|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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, 20243oz Beef Liver 1oz Sautéed Onions and 1/2c mushrooms3/4c Wild Rice3/4c Green Beans w/ 2 tsp margarine1 WW Roll w/ 1 tsp margarine1 med. Orange1/2c SF Gelatin  |
| Mon. 4, 20244oz Sweet and Sour Meatballs (3oz Meatballs, 1oz Sauce)1c Steamed Brown Rice1 c Oriental Vegetable1c Apricots  | Tue. 5, 20241c Chicken & Noodles (3oz Chicken, 1/2c Noodles, 1oz Sauce)1c California blend Wheat roll1.5c Garden Salad2 TBSP light Italian Dressing1/2c Fruit Cocktail  | Wed. 6, 20248oz G C Hamburger Stew(3oz beef, 1/2c vegetables, 2 TBSP GC)1c Capri Vegetables 1.5c Garden Salad2 TBSP light Italian Dressing1oz Cornbread1/2c Peaches  | Thur. 7, 2024½ Stuffed Bell Pepper(3oz. Ground Beef, 1/4c Rice, ½ bell pepper )1c Chateau Blend Vegetables1.5c Tossed salad w/ 2 TBSP light Italian dressingWheat roll 1c Mixed fruit  | Fri. 8, 20241/2c Baked Macaroni & Cheese(1/2c Macaroni, 1oz Cheese)1/2c Broccoli 1.5 Tossed salad w/ 2 TBSP light Ranch dressing1c Light nonfat vanilla yogurt 1c Strawberries  |
| Mon. 11, 2024Spaghetti w/Meat Sauce(1/2c Spaghetti, 3oz meat, 1c Italian Blend vegetables1.5c Tossed salad w/ 2 TBSP light Italian dressing1 Wheat roll 1/2c Pears | Tue. 12, 2024Red Chile Pork Burrito2oz Lean Pork Meat2oz Red Chile Sauce6” Flour Tortilla1/2c LS Refried Pinto Beans1c Garden blend vegetables1/2c SF Gelatin 3//4c Mandarin oranges | Wed. 13, 2024Thanksgiving Meal3oz. LS Turkey Breast¼c Cornbread Dressing½ c Green Beans¼ c slivered almonds½ c Baked Yams 1 WW Roll1 slice pumpkin pie2 tbsp. FF whip topping  | Thur. 14, 20244oz. Beef Steak Ranchero(3oz Meat, 1oz Sauce)1c Zucchini w/ NAS diced Tomatoes1 slice Wheat BreadNM Grown Fresh FruitMedium apple  | Fri. 15, 20241c Chicken Tetrazzini(1/2c Spaghetti, 3oz chicken 1/4c Sauce)1.5oz Tossed Salad2tbsp Light Ranch Dressing1 WW Roll1c Fruit salad  |
| Mon. 18, 20244oz. Meatloaf1/2c LS Mashed Potato2oz LS beef Gravy1c Chateau Blend 1.5c Tossed salad w/ 2 TBSP light Italian dressing 1 WW Roll1c Tropical fruit salad  | Tue. 19, 20244oz LS Herbed Cod 1 tbsp Tartar Sauce1/2c LS Brown Rice Pilaf1/4c Mushrooms1c California Blend1/2c Mixed Fruit | Wed. 20, 2024GC 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 Chunks3/4c Broccoli3/4c Apricots  | Thur. 21, 2024Honey Mustard Chicken3oz. Chicken Thigh1 TBSP honey mustard 1c Island Blend veg1/2c Macaroni Salad1c Grapes | Fri. 22, 20242 Beef Tacos(3oz. Beef, 2 Corn Tortillas1/2c Lettuce & Tomato, 2 TBSP salsa)1/2c LS Spanish Rice1/2c Yellow squash1/2c LS Pinto Beans1c Cantaloupe |
| Mon. 25, 20243oz Chicken Strips 2oz LS Country Gravy1/2c parsley Potatoes1c Broccoli and cauliflower w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter Orange  | Tue. 26, 20248oz LS Vegetarian GC Potato Stew(2 TBSP GC, 1/2c Potatoes, and onion celery)1/2c LS Pinto Beans1.5c Tossed salad w/ 2 TBSP light ranch Dressing1 6in Flour tortilla w/ 1 tsp unsalted butter 1/2c SF Baked Apples1/2c Light nonfat vanilla yogurt  | Wed. 27, 20248oz Pepper Steak(3oz meat, 1/2c peppers and onions)1c Brown Rice w/ 1 tsp margarine1c Asian blend w/ 1 tsp margarine3/4c Pineapple chunks  | Thur. 28, 2024CLOSED | Fri. 29,2024CLOSED |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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