



**VALENCIA COUNTY FEBRUARY 2018**

| <b>Menu Subject To Change</b>  | <b>All Meals Served With 1% Milk</b>   |   | <b>THURSDAY 1, 2018</b><br>Tamale<br>w/ Red Chile<br>Pinto Beans<br>Tossed Salad<br>Pineapple                             | <b>FRIDAY 2, 2018</b><br>Chicken Wrap<br>Lettuce & Tomato<br>Potato Salad<br>Carrot Sticks<br>Strawberry Yogurt                                 |
|--|--|---|---|---|
| <b>MONDAY 5, 2018</b><br>Beef Soft Tacos<br>Lettuce & Tomato Salsa<br>Peppers & Onions<br>Refried Beans<br>Mixed Fruit                     | <b>TUESDAY 6, 2018</b><br>Pork Chop w/Glaze<br>Mashed Potato<br>California Blend Vegetables<br>Dinner Roll w/ Margarine<br>Applesauce  | <b>WEDNESDAY 7, 2018</b><br>Chicken Breast w/ Gravy<br>Scalloped Potato<br>Green Beans<br>Wheat Bread w/Margarine<br>Banana                       | <b>THURSDAY 8, 2018</b><br>Lasagna<br>Chateau Vegetables<br>Crackers<br>Granola Bar                                       | <b>FRIDAY 9, 2018</b><br>Tuna Salad Sandwich<br>Macaroni Salad<br>4-Mixed Vegetables<br>Tapioca Pudding<br>Orange                               |
| <b>MONDAY 12, 2018</b><br>Beef Stew<br>Steamed Rice<br>Beets<br>Cornbread w/Margarine<br>Peach Yogurt                                      | <b>TUESDAY 13, 2018</b><br>BBQ Pork Sandwich<br>.Onions & Jalapenos<br>Potato Wedges<br>Cole Slaw<br>Mixed Fruit                       | <b>WEDNESDAY 14, 2018</b><br>Baked Fish w/Tartar Sauce<br>Scalloped Potatoes<br>4-way Mixed Vegetables<br>Biscuit w/Margarine<br>Mandarin Oranges | <b>THURSDAY 15, 2018</b><br>Honey-Lemon Chicken<br>Peas & Carrots<br>Sweet Potatoes<br>Biscuit w/Margarine<br>Diced Pears | <b>FRIDAY 16, 2018</b><br>Green Chili Cheeseburger<br>Lettuce, Tomato, Onion<br>Buttered Corn Chips<br>Mustard/Ketchup<br>Oatmeal Raisin Cookie |
| <b>MONDAY 19, 2018</b><br>Turkey Grilled<br>Cheese Sandwich<br>Macaroni Salad<br>Tomato Slices<br>Mandarin Oranges                         | <b>TUESDAY 20, 2018</b><br>Beef and Bean Burrito<br>Red Chile<br>Lettuce & Tomato<br>Calabacitas<br>Sour Cream<br>Peanut Butter Cookie | <b>WEDNESDAY 21, 2018</b><br>Sweet and Sour Pork<br>Steamed Rice<br>Oriental Veggies<br>Wheat Bread w/ Margarine<br>Apple Fruit Crisp             | <b>THURSDAY 22, 2018</b><br>Green Chile Enchiladas<br>Lettuce & Tomato<br>Refried Beans<br>Spanish Rice<br>Mixed Fruit    | <b>FRIDAY 23, 2018</b><br>Denver Scramble<br>Diced Potatoes<br>Sausage Link<br>Biscuit w/Margarine<br>Cherry Vanilla Yogurt                     |
| <b>MONDAY 26, 2018</b><br>Baked Chicken<br>Cabbage<br>Onions & Peppers<br>Ranch Beans<br>WW Roll w/Margarine<br>Granola Bar<br>Diced Pears | <b>TUESDAY 27, 2018</b><br>Meatloaf<br>Mashed Potatoes w/Gravy<br>Broccoli<br>Biscuit w/Margarine<br>Mixed Fruit                       | <b>WEDNESDAY 28, 2018</b><br>Frito Pie<br>Lettuce & Tomato<br>Carrot Raisin Salad<br>Apple  |   |   |



VALENCIA COUNTY FEBRUARY 2018

| Nutrient                             | Daily Lunch Requirement | Menu Week 1        | Menu Week 2        | Menu Week 3        | Menu Week 4        | Menu Week 5        |
|--------------------------------------|-------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|                                      |                         | Days in Week:<br>2 | Days in Week:<br>5 | Days in Week:<br>5 | Days in Week:<br>5 | Days in Week:<br>3 |
| <b>Calories</b>                      | 700                     | 712                | 753                | 767                | 714                | 716                |
| <b>% Carbohydrates from Calories</b> | 45-55%                  | 48%                | 55%                | 52.4%              | 49.4%              | 45.3%              |
| <b>% Protein from Calories</b>       | 15-25%                  | 25.5%              | 19.2%              | 22.2%              | 24.6%              | 25.1%              |
| <b>% Fat from Calories</b>           | 25-35%                  | 26.5%              | 25.7%              | 25.4%              | 26%                | 29.6%              |
| <b>Saturated Fat</b>                 | less than 8g            | 7.5g               | 6.3g               | 6.9g               | 7.1g               | 7.2mg              |
| <b>Fiber</b>                         | 10g                     | 11.9g              | 11.8g              | 10.4g              | 10.6g              | 13.2g              |
| <b>Vitamin B-12</b>                  | .8ug                    | 1.6ug              | 1.6ug              | 2.3ug              | 2.1ug              | 2.7ug              |
| <b>Vitamin A</b>                     | 300ug RAE               | 874ug              | 455ug              | 569ug              | 471ug              | 568ug              |
| <b>Vitamin C</b>                     | 30mg                    | 99mg               | 38.8mg             | 66.6mg             | 49.4mg             | 91mg               |
| <b>Iron</b>                          | 2.6mg                   | 5mg                | 4.2mg              | 5.3mg              | 5.2mg              | 5.1mg              |
| <b>Calcium</b>                       | 400mg                   | 616mg              | 423mg              | 522mg              | 572mg              | 595mg              |
| <b>Sodium</b>                        | less than 766mg         | 732mg              | 688mg              | 766mg              | 751mg              | 742mg              |

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.

Jennifer Pas, RD, LD