  1% Milk  2oz Corned Beef & 1/2c Cabbage  1/2c Carrots w/ 1tsp Unsalted Butter  1/2c Parsley Potatoes  1 Wheat Roll w/ 1tsp Margarine  1/2c Lime Sherbet  Banana  1/2c LF Plain Yogurt | Tuesday 18, 2025  1% milk  3oz Chicken Tenders  1/2c LS Herb Roasted Red Potatoes  3/4c California Blend Vegetables  1 Wheat Roll w/ 1tsp Margarine  3/4c Fruit Cocktail | Wednesday 19, 2025  1% milk  Tuna Salad Sandwich  (2 slice wheat bread, 3oz LT tuna, 1/2c lettuce, 2 slice tomato)  3/4c LS Tomato Soup  1/2c Creamy Cucumber Salad  1/2c Warm Apple Slices | Thursday 20, 2025  1% milk  Pepper Steak  (3oz beef, 1/2c peppers & onions)  1c Steamed Brown Rice  1/2c Green Beans w/ 1tsp Margarine  1/2c Carrot/Raisin Salad  1/2c Lemon Pudding | Friday 21, 2025  1% milk  1/2c Baked Macaroni & Cheese  (1oz cheese, 1/2c macaroni)  1c Italian Blend Vegetables  1c Plain LF Yogurt w/ 1/2c Berries |
| Monday 24, 2025  1% milk  Pork Sliders  (3oz shredded pork, 1oz BBQ sauce, 1 sweet bun, 1/2c coleslaw w/1TBSP dressing)  1/2c Tomato/Cucumber Salad  1/2c Carrot Raisin Salad  Orange | Tuesday 25, 2025  1% Milk  Pepperoni Pizza  (7 slices pepperoni, 1oz LS marinara, 1oz LF mozzarella cheese, 1oz pizza crust)  1c Ceasar Salad  (1c romaine lettuce, ½ tomatoes, .5 TBSP parm cheese, 1/4c LS garbanzo beans, 2TBSP ceasar dressing)  1c Fresh Fruit Salad  1c LT NF Vanilla Yogurt | Wednesday 26, 2025  1% MILK  Frito Pie  (1oz corn chips, 2oz RC sauce, 3oz beef, 1/2c lettuce & tomato)  1/2c LS Pinto Beans  1/2c Calabacitas  Fresh Pear | Thursday 27, 2025  1% Milk  3oz LS Beef Brisket  1/2c LS Herb Roasted Red Potatoes  1/2c Braised Red Cabbage w/ 1/4c apple  1/2c Pineapple Chunks  Wheat Roll | Friday 28, 2025  1% milk  Chicken Fajitas  (3oz chicken, 1/2c peppers & onions, 1 6in flour tortilla, 1oz salsa)  1/2c LS Spanish Rice  1c Winter Vegetables  1/2c Fruit Cocktail |
| Monday 31, 2025  2% Milk  Pork Chops w/Apples and Onions  (3oz LS Herbed pork chop w/ 1/4c onions and 1/4c apples)  1/2c Spinach  1/2c Parsley Potatoes  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1 WW Roll  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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 718.9 | 704.3 | 703.9 | 760.6 | 707.2 |
| % Carbohydrates from Calories | 45-55% | 416.0 | 50.3 | 54.7 | 49.2 | 50.6 |
| % Protein from Calories | 15-25% | 24.9 | 22.4 | 19.8 | 20.4 | 23.0 |
| % Fat from Calories | 25-35% | 29.1 | 27.3 | 25.5 | 30.4 | 26.4 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 6.5 | 7.5 | 7.8 |
| Fiber | 10g or more | 10.0 | 10.0 | 10.7 | 11.2 | 15.2 |
| Vitamin B-12 | .8ug or more | 2.6 | 3.0 | 3.0 | 2.2 | 1.9 |
| Vitamin A | 300ug RAE or more | 496.9 | 453.4 | 485.1 | 341.8 | 1290.9 |
| Vitamin C | 30mg or more | 54.5 | 74.3 | 36.3 | 67.8 | 56.8 |
| Iron | 2.6mg or more | 5.1 | 5.5 | 4.2 | 4.7 | 7.4 |
| Calcium | 400mg or more | 443.4 | 420.5 | 623.2 | 531.8 | 574.8 |
| Sodium | less than 766mg | 719.2 | 7.9 | 766.4 | 764.4 | 663.5 |

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.