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| --- | --- | --- | --- | --- |
| Monday 3, 2025  1% milk  Ham & Cheese Sandwich  (2oz.LS ham,1oz.cheese,1/2c lettuce,2 sl.tomato,2 sl.wheat bread)  1/2c Potato Salad  1/2c Carrot Raisin Salad  1c Tropical fruit  1% Milk | Tuesday 4, 2025  1% Milk  3oz LS Pork Chop  1/2c LS Stuffing  1c 5 Way Vegetables  1/2c Blueberries in 1/4c Cobbler  1% Milk | Wednesday 5, 2025  1% milk  6oz Beef Enchilada Casserole  (3oz. beef,1oz. cheese,1/4c red chile,2 corn tortillas)  3/4c LS Pinto Beans  1/2c Cucumber and Tomato Salad  1/2c SF Gelatin w/ 1/2c Banana  1% Milk | Thursday 6, 2025  1% milk  3oz LS Lemon Pepper Fish  1c Wild Rice w/1tsp Margarine  1/2c Brussel Sprouts  1c Coleslaw w/ 2TBSP Dressing  1/2c Mango  1% Milk | Friday 7, 2025  1% Milk  Open Face Red Chile Burger  (3oz beef, .5oz cheese, 1oz red chile, ½ bun)  1/3c Hominy  1c Zucchini and LS Diced Tomatoes  1c Strawberries on 2oz White Cake  1% Milk |
| Monday 10, 2025  2% Milk  Chicken Alfredo  (3oz chicken, 1oz LT alfredo sauce,1/2c fettuccine)  1c Capri Blend Vegetables  1c Tossed Salad w/2 TBSP LT Italian Dressing  1 Chocolate Chip Cookie | Tuesday 11, 2025  2% 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 Dressing  Banana | Wednesday 12, 2025  2% Milk  Pepper Steak  (3oz beef, 1/2c peppers & onions)  Baked Potato w/1tsp Margarine  Wheat Roll w/1tsp Margarine  1/2c Winter Blend Vegetables  1/2c Berry in Cobbler | Thursday 13, 2025  2% milk  4oz BBQ Chicken Thigh  (3oz chicken thigh, 2oz LS BBQ sauce)  1c 5-Way Vegetables  1/2c Baked Beans  WW Roll w/1tsp Margarine  1/2c Fruit Cocktail | Friday 14, 2025  2% milk  Green Chile Cheeseburger  (1oz GC, 3oz lean patty, 1 bun, .5oz cheese)  1/2c Lettuce, 2Slices Tomato, 1 Slice Onion  10 NAS French Fries  1c Chuckwagon Corn  1/2c Sliced Apples |
| Monday 17, 2025  CLOSED | Tuesday 18, 2025  1% Milk  3oz Chicken Fried Steak  1oz LS Pepper Gravy  1/2c LS Mashed Potatoes  1/2c Green Beans  1/2c Tossed Salad w/1 TBSP LT Italian Dressing  1c Strawberries & Bananas | Wednesday 19, 2025  2% milk  6oz Green Chile Chicken Enchiladas  (3oz chicken,1oz GC,1oz cheese,2 corn tortillas)  1/2c Fiesta Salad  4oz Mexican Zucchini  4oz Flan | Thursday 20, 2025  1% Milk  3oz Hamburger Steak  3oz Gravy/Onions  1/2c Glazed Carrots  ½ Baked Potato w/1tsp Margarine  1 Slice Jalapeno Cornbread  1c Cantaloupe | Friday 21, 2025  1% Milk  3oz Lemon Pepper Chicken  1c LS Avocado Pasta Salad  (1/2c pasta, 1/2c vegetables) w/2TBSP LS Avocado Dressing  1/2c Asparagus  WW Roll  1/2c Spiced Peaches |
| Monday 24, 2025  1% milk  3oz Salisbury Steak w/ 2oz LS Gravy  1/2c Scalloped Potatoes  1c Broccoli w/Red Peppers  1/2c Tossed Salad w/1TBSP LT Italian Dressing  WW Roll w/ 1tsp Margarine  1/2c Spiced Peaches | Tuesday 25, 2025  1% 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 Dressing  6 LS WW Crackers  1/2c Pears | Wednesday 26, 2025  1% milk  3oz Chicken Thighs  1/2c LS Rice Pilaf  1c Asian Vegetables  1 WW Roll w/ 1tsp Margarine  1/2c Tropical Fruit Salad | Thursday 27, 2025  1% Milk  3oz Meatloaf w/ 2oz LS Gravy  1/2c Sweet Potatoes  1c Green Peas & Pearl Onions  1/2c Tossed Salad w/ 1TBSP LT Italian Dressing  Wheat Bread | Friday 28, 2025  1% Milk  Turkey & Cheese Sandwich  (3oz LS turkey breast, 5oz cheese, 2 slices wheat bread, 1/2c lettuce, 2 slices tomato)  1oz Sun Chips  1/2c 3 Bean Salad  Oatmeal 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