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| **Menu Subject**  **To Change** |  | **WEDNESDAY 1, 2025**  **New Years Day**  **Closed.** | **THURSDAY 2, 2025**  Beef & Bean Burrito  (2 oz. Beef, 1/2c LS Pinto Beans,  1 8in WW Tortilla, 2 TBSP Salsa, 1 TBSP Sour Cream)  1/3c Calabacitas  3/4c spinach  Orange | **FRIDAY 3, 2025**  4oz Baked Herbed Cod  2 TBSP tartar sauce  1/2c LS brown Rice pilaf w/ 1/2c mushrooms  1/2c Brussel sprouts w/ 1 tsp margarine  Wheat roll w/ 1 tsp unsalted butter  1/2c Spiced peaches  1 slice SF angel food cake |
| **MONDAY 6, 2025**  4oz Meatloaf /w 2oz LS Gravy  1/3c Mashed potatoes w/ 1 tsp margarine and 1 tsp chives  3/4c Broccoli  1 wheat Roll w/ 1 tsp Margarine  1/2c Fruit Cocktail | **TUESDAY 7, 2025**  BBQ Chicken Sandwich  (3oz Chicken breast, 2 TBSP Sauce, 1 Bun)  1/2c LS Cucumber and tomato salad (non-creamy)  1/2c LS 3 bean salad  1oz Sun Chips  1 Pear | **WEDNESDAY 8, 2025**  3/4c Hamburger mac  (3oz Ground beef, 1/4c tomatoes, 1/2c Penne Pasta)  1c Italian Blend Vegetable w/ 1 tsp margarine  1/2c SF Strawberry Gelatin  banana | **THURSDAY 9, 2025**  3oz LS Herbed Chicken Breast  2oz LS gravy  1/2c LS Herbed Italian Rice  1/2c asparagus w/ 1/2c carrots w/ 1 tsp margarine  1 Wheat roll w/ 1 tsp margarine  1/2c Applesauce | **FRIDAY 10, 2025**  6oz Red Chile Beef Enchilada  (2oz Beef, 1oz Cheese,  2oz Red Chili, 2 Corn Tortillas, 1/2c lettuce and tomato)  1/3c LS Spanish rice  1c vegetable medley w/ 1 tsp margarine  1c Tropical fruit |
| **MONDAY 13, 2025**  6oz Meat Ball Casserole  (3 oz. Meatballs w/ 1oz Marinara Sauce, .5oz. Cheese)  1c California blend vegetables  1 wheat roll  1/2c spiced Pears | **TUESDAY 14, 2025**  1c Posole w/Pork  (3oz Pork, 2oz Red Chile,  1/2c Hominy)  1c Chateau blend vegetables  1 6in Flour Tortilla  1/2c mandarin oranges | **WEDNESDAY 15, 2025**  8oz Shepherd’s Pie  (3oz Beef, 1/2c carrots, onions, Peas,  1/4c Mashed Potato)  3/4c Green Beans  Wheat Roll  1c Fruit Salad  1/2c light (SF) vanilla nonfat yogurt | **THURSDAY 16, 2025**  8oz Chicken and vegetable bake  (3oz.Diced chicken w/ 1/2c mixed vegetables, oz 1oz sauce)  1/2c Brown Rice  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  Wheat roll  3/4c Berries w/ 1/3c FF Chocolate pudding | **FRIDAY 17, 2025**  GC Cheeseburger  (3oz Patty, 1/2oz Cheese, 2 TBSP Green Chile, 1 WW Bun)  1/3c NAS baked French Fries  3/4c Broccoli  1/2c peaches |
| **MONDAY 20, 2025**  **Closed**  **Martin Luther King Jr.**  **Day** | **TUESDAY 21, 2025**  Tamale W/Red Chile  (2oz. Pork, 2oz Red Chile, 1/3c masa)  1c Quelites  (1/2c Spinach & 1/2c Beans w/ Onion)  1c Light (SF) nonfat vanilla yogurt  1/2c Strawberries  3 graham crackers | **WEDNESDAY 22, 2025**  8oz Green Chili Enchiladas  (3oz Chicken, 1oz Cheese,  1oz Green Chili, 2 Corn Tortillas, 1/2c lettuce and tomato))  1c Capri vegetables w/ 1 tsp unsalted butter  1/2c LS Spanish Rice  1/2c apricots | **THURSDAY 23, 2025**  Beef & Papas  (3oz Ground Beef, 1/2c diced Potato, 2 TBSP GC)  1-8 in Flour Tortilla  2 TBSP Salsa  1/2c Zucchini w/ 1/2c NAS Diced tomatoes  1/2c Pineapple | **FRIDAY 24, 2025**  1c Green Chile Chicken Stew  (3 oz. Chicken, 1 oz. Green Chile,  1/4c Potatoes, 1/4c Carrots, 1/4c Corn)  1.5c Tossed salad w/ 2 TBSP Light ranch dressing  1 tsp margarine, 6 in WW Tortilla  3/4c Fruit cocktail |
| **MONDAY 27, 2025**  Beef Soft Tacos  (3oz Beef, 1 6in Flour tortilla,, 1/2c lettuce and tomato, 2 TBSP Salsa)  1c California blend  1/2c Pinto beans  1c Fruit Salad | **TUESDAY 28, 2025**  3/4c LS Potato Chowder  (1/4c Potatoes,  1/8c Corn, 1/8c Celery, 1/8c Carrots, 1oz LS Ham) 1/2c Red beans  1oz Cornbread w/ 1 tsp unsalted butter  1c Garden blend vegetables w/ 1 tsp unsalted butter  1/2c Apple Slices | **WEDNESDAY 29, 2025**  Chile Dog  (1oz Hot Dog, 3oz. Chile Meat Sauce, (2oz meat, 2oz Sauce) ½ Hot Dog Bun, 1/2c Peppers/Onions)  1c Island Blend w/ 1 tsp unsalted butter  1/2c Blueberry Crisp | **THURSDAY 30, 2025**  Hot Turkey “Sandwich”  (2oz Turkey w/2oz Low Sodium Gravy, 1 Slice WW Bread)  1/3c Mashed Potato  1c Vegetable medley  1/2c Light nonfat vanilla yogurt  Orange | **FRIDAY 31, 2025**  Sloppy Joes  (3oz Beef, 1/4c Sauce, 1 WW Bun, 1/2c Green pepper)  1c Chateau blend veg w/ 1 tsp unsalted butter  1/2c Carrot salad  1c Tropical Fruit salad |

**NUTRIENT TABLE**

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|  | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
| Days in Week |  | **Days in Week:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 745.8 | 730.3 | 703.3 | 708.0 | 758.1 |
| % Carbohydrates from Calories | 45-55% | 51.1 | 50.7 | 48.8 | 48.8 | 54.3 |
| % Protein from Calories | 15-25% | 23.4 | 22.1 | 23.3 | 22.2 | 17.9 |
| % Fat from Calories | 25-35% | 25.4 | 27.2 | 27.8 | 29.0 | 27.8 |
| Saturated Fat | less than 8g | 7.3 | 7.4 | 8.0 | 8.0 | 7.5 |
| Fiber | 10g or more | 13.3 | 11.0 | 11.1 | 10.1 | 13.3 |
| Vitamin B-12 | .8ug or more | 2.5 | 2.4 | 2.7 | 1.9 | 2.1 |
| Vitamin A | 300ug RAE or more | 599.9 | 414.8 | 393.5 | 591.1 | 308.7 |
| Vitamin C | 30mg or more | 79.9 | 50.6 | 42.0 | 36.6 | 81.5 |
| Iron | 2.6mg or more | 7.5 | 4.5 | 4.7 | 4.4 | 5.1 |
| Calcium | 400mg or more | 561.4 | 466.2 | 529.0 | 548.3 | 407.7 |
| Sodium | less than 766mg | 666.7 | 630.5 | 760.1 | 762.1 | 756.8 |

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 9, 2024 re approved on December 10, 2024