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| **MAKE CHECKS PAYABLE TO PMS CCS!** | 575-539-2522 |  |  | **FRIDAY 1, 2024**  3 oz. BBQ Chicken, 1 TBSP BBQ sauce  1/2c LS 3 Bean Salad  1 med baked sweet potato w/ 1 tsp margarine  1 WW Roll w/ 1 tsp. Margarine  Orange |
| **MONDAY 4, 2024**  Chile relleno  (GC, 1oz Breading, 1oz Cheese, 1/4c GC sauce  1/2c LS pinto beans  1/2c LS Spanish rice  1c capri Vegetables  1/2c Sliced Apple | **TUESDAY 5, 2024**  3oz Salisbury Steak w/ 2oz LS Mushroom Gravy  1/2 Baked Potato  1/2c Broccoli  1 WW Roll  1/2c 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 Dressing  1 Wheat roll  1c Tropical Fruit | **THURSDAY 7, 2024**  2oz Butterfly Shrimp  1/2c brown Rice Pilaf  1/2c Spinach  1.5c Tossed Salad/ 2 TBSP Light Ranch Dressing  1/2c Mixed Fruit  1/2c 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 Dressing  1 WW Roll  3/4c Pears |
| **MONDAY 11, 2024**  4oz Cornflake Chicken  (3oz chicken, 1oz Breading)  1/2c LS herb roasted red potatoes  12c Beets  3/4c Tossed Salad w/ 1 TBSP Light Italian Dressing  1 Wheat roll  1c Fruit Salad | **TUESDAY 12, 2024**  3oz Salmon Patty  1c Coleslaw w/ 1 TBSP dressing  1/2c Green beans  Wheat 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 Beans  1c Apricots | **THURSDAY 14, 2024**  3oz Chicken Fried Steak  1/3c Mashed Potatoes w/ 2oz LS Gravy  3/4c Brussel Sprouts  3/4c 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 Vegetables  1/2c Brown rice cooked  1c Mandarin Oranges and Pineapple |
| **MONDAY 18, 2024**  Grilled Cheese Sandwich  (2 slices WW bread, 1oz cheese)  1c LS Tomato Soup  1/2c Carrots  4 WW Crackers  1c nonfat Vanilla Yogurt  1c Grapes | **TUESDAY 19, 2024**  Hamburger  (3oz beef, 1bun, 1/2c Lettuce, 2 slices tomato, 1 slice onion)  1/2c NAS French Fries  3/4c Broccoli Spears  1/2c Fruit Cocktail | **WEDNESDAY 20, 2024**  3oz LS Turkey  1/2c Mashed Potatoes w/ 2oz LS Gravy  1/2c Green Beans  1 WW Roll  1/4c Cranberry sauce  1 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 Crackers  1 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 Rice  1c Chateau blend vegetables  1/2c 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 Sprouts  1c Tossed Salad w/ 2 TBSP Light Ranch Dressing w/ 1/2c Garbanzo Beans  1/2c 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 Zucchini  1/2c 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 Rice  1c Yellow Squash w/ NAS diced tomatoes  1 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 vegetables  3/4c Tossed Salad w/ 1 TBSP Light Ranch Dressing  1 slice Wheat roll  1/2c 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