|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  | 1 | 2 | 3 |
| **NOTE:**  **Occasionally we must**  **substitute food items.**  **We apologize for the inconvenience.** | Week 1 Jal Senior Center February 2024  Week 2 Santa Fe October 2024  Week 4 Deming Senior Center December 2023  Week 1 Gallup September 2024  Week 5 Jal Senior Center December 2023 | Closed  New Year’s Day | Open Faced Turkey Sandwich  (3oz Turkey, 1 slice wheat bread, 2oz LS Gravy)  1/2c Parslied Potatoes  1c Mediterranean Veggies w/ 2 tsp margarine  1c Mandarin Oranges  1/2c Sorbet | 1c Green Chili Chicken Enchiladas  (2 corn tortillas, 3oz Chicken, 1oz GC, 1oz Cheese, 1/2c Lettuce and tomato)  1/2c Lemon Sauteed Spinach  1/2c Spanish Style Cauliflower Rice  3/4c Fruit Salad  1/2c Light Vanilla Yogurt |
| 6 | 7 | 8 | 9 | 10 |
| 3oz LS Tilapia w/ 1/2c onions and peppers  1/3c Wild rice  1/2c Sliced Carrots  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  WW Roll w/ 1 tsp unsalted butter  3/4c Diced Peaches | Chicken Caesar Salad  (1.5c Romaine Lettuce,3oz Diced Chicken, 1/4c plain crouton, 1 TBSP Shredded parm cheese)  2 TBSP Light Caesar Salad Dressing  1/2c Cucumber and Tomatoes  4 LS WW Crackers  1/2c Pineapple  1/2c SF Gelatin | Soft Beef Taco  (3oz Beef, 1 6 in Flour Tortilla, .5 cheese, 1/2c Lettuce and tomato, 2 TBSP Salsa)  3/4c LS Pinto beans  1/2c Spinach  Strawberry Short Cake  (3/4c Strawberries, 1 slice SF Angel Food Cake) | 1c Reduced Sodium Chicken Tetrazzini  (3oz Chicken 1/2c Pasta .5oz cheese, 1/4c Mixed vegetables, Mushrooms)  1c Capri Vegetables  1/2c SF Cinnamon Apples | 3oz Chicken Fried Steak  1/2c LS Mashed Potatoes w/ 1oz LS Country Gravy  1/2c Roasted Brussel Sprouts  Wheat roll  3/4c Fruit Cocktail |
| 13 | 14 | 15 | 16 | 17 |
| Pepperoni Pizza  (.5oz pepperoni (7 slices) .5oz mozz. cheese, 1oz crust, 1oz NAS Marinara Sauce)  1c Garden Salad w/  2T FF Ranch dressing w/ 1/4 c Garbanzo Beans  1/2c Nonfat Vanilla Yogurt  1c Strawberries | 1c Beef Stew  (4 oz beef, 1/2c vegetables, 1 oz sauce)  1/2c Red Steamed Cabbage w/ 1/4c Apples  1/2c Tossed salad w/ 1 TBSP FF Italian Dressing  6 LS WW Crackers  1 orange | BBQ Pulled Pork on a Bun  (3 oz pulled pork, 1 oz sauce, 1 bun)  3/4c Pasta Salad (1/2c vegetables, 1/4c pasta)  1c Chateau Blend Vegetables w/ 1tsp unsalted butter  1c Honeydew | 3 oz Chicken Tenders  1oz LS Country Gravy  1/2c Red Roasted Potatoes  1/2c Carrots w/ 1tsp unsalted butter  1 LF Cornbread  1 Slice Angel Food Cake, w/ 2 TBSP Cherry Topping | Green Chile Cheese Burger  (3 oz beef, .5oz cheese, 1 oz green Chile, 1 WW bun, 1/2c lettuce, 2 slices red tomato, 1 slices onion)  1/3c NAS Baked French Fries  1c Winter Blend Vegetables w/ 1 tsp unsalted butter  3/4c Fruit Cocktail |
| 20 | 21 | 22 | 23 | 24 |
| Closed  Martin Luther King Jr. Day | Frito Pie  (3oz. Beef, 2oz. Red Chile, 1/2 Beans, 1 oz Corn Chips)  1.5c Tossed Salad w/2 T Light Ranch Dressing  1/2c Pears | Chicken Fajitas  (3oz Chicken, 1/2c Pepper & Onions, 1 6 in Tortilla)  2 TBSP c Salsa  1c Capri Vegetables w/ 1 tsp unsalted butter  1/2c Peaches | Chile Rellenos w/  (1oz. Cheese, 1 Green chile, 4oz. Green Chile Beef Sauce, 2oz Beef, 1/4c GC Sauce, 1 oz. Breading)  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1c Grapes | 3 oz. Baked Cajun Fish  1/3c Scalloped Potatoes  3/4c Coleslaw w/ 2 TBSP Dressing  Wheat roll w/ 1 tsp unsalted butter  1/2c Vanilla Pudding w/ 1/2c Banana |
| 27 | 28 | 29 | 30 | 31 |
| 3oz Salisbury Steak  2oz LS gravy w/  1/2c mushrooms  1/3c Herbed Red Roasted Potatoes  3/4c broccoli  1WW roll  3/4c Orange sections w/ ¼ tsp cinnamon | 2oz LS Ham  1/4c dressing  1/2c sweet potatoes w/ 1/3c Chopped pecans  1/2c asparagus  1/4c cranberry sauce  1 WW Roll  1/2c applesauce  s | Stuffed Bell Peppers  (3oz ground beef, 1/4c rice, ½ bell pepper)  1c Mexican Salad w/  1c Romain Lettuce, 5 cherry tomatoes, 1/8c Red onion, 1/4c corn, ¼ Avocado, .5oz Cotija Cheese, .5oz Tortilla chips  2 TBSP Mexican Salad dressing  Wheat roll  1/2c strawberries | 8oz Chicken and Dumpling  (3 oz. Chicken, 1 oz. Sauce,  1/2c Dumplings)  1/2c mustard greens  1/2c carrots  Wheat roll  1/2c spiced peaches | 1c Chili w/ beans  (3oz beef, 1/2c pinto beans)  1.5c Tossed salad w/ 2 TBSP light ranch dressing  1 slice Mexican cornbread  3/4c Apricots |

**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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 729.2 | 707.8 | 703.8 | 747.5 | 793.1 |
| % Carbohydrates from Calories | 45-55% | 53.8 | 49.8 | 53.5 | 48.6 | 45.2 |
| % Protein from Calories | 15-25% | 21.2 | 24.9 | 21.0 | 20.0 | 21.8 |
| % Fat from Calories | 25-35% | 25.0 | 25.3 | 25.4 | 31.4 | 33.0 |
| Saturated Fat | less than 8g | 7.7 | 6.4 | 7.4 | 7.6 | 7.9 |
| Fiber | 10g or more | 10.0 | 11.1 | 11.4 | 10.5 | 14.7 |
| Vitamin B-12 | .8ug or more | 1.5 | 2.3 | 2.6 | 2.2 | 2.8 |
| Vitamin A | 300ug RAE or more | 513.8 | 652.2 | 681.0 | 354.6 | 710.3 |
| Vitamin C | 30mg or more | 81.3 | 64.5 | 70.4 | 34.1 | 76.7 |
| Iron | 2.6mg or more | 4.5 | 5.8 | 4.5 | 4.2 | 6.6 |
| Calcium | 400mg or more | 604.7 | 506.8 | 522.0 | 466.7 | 516.8 |
| Sodium | less than 766mg | 760.9 | 718.6 | 766.1 | 717.0 | 755.8 |

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 on November 11, 2024 reapproved on December 19, 2024