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| --- | --- | --- | --- | --- |
| Monday 3, 20251% milk Ham & Cheese Sandwich(2oz.LS ham,1oz.cheese,1/2c lettuce,2 sl.tomato,2 sl.wheat bread)1/2c Potato Salad1/2c Carrot Raisin Salad1c Tropical fruit1% Milk | Tuesday 4, 20251% Milk3oz LS Pork Chop1/2c LS Stuffing1c 5 Way Vegetables1/2c Blueberries in 1/4c Cobbler1% Milk  | Wednesday 5, 20251% milk 6oz Beef Enchilada Casserole(3oz. beef,1oz. cheese,1/4c red chile,2 corn tortillas)3/4c LS Pinto Beans1/2c Cucumber and Tomato Salad1/2c SF Gelatin w/ 1/2c Banana1% Milk | Thursday 6, 20251% milk 3oz LS Lemon Pepper Fish1c Wild Rice w/1tsp Margarine1/2c Brussel Sprouts1c Coleslaw w/ 2TBSP Dressing1/2c Mango1% Milk | Friday 7, 20251% Milk Open Face Red Chile Burger(3oz beef, .5oz cheese, 1oz red chile, ½ bun)1/3c Hominy1c Zucchini and LS Diced Tomatoes1c Strawberries on 2oz White Cake1% Milk |
| Monday 10, 20252% Milk Chicken Alfredo(3oz chicken, 1oz LT alfredo sauce,1/2c fettuccine)1c Capri Blend Vegetables1c Tossed Salad w/2 TBSP LT Italian Dressing1 Chocolate Chip Cookie | Tuesday 11, 20252% Milk Smothered Green Chili Bean Burritos(3/4c LS pinto beans, .5oz cheese, 1 8in WW tortilla, 1oz green chile sauce)1c Garden Salad w/ 2TBSP LT Italian DressingBanana | Wednesday 12, 20252% Milk Pepper Steak(3oz beef, 1/2c peppers & onions)Baked Potato w/1tsp MargarineWheat Roll w/1tsp Margarine1/2c Winter Blend Vegetables1/2c Berry in Cobbler | Thursday 13, 20252% milk 4oz BBQ Chicken Thigh(3oz chicken thigh, 2oz LS BBQ sauce)1c 5-Way Vegetables1/2c Baked BeansWW Roll w/1tsp Margarine1/2c Fruit Cocktail | Friday 14, 20252% milk Green Chile Cheeseburger(1oz GC, 3oz lean patty, 1 bun, .5oz cheese)1/2c Lettuce, 2Slices Tomato, 1 Slice Onion10 NAS French Fries1c Chuckwagon Corn1/2c Sliced Apples |
| Monday 17, 2025CLOSED | Tuesday 18, 20251% Milk 3oz Chicken Fried Steak1oz LS Pepper Gravy1/2c LS Mashed Potatoes1/2c Green Beans1/2c Tossed Salad w/1 TBSP LT Italian Dressing1c Strawberries & Bananas | Wednesday 19, 20252% milk 6oz Green Chile Chicken Enchiladas(3oz chicken,1oz GC,1oz cheese,2 corn tortillas)1/2c Fiesta Salad4oz Mexican Zucchini4oz Flan | Thursday 20, 20251% Milk 3oz Hamburger Steak3oz Gravy/Onions1/2c Glazed Carrots½ Baked Potato w/1tsp Margarine1 Slice Jalapeno Cornbread1c Cantaloupe | Friday 21, 20251% Milk 3oz Lemon Pepper Chicken1c LS Avocado Pasta Salad(1/2c pasta, 1/2c vegetables) w/2TBSP LS Avocado Dressing1/2c AsparagusWW Roll1/2c Spiced Peaches |
| Monday 24, 20251% milk 3oz Salisbury Steak w/ 2oz LS Gravy1/2c Scalloped Potatoes1c Broccoli w/Red Peppers1/2c Tossed Salad w/1TBSP LT Italian DressingWW Roll w/ 1tsp Margarine1/2c Spiced Peaches | Tuesday 25, 20251% Milk Chef Salad(1oz turkey, 1oz LS ham, .5oz cheese, 1 HB egg, 8 baby carrots, 1.5c lettuce, 1/4c cucumbers, 1/4c cabbage)3 TBSP Kraft Ranch Dressing6 LS WW Crackers1/2c Pears | Wednesday 26, 20251% milk 3oz Chicken Thighs1/2c LS Rice Pilaf1c Asian Vegetables1 WW Roll w/ 1tsp Margarine1/2c Tropical Fruit Salad | Thursday 27, 20251% Milk 3oz Meatloaf w/ 2oz LS Gravy1/2c Sweet Potatoes1c Green Peas & Pearl Onions1/2c Tossed Salad w/ 1TBSP LT Italian DressingWheat Bread | Friday 28, 20251% Milk Turkey & Cheese Sandwich(3oz LS turkey breast, 5oz cheese, 2 slices wheat bread, 1/2c lettuce, 2 slices tomato)1oz Sun Chips1/2c 3 Bean SaladOatmeal Raisin Cookie |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 |
|  |  | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 727.2 | 729.2 | 725.9 | 704.4 |
| % Carbohydrates from Calories | 45-55% | 51.6 | 51.5 | 45.4 | 48.4 |
| % Protein from Calories | 15-25% | 21.2 | 21.2 | 24.2 | 22.3 |
| % Fat from Calories | 25-35% | 27.2 | 27.3 | 30.1 | 29.2 |
| Saturated Fat | less than 8g | 7.0 | 7.9 | 8.0 | 7.1 |
| Fiber | 10g or more | 10.9 | 12.5 | 10.6 | 10.0 |
| Vitamin B-12 | 8ug or more | 2.3 | 2.2 | 2.5 | 2.3 |
| Vitamin A | 300ug RAE or more | 663.6 | 486.2 | 478.1 | 677.8 |
| Vitamin C | 30mg or more | 87.8 | 69.5 | 71.4 | 49.1 |
| Iron | 2.6mg or more | 4.4 | 4.7 | 4.5 | 4.8 |
| Calcium | 400mg or more | 516.7 | 476.6 | 560.9 | 492.3 |
| Sodium | less than 766mg | 751.8 | 680.9 | 655.5 | 746.1 |

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 5, 2024