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| Thursday Nov. 13th NM Grown Fresh Fruit we are anticipating a fresh apple if available.  Any day that NM Grown produce is purchased-delivered we may add a salad to a meal |  |  |  | Fri. 1, 2024  3oz Beef Liver  1oz Sautéed Onions and 1/2c mushrooms  3/4c Wild Rice  3/4c Green Beans w/ 2 tsp margarine  1 WW Roll w/ 1 tsp margarine  1 med. Orange  1/2c SF Gelatin |
| Mon. 4, 2024  4oz Sweet and Sour Meatballs  (3oz Meatballs, 1oz Sauce)  1c Steamed Brown Rice  1 c Oriental Vegetable  1c Apricots | Tue. 5, 2024  1c Chicken & Noodles  (3oz Chicken, 1/2c Noodles, 1oz Sauce)  1c California blend  Wheat roll  1.5c Garden Salad  2 TBSP light Italian Dressing  1/2c Fruit Cocktail | Wed. 6, 2024  8oz G C Hamburger Stew  (3oz beef, 1/2c vegetables, 2 TBSP GC)  1c Capri Vegetables  1.5c Garden Salad  2 TBSP light Italian Dressing  1oz Cornbread  1/2c Peaches | Thur. 7, 2024  ½ Stuffed Bell Pepper  (3oz. Ground Beef, 1/4c Rice, ½ bell pepper )  1c Chateau Blend Vegetables  1.5c Tossed salad w/ 2 TBSP light Italian dressing  Wheat roll  1c Mixed fruit | Fri. 8, 2024  1/2c Baked Macaroni & Cheese  (1/2c Macaroni, 1oz Cheese)  1/2c Broccoli  1.5 Tossed salad w/ 2 TBSP light Ranch dressing  1c Light nonfat vanilla yogurt  1c Strawberries |
| Mon. 11, 2024  Spaghetti w/Meat Sauce  (1/2c Spaghetti, 3oz meat,  1c Italian Blend vegetables  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1 Wheat roll  1/2c Pears | Tue. 12, 2024  Red Chile Pork Burrito  2oz Lean Pork Meat  2oz Red Chile Sauce  6” Flour Tortilla  1/2c LS Refried Pinto Beans  1c Garden blend vegetables  1/2c SF Gelatin  3//4c Mandarin oranges | Wed. 13, 2024  Thanksgiving Meal  3oz. LS Turkey Breast  ¼c Cornbread Dressing  ½ c Green Beans  ¼ c slivered almonds  ½ c Baked Yams  1 WW Roll  1 slice pumpkin pie  2 tbsp. FF whip topping | Thur. 14, 2024  4oz. Beef Steak Ranchero  (3oz Meat, 1oz Sauce)  1c Zucchini w/ NAS diced Tomatoes  1 slice Wheat Bread  NM Grown Fresh Fruit  Medium apple | Fri. 15, 2024  1c Chicken Tetrazzini  (1/2c Spaghetti, 3oz chicken 1/4c Sauce)  1.5oz Tossed Salad  2tbsp Light Ranch Dressing  1 WW Roll  1c Fruit salad |
| Mon. 18, 2024  4oz. Meatloaf  1/2c LS Mashed Potato  2oz LS beef Gravy  1c Chateau Blend  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1 WW Roll  1c Tropical fruit salad | Tue. 19, 2024  4oz LS Herbed Cod  1 tbsp Tartar Sauce  1/2c LS Brown Rice Pilaf  1/4c Mushrooms  1c California Blend  1/2c Mixed Fruit | Wed. 20, 2024  GC Cheese Hamburger  (3oz Beef, 0.5oz cheese, 1 bun, 1/2c lettuce, 2 slices tomato, 2 TBSP GC, 1 slice onion)  1/2c Oven Roasted Sweet Potato Chunks  3/4c Broccoli  3/4c Apricots | Thur. 21, 2024  Honey Mustard Chicken  3oz. Chicken Thigh  1 TBSP honey mustard  1c Island Blend veg  1/2c Macaroni Salad  1c Grapes | Fri. 22, 2024  2 Beef Tacos  (3oz. Beef, 2 Corn Tortillas  1/2c Lettuce & Tomato, 2 TBSP salsa)  1/2c LS Spanish Rice  1/2c Yellow squash  1/2c LS Pinto Beans  1c Cantaloupe |
| Mon. 25, 2024  3oz Chicken Strips  2oz LS Country Gravy  1/2c parsley Potatoes  1c Broccoli and cauliflower w/ 1 tsp unsalted butter  Wheat roll w/ 1 tsp unsalted butter  Orange | Tue. 26, 2024  8oz LS Vegetarian GC Potato Stew  (2 TBSP GC, 1/2c Potatoes, and onion celery)  1/2c LS Pinto Beans  1.5c Tossed salad w/ 2 TBSP light ranch Dressing  1 6in Flour tortilla w/ 1 tsp unsalted butter  1/2c SF Baked Apples  1/2c Light nonfat vanilla yogurt | Wed. 27, 2024  8oz Pepper Steak  (3oz meat, 1/2c peppers and onions)  1c Brown Rice w/ 1 tsp margarine  1c Asian blend w/ 1 tsp margarine  3/4c Pineapple chunks | Thur. 28, 2024  CLOSED | Fri. 29,2024  CLOSED |

***Nutrient Table***

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| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 714.5 | 701.0 | 786.7 | 705.0 | 717.0 |
| % Carbohydrates from Calories | 45-55% | 47.3 | 53.8 | 49.8 | 50.7 | 54.7 |
| % Protein from Calories | 15-25% | 24.0 | 19.3 | 21.8 | 21.8 | 18.4 |
| % Fat from Calories | 25-35% | 28.8 | 27.1 | 28.4 | 27.5 | 26.9 |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 8.0 | 8.0 | 7.6 |
| Fiber | 10g or more | 12.4 | 10.8 | 11.1 | 10.5 | 12.6 |
| Vitamin B-12 | .8ug or more | 72.0 | 3.0 | 2.6 | 2.9 | 2.5 |
| Vitamin A | 300ug RAE or more | 6990.5 | 691.1 | 561.3 | 547.1 | 403.9 |
| Vitamin C | 30mg or more | 83.0 | 77.7 | 32.4 | 73.3 | 99.6 |
| Iron | 2.6mg or more | 8.8 | 4.3 | 5.1 | 4.6 | 4.5 |
| Calcium | 400mg or more | 434.2 | 508.1 | 480.2 | 429.3 | 475.1 |
| Sodium | less than 766mg | 541.1 | 740.0 | 763.6 | 10.5 | 709.8 |

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 October 16, 2024