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| **MAKE CHECKS PAYABLE TO PMS CCS!** | 575-539-2522 |  |  | **FRIDAY 1, 2024**3 oz. BBQ Chicken, 1 TBSP BBQ sauce1/2c LS 3 Bean Salad1 med baked sweet potato w/ 1 tsp margarine 1 WW Roll w/ 1 tsp. MargarineOrange |
| **MONDAY 4, 2024**Chile relleno(GC, 1oz Breading, 1oz Cheese, 1/4c GC sauce1/2c LS pinto beans1/2c LS Spanish rice1c capri Vegetables1/2c Sliced Apple  | **TUESDAY 5, 2024**3oz Salisbury Steak w/ 2oz LS Mushroom Gravy1/2 Baked Potato1/2c Broccoli 1 WW Roll1/2c Pineapple tidbits  | **WEDNESDAY 6, 2024**Chicken Alfredo w/ Noodles(3oz chicken, 1/2c noodles, 1oz light Alfredo sauce)1c Italian blend 3/4c Tossed Salad w/ 1 TBSP Light Italian Dressing1 Wheat roll 1c Tropical Fruit | **THURSDAY 7, 2024**2oz Butterfly Shrimp1/2c brown Rice Pilaf1/2c Spinach1.5c Tossed Salad/ 2 TBSP Light Ranch Dressing1/2c Mixed Fruit1/2c Light nonfat vanilla yogurt  | **FRIDAY 8, 2024**1c Shepherd’s Pie (3 oz. Beef, 1 oz. Sauce, 1/4c Mashed Potato & 1/4c corn, carrots, peas)1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1 WW Roll3/4c Pears |
| **MONDAY 11, 2024**4oz Cornflake Chicken(3oz chicken, 1oz Breading)1/2c LS herb roasted red potatoes12c Beets3/4c Tossed Salad w/ 1 TBSP Light Italian Dressing1 Wheat roll 1c Fruit Salad | **TUESDAY 12, 2024**3oz Salmon Patty1c Coleslaw w/ 1 TBSP dressing 1/2c Green beansWheat roll w/ 1 tsp margarine Banana | **WEDNESDAY 13, 2024**1c GC Chicken Enchiladas(3 oz Chicken, 1oz. Cheese,2 oz Green Chili, 2 Corn Tortillas, 1/2c Lettuce and tomato)1/2c LS Spanish Rice 1/2c LS Pinto Beans1c Apricots  | **THURSDAY 14, 2024**3oz Chicken Fried Steak1/3c Mashed Potatoes w/ 2oz LS Gravy3/4c Brussel Sprouts3/4c Tossed Salad w/ 1 TBSP Light Italian Dressing 1 Slice SF Angel Food Cake w/ 1/2c sliced Strawberries | **FRIDAY 15, 2024**Sweet and Sour Pork(3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)1/2c Stir Fry Vegetables1/2c Brown rice cooked1c Mandarin Oranges and Pineapple |
| **MONDAY 18, 2024**Grilled Cheese Sandwich(2 slices WW bread, 1oz cheese)1c LS Tomato Soup1/2c Carrots 4 WW Crackers1c nonfat Vanilla Yogurt1c Grapes | **TUESDAY 19, 2024**Hamburger(3oz beef, 1bun, 1/2c Lettuce, 2 slices tomato, 1 slice onion)1/2c NAS French Fries3/4c Broccoli Spears 1/2c Fruit Cocktail  | **WEDNESDAY 20, 2024**3oz LS Turkey1/2c Mashed Potatoes w/ 2oz LS Gravy1/2c Green Beans1 WW Roll1/4c Cranberry sauce1 slice Pumpkin Cake | **THURSDAY 21, 2024**Chef Salad (1.5c Romaine lettuce, 1 HB Egg, 2oz Diced Chicken, 1/4c tomatoes, 1oz Carrots, 1/4c Cucumbers, 2 TBSP Light Ranch Dressing)6 WW Crackers1 Orange  | **FRIDAY 22, 2024**Tostada w/ Beef(1 corn tortilla, 1oz beef,1/2c Lettuce and Tomato, 1/2c LS Refried beans)1/2c LS Spanish Rice1c Chateau blend vegetables1/2c Peaches |
| **MONDAY 25, 2024**Loaded Pizza(1oz WW Crust, 0.5oz (7 slices) pepperoni, 0.5oz Mozz. Cheese, 1/3c peppers and onion, 1/4c tomatoes, 0.5oz sauce)1/2c Brussel Sprouts1c Tossed Salad w/ 2 TBSP Light Ranch Dressing w/ 1/2c Garbanzo Beans1/2c Tropical Fruit | **TUESDAY 26, 2024**Hot Turkey Sandwich(2oz Turkey, 1 slice wheat bread, 1oz LS gravy)1/2c brown rice cooked 1/2c spinach 1/2c Zucchini1/2c Light raspberry nonfat yogurt 1/2c warm apple slices  | **WEDNESDAY 27, 2024**8oz Pork Posole(3oz pork,1/2c hominy, 2oz, red chile)1/2c LS Spanish Rice1c Yellow Squash w/ NAS diced tomatoes1 Wheat roll w/ 1 tsp unsalted butter Fresh pear  | **THURSDAY 28, 2024****Closed****For** **Thanksgiving!** | **FRIDAY 29, 2024** Spaghetti w/ Meat Sauce(1/2c Pasta, 3oz Meat, 3oz NAS Sauce)1c California blend vegetables3/4c Tossed Salad w/ 1 TBSP Light Ranch Dressing1 slice Wheat roll1/2c Mixed Fruit |

***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:****4** |
| Calories | 700 or more | 729.2 | 709.5 | 773.7 | 722.6 | 724.1 |
| % Carbohydrates from Calories | 45-55% | 50.9 | 54.0 | 54.3 | 51.5 | 54.8 |
| % Protein from Calories | 15-25% | 23.8 | 19.1 | 20.6 | 20.3 | 18.7 |
| % Fat from Calories | 25-35% | 25.3 | 26.9 | 25.1 | 28.2 | 26.5 |
| Saturated Fat | less than 8g | 6.1 | 8.0 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 12.9 | 10.5 | 10.2 | 10.1 | 12.7 |
| Vitamin B-12 | .8ug or more | 1.5 | 2.3 | 1.9 | 2.4 | 2.0 |
| Vitamin A | 300ug RAE or more | 1161.6 | 566.2 | 426.6 | 525.9 | 493.5 |
| Vitamin C | 30mg or more | 76.4 | 70.0 | 64.4 | 43.4 | 51.4 |
| Iron | 2.6mg or more | 3.7 | 5.0 | 5.4 | 4.3 | 5.2 |
| Calcium | 400mg or more | 478.6 | 510.6 | 459.2 | 530.2 | 495.7 |
| Sodium | less than 766mg | 732.5 | 735.9 | 750.6 | 659.2 | 759.3 |

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 October 17, 2024