|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday 3, 20252% milk 5oz Carne Avoada(3oz pork,2oz RC sauce)1/2c LS Pinto Beans1/2c Calabacitas1 6in Tortilla1/3c Lemon Pudding1c Grapes | Tuesday 4, 20252% 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 Margarine1 Baked Apple Slices | Wednesday 5, 20252% milk 3oz Chicken Strips1/2c Herb Roasted Red Potatoes1/2c LS 3 Bean SaladWW Roll w/ 1tsp Margarine3/4c Mandarin Oranges | Thursday 6, 20252% milk 1/2c Spaghetti w/ 6oz Meat Sauce (3oz NAS marinara sauce, 3oz beef)1 Wheat Roll w/ 1tsp Margarine1c Italian Blend Vegetables1c Chopped Cantaloupe | Friday 7, 20252% milk GC Chicken Sandwich(1 bun, 3oz grill/bake chicken, 2TBSP GC, .5oz cheese)1/2c Sweet Potato1/2c LS Roasted Cauliflower1 Oatmeal Cookie |
| Monday 10, 20252% milk Carne Con Papas Burrito(3oz beef, 1oz RC, 1/2c potato, 1 8in WW tortilla)1/2c Buttered Cabbage1/2c Plums | Tuesday 11, 20252% milk 3oz Chopped Steak1oz LS Gravy1/2c Mashed Potatoes1/2c Mixed Vegetables1c Tossed Salad w/ 2TBSP FF Ranch Dressing1 8in WW Tortilla1/2c SF Gelatin | Wednesday 12, 20252% milk Beef & Broccoli Stir Fry(3oz beef, 1/2c broccoli, 1oz sauce)1c Brown Rice1c Stir Fry Vegetables1c Pineapple | Thursday 13, 20252% milk 3oz Mama’s Meatloaf1/2c Mashed Potatoes1oz LS Gravy3/4c Brussel Sprouts1c Tossed Salad w/2TBSP FF Ranch Dressing1 Wheat Roll w/ 1tsp Margarine1 Pear | Friday 14, 20252% milk Breakfast2 HB Eggs2 Pancakes (4in in diameter)1TBSP Maple Syrup, 1tsp Margarine1oz Reduced Fat Sausage Patty1/2c Potatoes w/ 1/2c Onions & PeppersOrange |
| Monday 17, 20251% Milk 2oz Corned Beef & 1/2c Cabbage1/2c Carrots w/ 1tsp Unsalted Butter1/2c Parsley Potatoes1 Wheat Roll w/ 1tsp Margarine1/2c Lime SherbetBanana1/2c LF Plain Yogurt | Tuesday 18, 20251% milk 3oz Chicken Tenders1/2c LS Herb Roasted Red Potatoes3/4c California Blend Vegetables1 Wheat Roll w/ 1tsp Margarine3/4c Fruit Cocktail | Wednesday 19, 20251% milk Tuna Salad Sandwich(2 slice wheat bread, 3oz LT tuna, 1/2c lettuce, 2 slice tomato)3/4c LS Tomato Soup1/2c Creamy Cucumber Salad1/2c Warm Apple Slices | Thursday 20, 20251% milk Pepper Steak(3oz beef, 1/2c peppers & onions)1c Steamed Brown Rice1/2c Green Beans w/ 1tsp Margarine1/2c Carrot/Raisin Salad1/2c Lemon Pudding | Friday 21, 20251% milk 1/2c Baked Macaroni & Cheese(1oz cheese, 1/2c macaroni)1c Italian Blend Vegetables1c Plain LF Yogurt w/ 1/2c Berries |
| Monday 24, 20251% milk Pork Sliders(3oz shredded pork, 1oz BBQ sauce, 1 sweet bun, 1/2c coleslaw w/1TBSP dressing)1/2c Tomato/Cucumber Salad1/2c Carrot Raisin SaladOrange | Tuesday 25, 20251% 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 Salad1c LT NF Vanilla Yogurt | Wednesday 26, 20251% MILK Frito Pie(1oz corn chips, 2oz RC sauce, 3oz beef, 1/2c lettuce & tomato)1/2c LS Pinto Beans1/2c CalabacitasFresh Pear | Thursday 27, 20251% Milk 3oz LS Beef Brisket1/2c LS Herb Roasted Red Potatoes1/2c Braised Red Cabbage w/ 1/4c apple1/2c Pineapple ChunksWheat Roll | Friday 28, 20251% milk Chicken Fajitas(3oz chicken, 1/2c peppers & onions, 1 6in flour tortilla, 1oz salsa)1/2c LS Spanish Rice1c Winter Vegetables1/2c Fruit Cocktail |
| Monday 31, 20252% 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 Dressing1 WW Roll 1/2c Apricots |  |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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.